

# **Lenten Fast and Abstinence Information Lent 2017**

## **for the Archdiocese of San Francisco**

For Lent 2017, the following regulations are in place for Abstaining and Fasting in the Archdiocese of San Francisco:

**Abstinence:** Everyone fourteen years of age and older is bound to abstain from meat on ASH WEDNESDAY, the FRIDAYS of Lent, and GOOD FRIDAY.

**Fast:** Everyone eighteen years of age and older but under the age of sixty is also bound to fast on ASH WEDNESDAY and GOOD FRIDAY. On these two days, the law of fast allows only one full meal a day, but does not prohibit taking some food during the day, so long as this does not constitute another full meal. Drinking liquids during the day is permitted. When health or ability to work would be seriously affected, the law does not oblige. In doubt concerning fast or abstinence, a priest assigned to pastoral ministry or confessor should be consulted. In the spirit of penance, the faithful should not lightly excuse themselves from this obligation.

**Note on St. Patrick's Day, Friday, March 17:** Archbishop Salvatore Cordileone has stated, "Given the importance of St. Patrick in the life of our local church (he is the co-patron of the Archdiocese) and the many celebrations that mark the occasion of his feast day, I herewith grant to all Catholics of the Archdiocese of San Francisco as well as those present in the Archdiocese on that day, a dispensation to commute the observance of abstinence from meat to the Wednesday before or after March 17th (Wednesday also being an ancient day of fast, since it was the day our Lord was betrayed)."

Source:  
Archdiocesan Office of Worship  
Laura Bertone, Director  
bertonel@sfarch.org  
415-614-5586