

Fasting Guidelines

+	<u>MEAT</u> Beef, chicken, lamb, pork, veal, rabbit, buffalo, etc.	<u>DAIRY</u> Milk, cheese, butter, eggs, yogurt, cream, etc.	<u>FISH</u> Any fish with a backbone. This does NOT include shellfish or any seafood.	<u>WINE</u> Wine (some include all alcohol) Permitted on all Saturdays & Sundays	<u>OIL</u> Olive Oil (some include all oils) Permitted on all Saturdays ¹ & Sundays
Nativity Fast November 15 until December 25	Abstain.	Abstain.	Allowed on Saturdays and Sundays before December 20.	Allowed on Tuesdays and Thursdays before December 20.	Allowed on Tuesdays and Thursdays, before December 20.
Great Lent/ Holy Week Begins on the Monday after Cheesefare Sunday until Pascha	Abstain.	Abstain.	Allowed on Annunciation and Palm Sunday.	Allowed on Annunciation and Great Thursday.	Allowed on Annunciation and Great Thursday
Apostles' Fast Begins on the Monday after All Saints' Sunday (the Sunday next after Pentecost) and lasts until June 29 (Ss. Peter & Paul).	Abstain.	Abstain.	Allowed on Saturdays and Sundays.	Allowed on Tuesdays and Thursdays.	Allowed on Tuesdays and Thursdays.
Dormition Fast August 1 until August 15	Abstain.	Abstain.	Allowed on Transfiguration.	Allowed on Transfiguration.	Allowed on Transfiguration.
Each week Wednesdays (in memory of the Betrayal) and Fridays (in memory of the Crucifixion).	Abstain.	Abstain.	Abstain.	Abstain.	Abstain.

Total Abstinence from all food and drink (except water and herbal teas, if hydration is absolutely necessary) is traditionally observed on the first three days of Great Lent and from Great Friday until Pascha.

The Eucharistic Fast is total abstinence at least from the previous midnight for communing at a morning Liturgy or following a light breakfast for communing at an evening Liturgy.

¹ Except Great and Holy Saturday.

Fasting Guidelines

Evening Divine Liturgy: We fast completely (from marital relations, smoking, food, & drink) usually from noon until Holy Communion is received.

DO NOT FAST:

- December 25 to January 5
- The week following the Sunday of the Publican and Pharisee
- The week following Meatfare Sunday (abstinence from flesh meat is required during this week, but no fasting)
- The week following Pascha
- The week following Pentecost
- If you are pregnant or nursing a newborn
- During serious illness
- Without prayer
- According to your own will without guidance from your spiritual father

Fasting Guidelines

The purpose of fasting is to focus on the things of God's Kingdom and be freed from dependence on worldly things.

Fasting in itself is not a means of pleasing God.

Fasting is not a punishment for our sins. Nor is fasting a means of suffering and pain to be undertaken as some kind of atonement. Christ already redeemed us on His Cross. Salvation is a gift from God that is not bought by our hunger or thirst.

We fast to be delivered from carnal passions so that God's gift of Salvation may bear great fruit in our lives.

We fast and turn our eyes toward God in His Holy Church. Fasting and Prayer are meant to go together.

Most of all, it is important that we do not eat each other. We ask God to "set a watch and keep the door of our lips."

Fasting is not irrelevant, is not obsolete, is not something for someone else. Fasting is from God, for us, right here and right now.

Fasting Guidelines

We fast faithfully and in secret, not judging others and not holding ourselves up as an example.