

# Lenten Sacrifice



## ABSTINENCE

No meat can be taken by those 14 and older on Ash Wednesday and all Fridays.



## FASTING

A limit of one full meatless meal by those 18-59 on Ash Wednesday and Good Friday.



## SELF-DENIAL

Voluntary acts of self-denial are recommended on weekdays during Lent.



## PRAYER AND CHARITY

Can include daily Mass, Scripture study, Stations of the Cross, almsgiving and showing mercy and kindness to others.

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