



## 2025 Lenten Obligations

1. The days of both fast and abstinence are Ash Wednesday (March 5) and Good Friday (April 18).
2. The other Fridays of Lent (Mar. 7, 14, 21, 28; April 4, and 11) are days of abstinence.
3. Fasting in the Roman Catholic tradition means to limit oneself to one full meal with two smaller meals which together do not equal the size of your full meal. The obligation of fasting applies only to Catholics between the ages of 18 and 59.
4. Abstinence in the Roman Catholic tradition means to abstain from eating meat (beef, chicken, pork, turkey, etc.). The obligation of abstinence applies to all Catholics who have reached the age of 14.