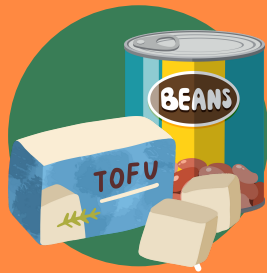


FASTING

DO'S AND DON'TS

FOR PRESANCTIFIED POTLUCKS

Plant-Based proteins are a must during Lent



Seasonings and sweets can help make fasting easier.



Oils are allowed, just not olive oil

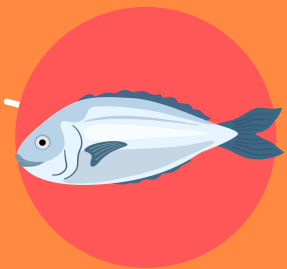


Certain Animal products are allowed: Honey, Shellfish, and Fish Eggs

DO

✗

DON'T



We fast from fish. Fish is only welcomed back on the Annunciation and Palm Sunday.



We fast from Olive Oil and Wine. These are allowed on certain days and weekends of Lent



We fast from most animal products like Dairy, Cheese, and Eggs.



We fast from meat and poultry.

JOIN US AT 5:30PM FOR LITURGY & DINNER