

## Pre Vatican II Fasting Guidelines

**"Abstinence:** All Catholics seven years and older are obliged to observe the Law of Abstinence.

On days of complete abstinence flesh meat, soup or gravy made from meat are not permitted at all. On days of partial abstinence flesh meat, soup or gravy made from meat are permitted once a day at the principal meal.

Complete abstinence is to be observed on all Fridays of the year, Ash Wednesday, Vigils of the Immaculate Conception and Christmas, and on Holy Saturday. Partial abstinence is to be observed on Ember Wednesdays and Saturdays, and on the Vigil of Pentecost.

**Fasting:** All Catholics from the completion of their twenty-first year to the beginning of their sixtieth year are bound to observe the Law of fast. The days of fast are the weekdays of Lent, Ember Days, the Vigils of Pentecost, the Immaculate Conception, Christmas. Only one full meal is allowed on a day of Fast. Two other meatless meals are permitted. These meals should be sufficient to maintain strength in accordance with each one's needs. Both of these meals, or collations, together, should not equal one full meal.

It is permissible to eat meat at the principle meal on a Fast Day except on Fridays, Ash Wednesday, and the Vigils of Immaculate Conception, Christmas, and Holy Saturday.

Solid foods between meals is not permitted. Liquids, including coffee, tea, milk and fruit juices are allowed.

In connection with problems arising from the Laws of Fast and Abstinence, a confessor or priest should be consulted. Dispensations may be granted for a serious reason concerning health or the ability to work."