

## *Rules for the Lenten Fast*

In 2019, Lent begins on March 6 (Ash Wednesday) and ends on April 20 (Holy Saturday) inclusive. Throughout Lent, the Church requires adults between the ages of 21 and 59 to keep the Lenten fast, as follows:

- Only one full meal may be taken per day
- Two other light meatless meals may be taken, but which together do not constitute the quantity of a full meal
- On Fridays no meat may be taken at all
- Eating between meals is forbidden. Liquids, including milk and fruit juices, are allowed.
- Alcoholic drinks are permitted. Malted milk and milk shakes are forbidden. Ordinary chocolate milk, however, is permitted. The use of egg and milk foods is permitted on all days of both fast and abstinence.
- On Ash Wednesday, Holy Saturday, and the Ember Days of Lent (Wednesday, Friday, and Saturday of the First Week of Lent), all, from seven years of age on up, are bound to the abstinence (partial or full, depending on the day)
- There is no fasting on Sundays
- Exceptions apply for those unable to fast for a legitimate reason (illness, pregnancy, hard labor, etc.) — please see Father for details
- The fast ends when Lent ends, at midnight between Holy Saturday and Easter Sunday