



2018 Lenten Regulations & Admonitions for the Diocese of Jefferson City



1. **Abstinence**: All persons who have already celebrated their 14th birthday are bound to abstain from meat on Ash Wednesday, all Fridays of Lent, and Good Friday.
2. **Fasting**: Everyone, from the celebration of their 18th birthday to their 59th birthday, is bound to fast on Ash Wednesday and Good Friday. Fasting is generally understood to mean eating only one full meal each day. Two other partial meals, sufficient to maintain strength, may be taken; but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed. Voluntary fasting on other weekdays of Lent is highly recommended.

Other recommended forms of fasting could include limiting alcoholic drink, needless television, video games, internet use, and social entertainment. These are of true spiritual value and strongly encouraged.

3. **Almsgiving**: The act of giving to the poor, in the most ancient tradition of the Church, is an expression of penance, a witness of fraternal charity, and an expression of Lenten conversion. Therefore, all Catholics are encouraged to support generously the charitable works of the whole Church.
4. **Prayer**: In order to deepen one's love for Christ, Catholics are urged all the more to participate in the Sacramental life of the Church during Lent by attending daily Mass and frequenting the Sacrament of Penance and Reconciliation.