



**Catholics over the age of 14 are obliged  
to abstain from meat on**

**Ash Wednesday, Good Friday and the Fridays of Lent.**

All Catholics from their 18th birthday until and including their 59th birthday are obliged to fast on Ash Wednesday and Good Friday. One full meal is allowed on the days of fast. Two other meatless meals, sufficient to maintain strength, are allowed. Together the two meals should not exceed the full meal. Drinking of ordinary liquids does not break the fast.

