

## FASTING & ABSTAINING

Catholics who have celebrated their 14th birthday are to abstain from meat on Ash Wednesday, all Fridays in Lent and Good Friday.

Catholics who have celebrated their 18th birthday, until they celebrate their 59th birthday, are to fast on Ash Wednesday and Good Friday.

Those who are bound to this regulation may eat only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted.

Marked with the ashes of this Lenten Season, we come before you in our sinfulness, Lord. Aware that without you we can do nothing, we offer our shortcomings in the hope that you will lead us to transformation.

### **Catholic Relief Services' Operation Rice Bowl**

Throughout Lent we will pray, fast, learn and give as a way to reach out in solidarity with our brothers and sisters around the world. Please be sure to take home a Rice Bowl packet and follow this simple yet powerful Lenten practice and return them Palm Sunday.



**We remember**

**We celebrate**

**We believe**

