

# Fast and Abstinence

**Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics.** In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. **The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.**

## THE PASCHAL FAST

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

