ABSTINENCE & FASTING
A fish is often used to show the days of abstinence from meat during Lent. The Church requires all Catholics 14-years-old and older to avoid meat as a part of special sacrifice on certain days of penance.

On Ash Wednesday and Good Friday adults must also fast—that is, they may eat only one full meal or two smaller ones if necessary for health reasons.

SPECIAL DEVOTIONS
Jesus promised St. Margaret Mary Alacoque that all those who receive Communion on nine consecutive First Fridays with devotion to His Sacred Heart would receive special graces at the time of their death.

The Virgin Mary made a similar offer at Fatima to all who receive the Sacrament of Reconciliation, receive Communion, pray five decades of the Rosary, and “Keep me company for 15 minutes while meditating on 15 mysteries of the Rosary” on five consecutive First Saturdays.

FEAST DAYS
Say “feast” and many people think of a party or a banquet. However, the Church uses this term to refer to a day of remembrance of some part of Our Lord’s life or of one of the saints and angels.

At Mass on a feast day, the readings and prayers will often relate to the event or saint being honored.

HOLY DAYS
Holy Days of Obligation are major feasts on days other than Sunday that are so important that all Catholics are required to celebrate them together at Mass. Today there are six of these holy days in the United States.

www.catholicextension.org