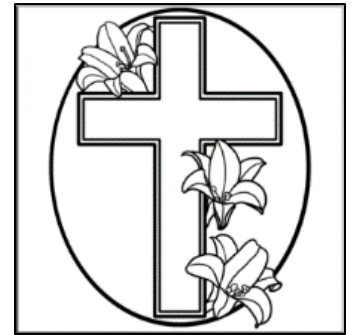


So How Should I Fast?



NOTE: Persons who are ill, on prescribed drugs, or have other valid reasons are exempted from physical fasts that could prove detrimental to their health. Please see your priest if you have any questions. We do not want you to burden yourself with unnecessary, unmerited guilt. Strict abstinence is *not allowed* on Saturday or Sunday. (Saturday is the Seventh Day of God's Creation – the Day of Rest; Sunday is the Day of our Lord's Resurrection.)

The Minimum Degree:

During the first week, abstain from meat.

On all Wednesdays and Fridays of Lent, abstain from meat.

During Holy Week, abstain from meat, fish, dairy products (i.e., milk, eggs, butter, etc.), and oil – including Holy Saturday which is the **strictest fast day of the year** on which the fast must be maintained *even after receiving Holy Communion* on Holy Saturday morning.

Light Degree:

Throughout the first week abstain from meat, fish, and dairy.

On all Wednesdays and Fridays of Lent, abstain from meat.

During Holy Week, abstain from meat, fish, dairy products, (i.e., milk, eggs, butter, etc.), and oil – including Holy Saturday.

Moderate Degree:

During the first week, abstain from meat, fish, and dairy.

On all Wednesdays and Fridays of Lent, abstain from meat, fish, and dairy.

For Mid-Lent, abstain from meat, fish, and dairy.

Throughout Holy Week, abstain from meat, fish, dairy products, (i.e., milk, eggs, butter, etc.), and oil – including Holy Saturday.

Conservative Degree:

For the first week, abstain from meat, fish, and dairy.

All during Lent, abstain from meat, fish, and dairy.

During Holy Week, abstain from meat, fish, dairy products, (i.e., milk, eggs, butter, etc.), and oil – including Holy Saturday.

Strict Degree:

Throughout the first week, abstain from meat, fish, dairy products, and oil.

All during Lent, abstain from meat, fish, dairy products, and oil.

During Holy Week, abstain from meat, fish, dairy products, (i.e., milk, eggs, butter, etc.), and oil – including Holy Saturday.

Ascetic Degree:

All during Lent and Holy Week – one “glass” of water and a “morsel” of bread each day.

NOTE: Even the strictest fast should be broken on the Annunciation (March 25th) and Palm Sunday, when fish are allowed.

Please do your best!

From **The Triodion**, Annual Resource Companion, A Digest of Orthodox Educational Articles, pp. 54-55.