

The Archdiocese of Boston's guidelines for Lent include fasting, abstinence, and generosity.

*****Fasting:**

Catholics between the ages of 15 and 59 are required to fast on Ash Wednesday and Good Friday.

Fasting means eating one full meal and two smaller meals that don't add up to a full meal.

Eating between meals is not allowed, but liquids like milk and fruit juice are permitted.

*****Abstinence:**

Catholics over the age of 14 are required to abstain from meat on Ash Wednesday and all Fridays of Lent.

Abstinence means not eating meat from chickens, cows, sheep, ham, pigs, or birds.

*****Generosity:**

Donating to local, national, and world programs.

Participating in traditional Lenten devotions.

Practicing self-denial, or "mortification".

*****Other practices:**

Attending daily Mass

Reflecting, serving, and praying

The traditional pillars of Lent are prayer, fasting, and almsgiving. The goal is to develop a closer relationship with God.

The custom of giving up something for Lent is not mandatory, but it can be a salutary custom.