

LENTEN REGULATIONS 2010

Ash Wednesday and Good Friday are days of Fasting and Abstinence from meat.

All other Fridays, except solemnities, the law of the common practice of penance is fulfilled by performing any one of the following:

- (a) **Prayer.** For example, attending weekday Mass; family prayer; visiting the church; reading the Bible; making the Stations of the Cross; recitation of the Rosary.
- (b) **Self-denial.** For example, abstaining from meat on Fridays; limiting food and drink so as to give to the poor of Australia; contributing generously to project Compassion.
- (c) **Helping others.** For example special attention to someone who is poor, sick, elderly, lonely over-burdened.

Fasting Regulations throughout Lent

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- (a) all who have completed their eighteenth year and have not yet begun their sixtieth year are bound to fast,
- (b) all who have completed their fourteenth year are bound to abstain from meat. (cc. 1252)

The Season of lent is a time of penance. During this time the faithful are exhorted to devote themselves in a special manner to prayer, works of charity and self-denial.

Each of the faithful is obliged to receive Holy Communion at least once a year. This precept must be fulfilled between Ash Wednesday, 17th February and Trinity Sunday 30th May 2010, unless for a good reason it is fulfilled at another time of the year. (cc.929 #1, #2.) All the faithful who have reached the age of discretion are bound to faithfully confess their grave sins at least once a year (cc.989). Lent is a wonderful time to experience Our Lord's love and to have our sins of what ever nature forgiven.