

## LENTEN REGULATIONS 2011

**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 overburdened.

### **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, 9<sup>th</sup> March and Trinity Sunday 19<sup>th</sup> June 2011, 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.