

# Discipline of 1962 for Fast during Lent

1. Every Day of Lent (except each Sunday and First Class Feast) is a day of fast.
2. **Complete Abstinence and Fast** are observed on Ash Wednesday, all Fridays of Lent and Holy Saturday morning – Complete abstinence means no meat or soup or gravy made from meat. Fast means one full meal and two small meals. The two small meals added together should not equal the amount of the main meal. Fast also includes no eating between meals, but liquids, including milk and juice are allowed.
3. **Partial Abstinence and Fast** are observed on all other days not mentioned above – Partial Abstinence means that you can eat meat at the principal meal only. The two small meals are meatless. Fast is the same as above including not eating between meals.
4. Beer and wine are allowed, but no hard alcohol.
5. Days of fast apply to those over 21 and under 59.
6. Laws of fasting and abstinence are not binding on those with medical conditions or those whose ability to work would be impaired.
7. Fasting and abstinence are not observed on Sundays and First Class Feasts. The Class I feasts in Lent 2010 are Saint Joseph day, March 19 and Annunciation, March 25.
8. These rules no longer bind under pain of sin, unless one, after deep reflection, binds oneself in a promise to God. This should not be taken lightly.

## Modern Discipline – Code of Canon Law 1983

Fasting and complete abstinence are limited to Ash Wednesday and Good Friday. Complete abstinence (no meat, or soup or gravy made from meat) is obligatory for all Fridays of Lent. All over 14 must abstain. Fasting is obligatory between the ages of 18 and 59. These bare minimum rules are binding under pain of sin.