

DAYS OF FAST – AN OUTLINE

The days of Fast in the Orthodox Catholic Church are as follows:

- 1.) The Eve of the Feast of the Nativity of Our Lord: Dec. 24/Jan. 6.
- 2.) The Eve of the Feast of the Theophany (the Baptism of Christ): Jan. 5/18.
- 3.) The Feast of the Beheading of St. John the Baptist: Aug. 29/ Sept. 11.
- 4.) The Feast of the Exaltation of the Venerable Cross: Sept. 14/27.
- 5.) All Wednesdays and Fridays throughout the year, with the exception of these "fast-free" weeks and days:
 - a.) The Week that follows the Sunday of the Publican and the Pharisee.
 - b.) Cheese Fare Week (the week after Meat Fare Sunday—during this week all foods except meat and meat products are permitted).
 - c.) Paschal Week (the week after the Sunday of Pascha).
 - d.) Pentecost Week (the week after the Sunday of Pentecost).
 - e.) Christmas Season: Dec. 25/Jan- 7 through Jan. 4/17
 - f.) Pentecost Season: from the week that follows Thomas Sunday up to and including the week before Pentecost, oil and wine are permitted on all Wednesdays and Fridays.
 - g.) Apodosis of Pascha is fast-free.
 - h.) And also, throughout the year, on certain Saint's Days, olive oil and wine are permitted (see list at the end of this Appendix).

DAYS

Dec. 24/Jan. 6
Jan. 5/18
Aug. 29/Sept. 11
Sept . 14/27

All Wednesdays
and Fridays
(see exceptions
above)

THE HOLY CANONS SPECIFY THE FOLLOWING:

ABSTINENCE OF:

Meat & Meat Products
Dairy Products
Fish
Olive Oil
Wine

NO ABSTINENCE OF:

Shellfish
Vegetables & Vegetable
Products
Fruit

On these days of fast Orthodox Christians regulate both the amount of food they consume and the number of times per day they eat. In other words, No food should be eaten between meals and at meals only a small portion, of food should be eaten. It is also often customary to eat only once a day.

SEASONS OF FAST - AN OUTLINE

The seasons of Fast in the Orthodox Catholic Church are as follows:

- 1.) The Christmas Fast (Advent): Nov. 15/28 through Dec. 24/Jan 6.
- 2.) The Fast of the Holy Apostles (The Peter & Paul Fast):
From sundown on All Saints Sunday through June 28/July 11.
- 3.) The Theotokos' Fast: Aug. 1/14 through Aug. 14/27.
- 4.) The Great Fast: From sundown on Cheese-Fare Sunday through Great & Holy Saturday.

THE CHRISTMAS FAST AND THE FAST OF THE HOLY APOSTLES - AN OUTLINE

DAYS

HOLY CANONS SPECIFY THE FOLLOWING:

	ABSTINENCE OF:	NO ABSTINENCE OF:
Sunday		
Monday	Meat & Meat Products	Fish
Tuesday	Dairy Products	Shellfish
Thursday		Vegetables & Vegetable
Saturday		Products Olive Oil Fruit

Wednesday
Friday

Orthodox Christians maintain the same fast & abstinence on these days as they do on all Wednesdays, Fridays & other days of Fast (see outline on previous page).

NOTE: During the Christmas Fast, from Dec. 13/26 to Dec. 24/Jan. 6 inclusive, the Fast becomes stricter, and olive oil and wine are permitted only on Saturdays and Sundays. Also, fish is not permitted on any day during this period.

THE THEOTOKOS' FAST - AN OUTLINE

(Aug. 1/14 - 14/27)

DAYS

HOLY CANONS SPECIFY THE FOLLOWING:

Monday	ABSTINENCE OF:	NO ABSTINENCE OF:
Tuesday	Meat & Meat Products	Shellfish
Wednesday	Dairy Products	Vegetables & Vegetable
Thursday	Fish	Products
Friday	Olive Oil	Fruit
	Wine	

On these days during the Theotokos' Fast, Orthodox Christians regulate both the amount of food they consume and the number of times per day they eat. In other words, no food should be eaten between meals and at meals only a small portion of food should be eaten. Also, it is customary to eat only once during the day.

Saturday	Oil and wine are permitted on these days, in addition to the foods
Sunday	permitted on weekdays.

The Feast of the Transfigu- ration of Christ (Aug. 6/19)	ABSTINENCE OF:	NO ABSTINENCE OF:
	Meat & Meat Products	Fish
	Dairy Products	Shellfish
		Vegetables & Vegetable
		Products
		Fruit
		Olive Oil
		Wine

NOTE: If the Feast of the Dormition of the Theotokos should fall on a Wednesday or Friday, the same foods are permitted as those permitted for the Feast of the Holy Transfiguration.

FOR THE PERIOD OF THE TRIODION AND THE GREAT FAST

WEEKS OR DAYS

For the Week that follows the Sunday of the Publican and the Pharisee

Meat Fare Week (the week that follows the Sunday of the Prodigal Son)

Cheese Fare Week (the week that follows Meat Fare Sunday)

THE HOLY CANONS SPECIFY THE FOLLOWING:

All foods are permitted throughout this week.

This is a normal week. On Wednesday and Friday of this week, shellfish, vegetables, vegetable products and fruits are permitted but not olive oil and wine. All foods are permitted on all the other days of this week.

ABSTINENCE OF:

Meat & Meat Products

NO ABSTINENCE OF:

Dairy Products

Fish

Shellfish

Vegetables & Vegetable Products

Fruit

Wine

Olive Oil

WEEKS OR DAYS

FROM

Sundown on Cheese Fare Sunday to Pascha

THE HOLY CANONS SPECIFY THE FOLLOWING:

ABSTINENCE OF:

Meat & Meat Products

Dairy Products

Fish

Olive Oil

Wine

NO ABSTINENCE OF:

Shellfish

Fruit

Vegetables & Vegetable Products

During this period Orthodox Christians regulate both the amount of food they consume and the number of times per day they eat. In other words, no food should be eaten between meals and at meal time only a small portion of food should be eaten.

Saturdays* and Sundays throughout the Great Fast

*(All but Great Saturday on which a strict

ABSTINENCE OF:

Meat & Meat products

Dairy Products

Fish

NO ABSTINENCE OF:

Shellfish

Vegetables & Vegetable Products

Fruit

Olive Oil

Wine

fast is kept)

on Saturdays* and Sundays during the Great Fast the quantity and the number of times food may be consumed is not restricted.

WEEKS OR DAYS

THE HOLY CANONS SPECIFY THE FOLLOWING:

Feast of the
Annunciation
(Mar. 25/Apr- 7)
and Palm Sunday

ABSTINENCE OF:
Meat & Meat Products
Dairy Products

NO ABSTINENCE OF:
Shellfish
Fish
Olive Oil
Wine
Vegetables & Vegetable
Products
Fruit

Clarification:

Dairy Products: butter, eggs, milk, cheese, etc.

Shellfish: oysters, shrimp, scallops, clams, etc.

Fish: sardines, tuna, trout, bass, pike, etc.

Wine: (extended to include whiskey, beer, etc.)

The regulations for fasting have been taken from all the Holy Canons and Interpretations found in **THE RUDDER** (Pedalion) which contains all the Sacred and Divine Canons of the One Holy Catholic and Apostolic Church - The Orthodox Christian Church.

THE FEAST DAYS ON WHICH OIL AND WINE ARE PERMITTED

Dates are according to the New Calendar. Add 13 days for those following the Old Calendar

- Sept. 1- Beginning of the Ecclesiastical Year. St. Symeon the Stylite.
- Sept. 6- Miracle of Archangel Michael in Chonae.
- Sept. 8- Birth of the Theotokos. FISH is also permitted on this day.
- Sept. 9- Sts. Joachim and Anna.
- Sept. 13- Consecration of the Church of the Holy Sepulchre in Jerusalem. Prefestival of the Venerable Cross.
- Sept. 20- St. Eustace (Eustathius) the Great Martyr and his family.
- Sept. 23- Conception of the Holy Forerunner and Baptist, John.
- Sept. 26- St. John the Theologian and Evangelist.
- Oct. 1- Holy Protection.
- Oct. 6- Holy Apostle Thomas.
- Oct. 18- Holy Apostle Luke the Evangelist.
- Oct. 23- St. James, the Brother of God and first bishop of Jerusalem.
- Oct. 26- St. Demetrius the Myrrh-streaming.
- Nov. 1- Sts. Cosmas and Damian of Asia Minor, the Umereenary Healers.
- Nov. 8- Synaxis of the Archangel Michael and of all the Bodiless Hosts.
- Nov. 12- St. John the Almsgiver, Patriarch of Alexandria.
- Nov. 13- St. John Chrysostom, Patriarch of Constantinople.
- Nov. 14- Holy Apostle Philip. FISH is also permitted on this day.
- Nov. 16- Holy Apostle Matthew the Evangelist.
- Nov. 21- Entry of the Theotokos into the Temple. FISH is also permitted on this day.

Nov. 25- St. Catherine the Great Martyr. Apodosis of the Feast of the Entry of the Theotokos.
 Nov. 30- Holy Apostle Andrew the First-called.
 Dec. 4- St. Barbara the Great Martyr. St. John of Damascus.
 Dec. 5- St. Sabbas the Sanctified.
 Dec. 6- St. Nicholas the Wonderworker, Bishop of Myra of Lycia.
 Dec. 9- Conception by St. Anna of the Holy Theotokos.
 Dec. 12- St. Spyridon the Wonderworker, Bishop of Trimythion of Cyprus.
 Dec. 13- Sts. Eustratius, Auxentius, Eugene, Mardarius and Orestes at Sebaste. St. Lucy of Sicily.
 Dec. 15- St. Eleutherius the Bishop-Martyr.
 Dec. 17- Holy Prophet Daniel and the Three Children Ananias, Azarias and Mishael. St. Dionysius of Zante.
 Dec. 20- Prefestival of the Holy Nativity of Our Saviour. St. Ignatius the God-bearer.
 Dec. 25- Holy Nativity of our Saviour. All foods permitted up to and including Jan. 4/17-
 Jan. 6- Holy Theophany. All foods permitted.
 Jan. 7- Synaxis of Holy Forerunner and Baptist, John. FISH is also permitted on this day.
 Jan. 11- St. Theodosius the Great, the Cenobiarch.
 Jan. 12- St. Sabbas of Serbia (The Church of Serbia and Greece celebrate St. Sabbas on Jan. 14).
 Jan. 14- Apodosis of Holy Theophany.
 Jan. 16- Veneration of the Precious Chains of St. Peter the Apostle.
 Jan. 17- St. Anthony the Great.
 Jan. 18- Sts. Athanasius and Cyril, Patriarchs of Alexandria.
 Jan. 20- St. Euthymius the Great.
 Jan. 22- Holy Apostle Timothy. St. Anastasius the Persian.
 Jan. 25- St. Gregory the Theologian.
 Jan. 27- Translation of the Holy Relics of St. John Chrysostom.
 Jan. 30- Three Hierarchs: Basil the Great, Gregory the Theologian and John ChrySOSStOm-
 Feb. 2- Meeting of our Lord God and Saviour, Jesus Christ. FISH is also permitted on this day.
 Feb. 8- St. Theodore the Commander. Holy Prophet Zachary.
 Feb. 10- St. Charalampus the Great Martyr.
 Feb. 11- St. Blaise the Hieromartyr. St. Theodora the Empress.
 Feb. 17- St. Theodore the Tyro.
 Feb. 24- The First and Second Finding of the Venerable Head of St. John the Baptist.
 Mar. 9- Holy Forty Martyrs of Sebasteia.
 Mar. 25- Annunciation of the Theotokos. FISH is also permitted on this day.
 Mar. 26- Synaxis of the Archangel Gabriel.
 Apr. 23- St. George the Great Martyr.
 Apr. 25- Holy Apostle Mark the Evangelist.
 Apr, 30- Holy Apostle James, brother of St. John the Theologian.
 May 2- Translation of the Holy Relics of St. Athanasius the Great.
 May 8- St. John the Theologian and Evangelist. St. Arsenius the Great.
 May 11- Sts. Cyril and Methodius, Equal to the Apostles.
 May 15- St. Pachomius the Great. St. Achillius, Archbishop of Larissa.
 May 21- Sts. Constantine and Helen, Equals to the Apostles.
 May 24- St. Simeon of the Wondrous Mountain.
 May 25- Third Finding of the Venerable Head of St. John the Baptist.
 June 8- Translation of the Holy Relics of St. Theodore the Commander.
 June 11- Holy Apostles Bartholomew and Barnabas.
 June 24- Birth of the Holy Forerunner and Baptist, John. FISH is also permitted on this day.

- June 29- Holy Apostles Peter and Paul. FISH is also permitted on this day.
June 30- Synaxis of the Holy Twelve Apostles.
July 1- Sts. Cosmas and Damian of Rome., the Umercenary Healers.
July 2- Deposition of the Holy Robe of the Theotokos.
July 8- Kazan Icon of the Mother of God. St. Procopius the Great Martyr.
July 15- St. Vladimir, Equal to the Apostles. St. Cyriacus and his mother, St. Julitta.
July 17- St. Marina the Great Martyr.
July 20- Holy Prophet Elias.
July 22- St. Mary Magdalene the Myrrh-bearer. St. Marcella the Virgin Martyr.
July 25- Repose of St. Anna, Mother of the Theotokos.
July 26- St. Hermolaus. St. Paraseeva of Rome.
July 27- St. Panteleimon the Umercenary Healer and Great Martyr.
Aug. 6- Holy Transfiguration of Our Lord. FISH is also permitted on this day.
Aug. 15- Dormition of the Holy Theotokos. FISH is also permitted on this day.
Aug. 31- Deposttion of the Venerable Sash of the Theotokos.

In addition to the above, oil and wine are permitted also on those days on which a local Saint is celebrated, or on days on which the local parish church celebrates its patron saint.

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