

## The Four Canonical Fasting Seasons

1.) The traditional fasting discipline (no meat, poultry, eggs, dairy, fish, wine and oil) is observed during the **GREAT FAST** which lasts from Pure Monday through Great and Holy Saturday (with katalysis for wine and oil on Saturdays and Sundays [except on Great and Holy Saturday when oil is not permitted], and for fish, wine and oil on the Annunciation [March 25th] and Palm Sunday).

2.) The traditional fasting discipline (no meat, poultry, eggs, dairy, fish, wine and oil) is observed during the **DORMITION FAST** which lasts from August 1st through 14th (with katalysis for wine and oil on Saturdays and Sundays, and for fish, wine and oil on the Transfiguration [August 6th]).

3.) The **NATIVITY FAST** is divided into two periods. The 1st period is November 15th through December 19th when the traditional fasting discipline (no meat, poultry, eggs, dairy, fish, wine and oil) is observed with katalysis for wine and oil on Tuesdays and Thursdays, and for fish, wine and oil on Saturdays and Sundays. The 2nd period is December 20th through 24th when the traditional fasting discipline (no meat, poultry, eggs, dairy, fish, wine and oil) is observed with katalysis for wine and oil only on Saturday and Sunday.

4.) The traditional fasting discipline (no meat, poultry, eggs, dairy, fish, wine and oil) is observed during the **APOSTLES FAST** which lasts from the Monday after All Saints Sunday through June 28th (with katalysis for wine and oil on Tuesdays and Thursdays, and for fish, wine and oil on Saturdays and Sundays).

*NOTE: These are the general rules concerning fasting during the four canonically appointed fasting seasons. You will notice that we never fast on a Saturday or a Sunday, there being katalysis for wine and oil, except on one Saturday alone -- **GREAT AND HOLY SATURDAY** when there is katalysis for wine, but not for oil (oil implying food made more tasty by being cooked in or with oil as opposed to simple xerophagy or 'dry eating,' meaning raw fruits, vegetables and grains or those soaked or cooked in water).*

## The Canonical Fasting Days

1.) The traditional fasting discipline (no meat, poultry, eggs, dairy, fish, wine and oil) is observed on **WEDNESDAYS & FRIDAYS** throughout the year, except during the five canonically appointed fast-free or moderated-fast periods: (a.) from December 25th through January 4th, (b.) the week following Pharisee and Publican Sunday, (c.) the week following Meatfare or Judgment Sunday (this week being a moderated-fast since we abstain from meat but may eat other types of food on all days of the week), (d.) the week following Pascha, and (e.) the week following Pentecost.

2.) The traditional fasting discipline (no meat, poultry, eggs, dairy, fish, wine and oil) is observed on the following three commemorations appointed in the Menaion: the **ELEVATION OF THE PRECIOUS CROSS** (September 14th), the **EVE OF THEOPHANY** (January 5th), and the **BEHEADING OF THE FORERUNNER** (August 29th), except when these commemorations coincide with a Saturday or Sunday when

there is katalysis for wine and oil.

### **Katalysis in the Menaion**

1.) When a **FEAST OF THE MASTER** (1st Class) coincides with a fast day, there is katalysis for fish, wine and oil.

2.) When a **FEAST OF THE MOTHER OF GOD** (2nd Class) coincides with a fast day, there is katalysis for fish, wine and oil.

3.) When a **COMMEMORATION OF VIGIL OR POLYELEOS RANK** (3rd Class) coincides with a fast day, there is katalysis for wine and oil (and also for fish if it is the patronal feast of the monastery or church temple).

*NOTE: The Horologion lists many more days of katalysis than the three instances listed above, but these may only be observed with the blessing of the superior (i.e., the bishop of the diocese or the abbot/abbess of the monastery).*