

# Holy Redeemer Chapel



## ✿ 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.