

THE FOLLOWING WAS TAKEN FROM THE PAPER OF THE BIRMINGHAM DIOCESE

"ONE VOICE"

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LENTEN ABSTINENCE, FAST REGULATIONS:

The obligation to abstain from meat binds Catholics 14 years of age and older. The obligation to fast, (one full meal and two lighter meals in the course of a day) binds Catholics from ages of 18 to 59.

The Lenten Fast, which ends Holy Thursday afternoon, should enable us to rediscover a reverence for all creation, to share some tiny part of the world's great hunger and to clarify our lives, simplify our living.

This Lenten Fast is penitential in nature. In addition to fasting, we need to encourage more instances of choosing self-denial, choosing to be empty in order to be filled by God.

Ash Wednesday and Good Friday are days of abstinence from meat as well as days of fast.

The Good Friday fast is not penitential in nature, but is a fasting of anticipation. When at all possible, it should continue through Holy Saturday until the Easter Vigil, "so that the faithful may attain the joys of the Sunday of the Resurrection with uplifted and responsive minds." (Constitution on Sacred Liturgy, #110)

This sort of fasting has a very joyful anticipating character - - fasting so that one can be completely filled with the nourishment of the event itself.