***+ Lenten Disciplines +***

**Prayer and Worship**

Lent is an ideal time to spend more time with God in prayer and worship. Traditional practices include attending Mass more often, praying the Rosary, preparing for and receiving the Sacrament of Reconciliation, reading the Bible, and praying the Stations of the Cross.

**Fasting and Abstinence**

All Catholics in good health ages 14 and over should abstain from meat on Ash Wed., Good Friday and all Fridays during Lent.

All Catholics in good health aged 18 - 59 should fast, eat no more than one full meal per day, on Ash Wednesdayand Good Friday.

**Almsgiving**

Moved by the sacrifice of Christ, many Christians give to the poor, and practice Corporal and Spiritual Works of Mercy