



THE DORMITION FAST – AN OUTLINE

August 1-14

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

Paraklesis Services - August 1-13
Weekdays at 7 p.m.

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

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| 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.