



## **DIOCESE OF FALL RIVER LENTEN REGULATIONS 2021**

### **1. Law of Fast**

- A. All adults (18 and older) are bound by the law of fast up to the beginning of their 60<sup>th</sup> year.
- B. On days of fast, those bound by the law are limited to a single full meal. This meal is meatless. Two other meatless meals, sufficient to maintain strength, may be taken according to one's needs; however, together these two meals should not equal another full meal.
- C. There are two prescribed days of fast: Ash Wednesday and Good Friday.

### **2. Law of Abstinence**

- A. Those who are 14 years of age and older are obliged to observe the law of abstinence.
- B. On days of abstinence, those bound by the law abstain from meat.
- C. On all Fridays of Lent, abstinence is prescribed. This, of course, includes Good Friday. Abstinence is also prescribed on Ash Wednesday.

### **3. Lenten Discipline**

The Code of Canon Law very aptly summarizes the ecclesiastical discipline in Canon 1249: "All members of the Christian faithful in their own way are bound to do penance in virtue of divine law; in order that all may be joined in a common observance of penance, penitential days are prescribed in which the Christian faithful in a special way pray, exercise works of piety and charity, and deny themselves by fulfilling their responsibilities more faithfully and especially by observing fast and abstinence..."

### **4. Funeral Masses**

Funeral Masses are not to be celebrated on the Sundays of Lent and Easter, Holy Thursday, the Easter Triduum. (cf. NGIRM #380)