

☞ Guidelines for Fasting and Abstinence ☛

Abstinence: *the food you do without, especially animal products*

Fast: *the extent of time you do without food; no restrictions on the amount*

Three Kinds of Fasts:

- ① *Liturgical: Philipian, Great Lent, Apostles', Dormition*
- ② *Eucharistic – the fast to distinguish the Eucharist from all other foods*
- ③ *Ascetical – fasting from food to control the passions*

Notes on Fasting:

We fast on Wednesdays because Our Lord was betrayed on a Wednesday.

We fast on Fridays, because He was crucified on a Friday.

*If you are a guest and the host serves food you are abstaining from, do not embarrass your host by not eating the food; but conversely, don't go looking for such a host, either!
(See the Epistle of St. James)*

*Nursing mothers, those who are under 16, over 65 or ill, need not fast;
but they are obliged to abstain.*

If a feast day falls during Great Lent, do not fast, but abstain.

If you can, keep the traditional fast, but don't ruin your health.

*Saturdays and Sundays, the islands in the fast, you can eat fish.
On strict fast days you can eat fish withOUT backbones, i.e. shellfish.*

Lenten Fast = 40 days:

*5 days of Meat-Fare, 5 days of Cheese-Fare & 30 weekdays for 6 weeks of Lent
Holy Week is a separate and more intense fast.*

Monastic Fast:

*Fasting from midnight to noon or Vespers,
but eating a sufficient amount of food for your needs.*

Minimal Fast for Great and Holy Lent: (See above about minimalism!)

1st day of Lent, Wednesdays & Fridays of Lent, and Good Friday.