

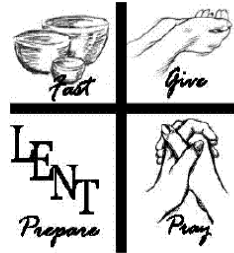
GREAT LENT

FASTING GUIDELINES ACCORDING TO THE HOLY CANONS

From sundown on Cheesefare Sunday to Pascha:

Abstinence of:

Meat and meat products
Dairy products and eggs
Fish with backbones
Olive Oil
Wine (all alcoholic beverages)



No abstinence of:

Shellfish
Fruit
Vegetables and vegetable products (includes grains: rice, wheat, flour, non-egg pasta, breads; tofu/bean curd; nuts)

No food should be eaten between meals. At meal time, smaller portions should be eaten.

Feast-Day Exceptions:

Annunciation (March 25) & Palm Sunday: Fish, Wine, & Oil permitted.

Exceptions on weekends:

On Saturdays* and Sundays, Olive Oil and Wine are permitted. The quantity and number of times food may be consumed is not restricted.

**No exception on Great Saturday on which a strict fast is kept.*

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

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

It can be good to reduce or eliminate TV, Facebook, and all other unnecessary media.

FASTING PRIOR TO COMMUNION (THROUGHOUT THE YEAR):

Complete fast from bedtime or midnight from all food and drink. For an evening Liturgy, a complete fast from all food and drink after lunch. Any breakfast and lunch meal should include fasting foods only.

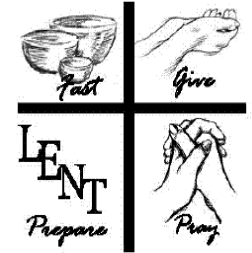
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