

The current fast laws are.

1. On days of Fast, only one full meal is allowed. Two other meatless meals may be taken according to one's needs; but together they should not equal another full meal.
2. On days of Partial Abstinence, meat and soup or gravy from meat may be taken once a day at the principal meal, even by those not obliged to fast.
3. On days of complete abstinence, no meat or meat soup or gravy may be taken.
4. Those not obliged to fast may eat meat several times on fast days which are not abstinence days of any kind.

On the other side is a chart of the fast laws.

In the Ages of Faith before the Renaissance, Saint Thomas asked if three in the afternoon was the appropriate time for the faster's meal (singular). At that time no meat was eaten, nor were any dairy products or even eggs used. In fact, the Easter egg comes from the tradition of dying eggs on Easter Sunday to signify that the

fast of Lent was over.

Over the centuries the Church has relaxed the fast laws, because of the needs of people.

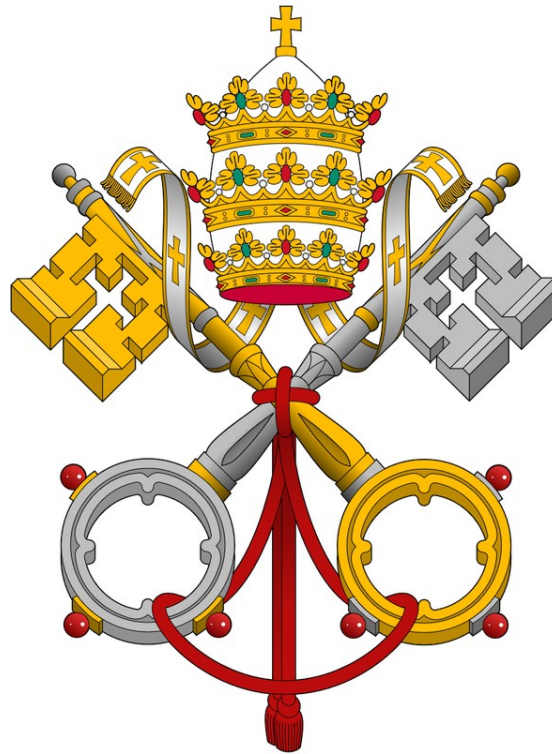
To wish to feel no aggravation in fasting, is to wish not to fast at all.

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Fast Laws of the Catholic Church

Our Lady said at La Salette: “The world takes no notice of Lent. People go to the butchers like dogs.”

The Fast Laws at the time Our Lady appeared at La Salette were: ““One full meal,” with a collation, or very light meal (eight ounces), in the evening. Tea, coffee, water, or liquids taken are also allowed, in the morning, a small piece of bread (weighing not more than two ounces) and a cup of tea, coffee or chocolate. If it is more convenient to take the full meal in the evening and the collation at noon, the order may be inverted; but flesh-meat should not be eaten by those who are obliged to fast before twelve o'clock as a general rule, even on days on which by dispensation it is allowed at the principle meal. Fish and flesh must not be used at the same meal on fast days, nor even on the Sundays of Lent.”

## Fast and Abstinence Laws

Days of Fast and Abstinence	Fast only	Fast and Partial Abstinence	Fast and Total Abstinence	Abstinence only
Persons	All weekdays of Lent, including Holy Saturday: except Ash Wednesday; Fridays; Ember Wednesday and Saturday	Ember Wednesday and Saturday; Vigils of Pentecost and All Saints	Fridays of Lent; Ash Wednesday; Vigils of Immaculate Conception and the Nativity	All Fridays, except those with more obligations
Under 7	No fast or abstinence	No fast or abstinence	No fast or abstinence	No fast or abstinence
Over 7 and under 21; or over 59	No fast or abstinence	No Fast, Meat once	No Fast, No Meat	No Fast, No Meat
Over 21 and under 59	Fast, Meat Once	Fast, meat Once	Fast, No Meat	No Fast, No Meat

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Note well that Pope Pius XII extended the Lenten fast until midnight on Holy Saturday in 1955. Missals and catechisms printed prior to that date will report the fast ending at noon. This change was part of the restoration of Holy Week published at the same time, which moved the Masses of the Sacred Triduum (Holy Thursday, Good Friday and Holy Saturday) to the evening.