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FROM THE OFFICE OF WORSHIP

DIOCESE OF DALLAS

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## Pastoral Guide Regarding Fast & Abstinence by Catholics During the Season of Lent

General Canon law says that **all Fridays in Lent** are days of abstinence from meat. **Good Friday and Ash Wednesday** are the major days for fasting and abstinence from meat. In summary, Catholics between the ages of 18 and 59 are **obliged to fast** on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older **must abstain from meat** on Ash Wednesday, Good Friday and all the Fridays of Lent. Fasting as explained by the U.S. bishops means partaking of only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening—depending on when a person chooses to eat the main or full meal. Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat. Abstinence does not include meat juices and liquid foods made from meat. Thus, such foods as chicken broth, consomme, soups cooked or flavored with meat, meat gravies or sauces, as well as seasonings or condiments made from animal fat are not forbidden. (Clearly, soups with meat particles may not be served.) Also, it is permissible to use margarine and lard.

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Office of Worship/Lenten Fasting Regulations/2012