

Laws of Days of Abstinence, Penance and Fast

Following are Laws for the Discipline as of current practice and 1962.

Current Practice

- Days of Abstinence – Begins on 14th birthday
 - Ash Wednesday and Fridays of Lent
 - Obliges abstention from flesh meat
- Days of Penance – Applies to all the Faithful
 - All Fridays
- Days of Fast – Applies to ages 18 to 59, inclusive
 - One full meal permitted and two other meals which, when combined, are less than a full meal
 - Ash Wednesday and Good Friday
- Eucharistic Fast – One hour before reception of the Holy Eucharist
 - Encouraged to maintain the three hour fast of the 1962 discipline

1962 Practice

- Days of Abstinence – Begins on 7th birthday
 - Complete abstinence:
 - All Fridays
 - Ash Wednesday
 - Holy Saturday
 - Vigil of Christmas
 - Partial abstinence (meat and soup or gravy made from meat permitted once a day at the principle meal):
 - All days of Lent
 - Ember Days of Wednesday and Saturday
 - Vigils of Pentecost and the Assumption
- Days of Fast – Applies to ages 21 to 59, inclusive
 - One full meal permitted and two other meals which, when combined, are less than a full meal
 - Days of Lent from Ash Wednesday, inclusive, Ember Days
Vigils of Christmas, Pentecost and the Assumption
- Eucharistic Fast – Three hour before reception of the Holy Eucharist
 - Encouraged to maintain the midnight fast of pre-1962