

REGULATIONS FOR LENT AND THE EASTER TRIDUUM

1. Lent is the principal season of penance in the Christian year. Priests, religious and laity are strongly urged to develop and follow a program of voluntary self-denial, attentiveness to prayer, and especially to works of charity and mercy.
2. Everyone 14 years of age or over is bound to abstain from meat on Ash Wednesday, March 1, 2017, and all the Fridays of Lent.
3. Everyone 18 years of age and under 59 years of age is bound to fast on Ash Wednesday, March 1, 2017, and Good Friday, April 14, 2017.
4. On these two days of fast and abstinence, Ash Wednesday and Good Friday, only one full meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids including milk and fruit juices are allowed. When health or ability to work would be seriously affected, the law does not oblige.
5. "...As the commemoration of St. Patrick, patron of all Irish, falls on Friday, March 17, I dispense the abstinence from meat on that day..." (*from the Fifteenth Festival Letter of Most Reverend Daniel R. Jenky, C.S.C., Bishop of Peoria*)
6. To disregard completely the law of fast and abstinence is a serious matter.