

THE APOSTLES' FAST - AN OUTLINE

Beginning the Monday after All Saints
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.

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

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.