

Ash Wednesday Schedule and Fasting and Abstinence Regulations

IHM services for Ash Wednesday, February 17th will be at:

8:00am with Holy Family School in the Church

12:00pm (Noon) in the Church

5:30pm in the Church

In the United States, the U.S. conference of Catholic bishops has declared that “the age of fasting is from the completion of the eighteenth year to the beginning of the sixtieth.” The USCCB also allows the substitution of some other form of penance for abstinence on all of the Fridays of the year, except for those in Lent. Thus, the Rules for fasting and abstinence in the United States are:

- every person 14 years of age or older must abstain from meat (and items made with meat) on Ash Wednesday, Good Friday and all the Fridays of Lent.
- every person between the age of 18 and 60 must fast on Ash Wednesday and Good Friday.
- every person 14 years of age or older must abstain from meat (and items made with meat) on all other Fridays of the year, unless he or she substitutes some other form of penance for abstinence.

Fasting includes taking only one full meal and smaller quantities of food at the other two meals. If a person has a medical condition which precludes these dietary laws, they should substitute some other form of fasting. It is a time of spiritual growth, not a time of abusing our bodies. Some suggestions for other forms of penance are fasting from TV, excessive internet surfing, excessive texting, whatever you may be attached to and is not necessary for your needs; ask God for the strength to do without and turn your thoughts to those heavenly things.