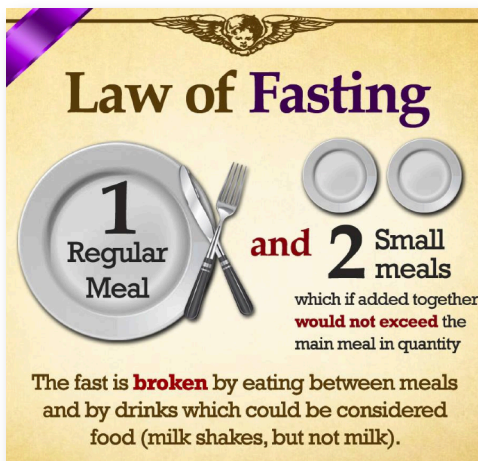


Holy Redeemer Chapel



Law of Fasting

1 Regular Meal **and 2** Small meals

which if added together **would not exceed** the main meal in quantity

The fast is **broken** by eating between meals and by drinks which could be considered food (milk shakes, but not milk).



Law of Abstinence

NO MEAT
(i.e., flesh and organs of mammals and fowls)

Fish, shellfish amphibians & reptiles are allowed.

✠ RULES OF FAST & ABSTINENCE ✠ DURING LENT

- **RULES OF FAST:** The laws of fast apply to persons between the ages of 21 & 59. On a fast day one may eat one full meal and two light meatless meals, which together would not equal the main meal. Meat may be taken at the principal meal, except on days of complete abstinence. Liquids such as water, milk, and fruit juices may be taken between meals.
- **RULES OF ABSTINENCE:** The laws of abstinence apply to everyone seven years of age and over. On a day of complete abstinence no meat, meat gravy or soup made from meat may be taken. On a day of partial abstinence meat may be taken once.