

Diocese of Honolulu 2025 Lenten Regulations

FASTING

- In the dioceses in the United States, Catholics aged 18 through 59 are bound to fast on both Ash Wednesday (March 5, 2025) and Good Friday (April 18, 2025).
- To *fast* means to consume one full meal a day at most, although taking of other, smaller quantities of food at the other customary mealtimes is permitted. Food and drink between meals (except water and medicine) is not permitted on days of fasting.

ABSTINENCE FROM MEAT

- Catholics aged 14 and up are to abstain from meat on Ash Wednesday, all Fridays of Lent, and Good Friday.
- To abstain means refraining from eating the flesh, marrow, and blood products of beef, veal, pork, or poultry at least, although eggs and milk products are acceptable. The consumption of fish and shellfish is permitted, though the penitential character of the abstinence should be kept in mind.

EASTER DUTY

- All the faithful, after they have been initiated in the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year. This precept is to be fulfilled during the Easter Season unless it is fulfilled, for a just cause, at some other time during the year. This period is extended to include all the weeks of Lent and the Easter Season up to Trinity Sunday (June 15, 2025).

LENTEN PRACTICES

- The faithful are encouraged during Lent to attend daily Mass, receive Holy Communion, participate in penance services, and receive sacramental absolution; to take part in public and private exercises of piety, give generously to works of religion and charity, perform acts of kindness toward the sick, aged, and the poor; to practice voluntary self-denial, especially regarding food, drink, and worldly amusements; and to pray more fervently, particularly for the intentions of the Holy Father.
- Ash Wednesday, the first day of Lent, falls this year on March 5th, 2025. Ashes are to be blessed as a sign of our entry into a season of conversion, repentance, and reconciliation. Ashes are to be blessed by a bishop, priest, or deacon. Others may be associated with the clergy in the distribution of ashes.
- Funeral Masses may not be celebrated on Holy Thursday, Good Friday, or Holy Saturday, nor on the Sundays of Lent. When pastoral reasons require that a funeral be celebrated on these days, only a Funeral Outside of Mass may be held.

BLESSING OF THE OILS AND CONSECRATION OF THE CHRISM for the island of Oahu will be on **Tuesday, April 15th at 7:00 p.m. in the Co-Cathedral of St. Theresa, Honolulu.**