Fasting days include Ash Wednesday and Good Friday (one full meatless meal is permitted), and meatless Fridays during Lent (fish and shellfish are permitted).

The three pillars of Lent are prayer, fasting and almsgiving. In addition to fasting, many also choose to abstain from other comforts during Lent.

Holy Week begins with Palm Sunday, April 10, a celebration of Christ’s triumphant return to Jerusalem.

Easter Triduum begins with Holy Thursday, April 14, at sunset, signaling the end of the Lenten season.