

Lenten Regulations – Diocese of Pensacola-Tallahassee

All Christ's faithful are obliged by divine law, each in his or her own way, to do penance. However, so that all may be joined together in a certain common practice of penance, days of penance are prescribed.

On these days, the faithful are in a special manner to devote themselves to prayer, to engage in works of piety and charity, to fulfill their obligations more faithfully, and to deny themselves, especially by observing fast and abstinence according to the laws of the church.

The following are the Lenten penitential regulations issued for the Diocese of Pensacola-Tallahassee:

Ash Wednesday and Good Friday are days of **fast**. On days of fast, one full meal and two lesser meals are allowed. Eating between meals is not permitted. Catholics who have completed their 18th year are bound by this law until the beginning of their 60th year.

Ash Wednesday and all Fridays of Lent are also days of **abstinence**. On days of abstinence, meat may not be taken. The law of abstinence binds all Catholics who have completed their 14th year.

All of the faithful are obliged to do penance, but not all may be able to observe the above regulations of fast and abstinence because of ill health or other reasons. Persons legitimately excused from the laws of fast and abstinence are urged to practice other forms of penance and self-denial suitable to their condition. In addition, the faithful are urged to participate, if possible, in Holy Mass during the week; in the sacrament of penance; in Lenten devotions, family prayer, and Scripture reading; and in sharing of their time and resources with the less fortunate.