

Following are the Eparchy's guidelines for Lent:

- Ash Monday and Good Friday are days of abstinence for all Catholics over the age of 14. On those 2 days, fast as well as abstinence is also obligatory for those from the ages of 18-59.
 - **Abstinence** means abstinence from meat and meat products.
 - **Fast** means no food from midnight-noon except plain water.
- All Fridays of Lent are days of abstinence from meat. Fasting from midnight – noon daily is optional.
- On the Fridays of Lent, we will have Stations of the Cross at 7:00pm.