Lent 2027 Fast and Abstinence Tracker

Ash Wednesday, Feb. 10, to Good Friday, March 26, 2027

Wednesday

February 10, 2027

Ash Wednesday

Facts

- Easter Sunday 2027 is March 28.
- Abstinence from meat is observed on all Fridays, unless a solemnity falls on a Friday.
- Abstinence and fasting are observed on Ash Wednesday and Good Friday.
- When fasting, a person may eat one full meal and two smaller meals that together are not equal to a full meal.

FAST AND ABSTAIN

- [ ] Wed., Feb. 10: Ash Wednesday
- [ ] Fri., Mar. 26: Good Friday

ABSTAIN FROM MEAT ON FRIDAYS

- [ ] Fri., Feb. 12
- [ ] Fri., Feb. 19
- [ ] Fri., Feb. 26
- [ ] Fri., Mar. 5
- [ ] Fri., Mar. 12

CHECK WITH YOUR PARISH

- [ ] Fri., Mar. 19: Solemnity of Saint Joseph, no abstinence under canon 1251
- [ ] Sun., Mar. 28: Easter Sunday

My Lent 2027 notes

Source: U.S. Conference of Catholic Bishops (USCCB), Liturgical Calendar 2027 and Lenten Fasting & Abstinence flyer; Code of Canon Law, canons 1251-1252.