

## **LENTEN OBSERVANCES FOR 2026:**

1. **ASH WEDNESDAY** (February 18, AD 2026) and **GOOD FRIDAY** (April 3, AD 2026) are days of **FASTING AND ABSTINENCE FROM MEAT**. Only one full meal is allowed on each day. Two additional meals may be taken according to one's needs, but they together should not equal that of a full meal.
2. Other **FRIDAYS OF LENT** are days of abstinence from meat.
3. The obligation to abstain from meat binds on all who have reached the age of 14.
4. The obligation to fast binds all between the ages of 18 and 59.
5. Catholics are obliged to do penance in Lent, and no Catholic should lightly excuse himself from this obligation. **Penances, mortification, increased devotion and prayer, and acts of mercy, charity and almsgiving are a worthy preparation for Easter.**
6. Fasting on **WEEKDAYS** of Lent, though not obligatory, is “**strongly recommended**” (National Conference of Catholic Bishops, November 18, 1966).
7. Catholics are also bound to go to Confession at least once a year. We must be well disposed to receive our Lord each time at Holy Communion and therefore **it is strongly recommended to go to confession at least once a month.**