

Days when we FEAST and are completely FAST-FREE

Theophany	January 19
First week of Triodion	(Sunday of the Tax Collector & Pharisee)
Third week of Triodion	(Fast only from meat. Dairy products allowed)
Bright Week	(The Week of Pascha)
Week of Pentecost	
12 Days of Christmas	January 7 – January 17

Special Abstentions

When a Divine Liturgy is served, a total abstinence from food and drink should be observed from the midnight prior to receiving Holy Communion.

If a Divine Liturgy is to be held in the evening (such as at a Vigil, a Vesperal Liturgy, or a Liturgy of the Pre-Sanctified Gifts), it is usual to abstain from food and drink from the midday prior to receiving Holy Communion, or from a similar period of time as for Divine Liturgy in the morning.

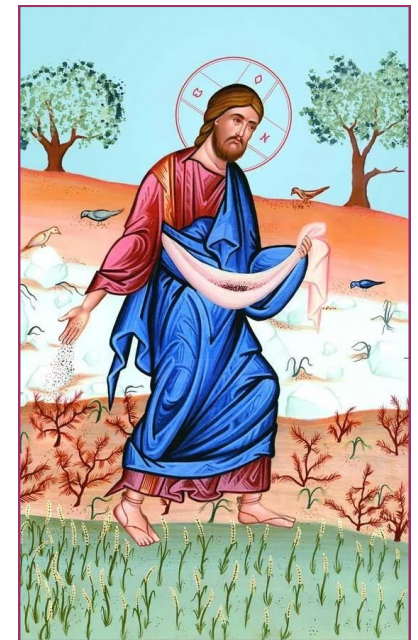
If you are taking medication, are frail or infirm, please check with your Spiritual Father or Parish Priest before deciding what to do.

An abstinence from sexual relations between husband and wife should also be observed on the night before receiving Holy Communion and on the normal fast periods and fast days of the Church calendar.

Fasting rules may vary within the family of Orthodox Churches; check with your Parish Priest or Spiritual Father for advice.



Fasting & Feasting Calendar



Holy Ascension
Orthodox Christian Mission

www.ascensionorthodox.org

The strictness of your fast should be discussed with your Spiritual Father or Parish Priest, according to your ability and particular circumstances.

The foods listed below are in their order of importance to fasting.

Strict fasting is abstinence from meat, meat products (including animal fat and eggs), dairy products, fish with backbone, wine (strictly any alcohol) and oil (strictly olive oil).

All days and dates shown below are inclusive and given according to the reckoning of the New (Revised Julian) Calendar.



Periods when we fast

- Great Lent
- Holy Week
- Fast of the Holy Apostles
- Fast of the Dormition of the Theotokos (August 14 – 27)
- Fast before the Nativity of Christ (November 28 – January 6)

Days when we fast

- Eve of Theophany January 18
- Beheading of St John the Baptist September 11
- Exaltation of the Holy Cross September 27
- Every Wednesday & Friday (except during fast-free periods)

Special Cases: If the following days fall during a **fasting period**, fish, wine and oil are permitted. However, meat, meat products and dairy products are NOT permitted.

- Annunciation April 7
- Palm Sunday
- Transfiguration August 19
- Entry of the Theotokos into the Temple December 4

Special Cases: If the following days fall on a **Wednesday or Friday**, fish, wine and oil are permitted. However, meat, meat products and dairy products are NOT permitted.

- St John the Baptist January 20
- Presentation of Our Lord in the Temple February 15
- Mid-Feast of Pentecost
- Leave-taking (Apodosis) of Pascha
- Nativity of St John the Baptist July 7
- Ss Peter & Paul July 12
- Dormition of the Theotokos August 28
- Birth of the Theotokos September 21
- St Philip the Apostle November 27

