

# CATHEDRAL OF THE IMMACULATE CONCEPTION



## \*Lenten Regulations for Catholics\*

**ABSTINENCE**—All Catholics who have reached their 14th year are bound to abstain totally from meat on Ash Wednesday and all Fridays of Lent.

**FASTING**—All Catholics from their 18th birthday to their 59th birthday are bound to observe the law of fast on Ash Wednesday and Good Friday. Fasting requires limiting oneself to one full meal and avoiding food between meals. Light nourishment may be taken on two other occasions during the day.

Any good reason will excuse a person from these regulations on particular occasions and for health and dietary

