

EPARCHY OF OUR LADY OF LEBANON OF LOS ANGELES  
REGULATION FOR GREAT LENT

Then to all Christ said, “Whoever wishes to be my follower, must deny his very self, take up his cross each day, and follow in my steps” (LK 9:23).

The Church has always helped us fulfill these words of Jesus by prescribing very definite penance for all Catholics. Accordingly, the Pope, the Patriarch and the American bishops have outlined obligatory fasting and abstinence. Our Eparchial Regulations are:

- **Great Friday (April 3, 2026)** is a day of *abstinence* for all Catholics over the age of 14. On this day, *fasting* as well as abstinence is also obligatory for those *from the age of 18 through 59*. Abstinence means abstinence from meat and meat products. Fasting means no food from midnight to noon, except for plain water. No Catholic will likely excuse himself or herself from this obligation.
- **All other Fridays of Lent** are days of *abstinence* from meat (and meat products) for everyone 14 years of age and older. Here again, Catholics will not hold themselves lightly excused.
- **If there is a serious health problem, the obligation of fasting and abstinence would not apply.**
- **Fasting from midnight to noon daily is optional.**
- **We strive to make all days of Lent a time of prayer, penance, and charitable assistance toward the less fortunate and needy.**