

FASTING

❖ In the dioceses in the United States, Catholics aged **18 through 59** are bound **to fast on both Ash Wednesday (February 14, 2024) and Good Friday (March 29, 2024)**.

❖ To **fast** means to consume one full meal a day at most, although taking of other, smaller quantities of food at the other customary mealtimes is permitted. Food and drink between meals (excepting water and medicine) is not permitted on days of fasting.

ABSTINENCE FROM MEAT

❖ Catholics aged **14 and up** are to **abstain from meat** on **Ash Wednesday, all Fridays of Lent, and Good Friday**.

❖ To **abstain** means refraining from eating beef, veal, pork, or poultry at least, although eggs and milk products are acceptable. The consumption of fish and shellfish is permitted, though the penitential character of the abstinence should be kept in mind.

EASTER DUTY

❖ All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of **receiving Communion** at least once a year. This precept is to be fulfilled during the Easter Season unless it is fulfilled, for a just cause, at some other time during the year. This period is extended **to include all the weeks of Lent and the Easter Season up to Trinity Sunday (May 26, 2024)**.

LENTEN PRACTICES

❖ The faithful are encouraged during Lent to **attend daily Mass, receive Holy Communion, participate in penance services, and receive sacramental absolution; to take part in public and private exercises of piety, give generously to works of religion and charity, perform acts of kindness toward the sick, aged, and the poor; to practice voluntary self-denial, especially regarding food, drink, and worldly amusements; and to pray more fervently, particularly for the intentions of the Holy Father.**

❖ To afford the faithful opportunities to participate in Lenten prayer services, pastors are encouraged to have such prayer services at least twice a week, including the Way of the Cross on Fridays, Exposition and Benediction, Evening Prayer, and evening Masses. A homily or instruction should be included.

BLESSING OF THE OILS AND CONSECRATION OF THE CHRISM

❖ In order to allow participation of Catholics throughout the islands, the Sacred Oils will be blessed during the Chrism Mass to be celebrated in several locations. All are encouraged to join in the celebration on **Tuesday, March 5th at 6:00p.m., St. Raphael Church, Koloa.**