

Fasting and Abstinence during Lent

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics.



Additionally, Fridays during Lent are obligatory days of Abstinence.

March 6, 2019

SS. Peter and Paul

8:30 AM

6:00 PM

8:00 PM—Spanish Mass

St. Michael Mission 12 Noon

St Joseph Church 7:00 PM

For members of the Roman Catholic Church, the norms for fasting are obligatory from age 18 until age 59.

When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. Abstinence requires all Catholics, who have reached the age of 14, to abstain from meat on Ash Wednesday, Good Friday, and all Fridays during Lent.

Easter is April 21, 2019