

107 Things Every Catholic Should Know

"Trust in the power of the Holy Eucharist and Our Blessed Lady. Do what you can and leave the rest to God." -- **St. John Bosco**

Q: "I've noticed that restaurants and grocery stores advertise specials on expensive types of fish and seafood on Fridays during Lent. Some of my Catholic friends take advantage of these deals, but somehow I don't feel right treating myself to the lobster special on Fridays during Lent."

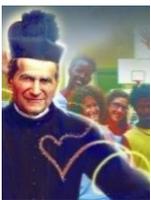
Answer

While fish, lobster and other shellfish are not considered meat and can be consumed on days of abstinence, indulging in the lavish buffet at your favorite seafood place sort of misses the point. Abstaining from meat and other indulgences during Lent is a penitential practice. On the Fridays of Lent, we remember the sacrifice of Christ on Good Friday and unite ourselves with that sacrifice through abstinence and prayer.

Copyright © 2015, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.

USCCB. "Questions and Answers about Lent and Lenten Practices". Lent. United States Conference of Catholic Bishops. February 9, 2015.

<http://www.usccb.org/prayer-and-worship/liturgical-year/lent/questions-and-answers-about-lent.cfm>



107 Cosas Todo Católico Debe Saber

"Confía en el poder de la Santa Eucaristía y la Virgen Santísima. Haz lo que puedas y deja el resto a Dios." -- **San Juan Bosco**

P: "Me he dado cuenta que los restaurantes y tiendas de comestibles anuncian promociones especiales en tipos caros de pescados y mariscos los viernes durante la Cuaresma. Algunos de mis amigos católicos aprovechan de estas ofertas, pero de alguna

manera no me siento bien tratar a mí mismo al especial de langosta los viernes durante la Cuaresma."

Respuesta

Si bien el pescado, langosta y otros mariscos no se consideran carne roja y pueden ser consumidos en los días de abstinencia, disfrutar de la abundante buffet a su lugar favorito tipo de mariscos de pierde el punto. La abstinencia de carne y otras indulgencias durante la Cuaresma es una práctica penitencial. En los viernes de Cuaresma, recordamos el sacrificio de Cristo en el Viernes Santo y nos unimos a ese sacrificio a través de la abstinencia y la oración.

Copyright © 2015, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.

USCCB. "Questions and Answers about Lent and Lenten Practices". Lent. United States Conference of Catholic Bishops. February 9, 2015.

<http://www.usccb.org/prayer-and-worship/liturgical-year/lent/questions-and-answers-about-lent.cfm>