



THE DORMITION FAST – AN OUTLINE

August 1-14

DAYS	THE HOLY CANONS SPECIFY THE FOLLOWING:	
Monday Tuesday Wednesday Thursday Friday	<u>Abstinence of:</u> Meat & Meat products Dairy products Fish Wine Oil	<u>No Abstinence of:</u> Fruit Shellfish Vegetables & vegetable products
Saturdays and Sundays		Wine and oil are permitted.
August 6 Feast of the Transfiguration		Fish, wine and oil are permitted

If the Feast of the Dormition falls on a Wednesday or Friday, the fasting guidelines for that day apply, *except* that fish, wine and oil are permitted.

TAKE NOTE! The commemoration of the **Beheading of Saint John the Baptist**, August 29th, is a day of **STRICT FAST**.

IT IS IMPORTANT TO REMEMBER THAT FASTING IS INCOMPLETE WITHOUT PRAYER AND ALMSGIVING.

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 Fasting, to whatever extent, should be undertaken after consultation and with a blessing from your spiritual Father.

**FASTING PRIOR TO RECEIVING HOLY COMMUNION
(Throughout the year)**

Sunday Morning Divine Liturgy	Complete fast from all food and drink from bedtime or midnight on Saturday evening. Saturday evening should be a quiet time of prayer and preparation for Communion.
Evening Liturgies	Complete fast from all food and drink after lunch. Any (very light) breakfast or lunch meal taken should include only fasting foods.

It is understood that those desiring to partake of the Mystery of the Eucharist frequently and regularly, must also keep the Wednesday and Friday fast.