

# THE APOSTLES' FAST - AN OUTLINE

Beginning the Monday after All Saints (June 12, 2017)  
and continuing until the Feast of Saints Peter & Paul (June 29)

DAYS	THE HOLY CANONS SPECIFY THE FOLLOWING:	
Monday Tuesday Thursday Saturday Sunday	<u>Abstinence of:</u> Meat & Meat products Dairy products	<u>No Abstinence of:</u> Fruit Shellfish Vegetables & vegetable products Fish Wine Oil
Wednesdays Fridays	Meat & Meat products Dairy products Fish Wine Oil	

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

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.  
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## 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 discipline.*