



Abstinence from meat is observed on Ash Wednesday, Good Friday, and all the Fridays of Lent by all Catholics 14 years and older. Fasting and abstinence is observed on Ash Wednesday, and Good Friday by all Catholics who are 19 years of age up through the 59<sup>th</sup> year. Those bound by this rule may take only one full meal. Two smaller meals are permitted as necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted.