

Schedule of Fasting Throughout the Year

	I	II	III	IV
Every Wednesday and Friday	X	X	X	X
Cheese Fare Week	X			
Great and Holy Lent	X	X	X	X
Saturdays and Sundays during Lent	X	X	X	
Annunciation of the Theotokos March 25 th	X	X		
Palm Sunday	X	X		
Holy Week	X	X	X	X
Apostle's Fast, Monday after All Saint Sunday to Sts. Peter and Paul, June 29 th	X	X	X	X
Panagia's or Dormition Fast August 1-14 th	X	X	X	X
Transfiguration of our Lord August 6 th	X	X		
Beheading of St. John The Baptist August 29 th	X	X	X	X
Elevation of the Holy Cross September 14 th	X	X	X	X
Advent Fast November 15 th – December 17 th	X	X		
Advent Fast December 17 th – 24 th	X	X	X	X
Day before Theophany January 5 th	X	X	X	X
Fasting prior to Holy Communion (Sundays and morning Divine Liturgies)	X	X	X	X
Fasting Prior to an Evening Divine Liturgy (From noon)	X	X	X	X
Fast Free Weeks: The week after Christmas up to the 5 th of January, the week of the Sunday of the Publican and the Pharisee, the week after Easter and the week after Pentecost.				

CATEGORY I Meat and Meat Products which includes beef, pork, chicken, items which have beef gelatin, lard. (Check the labels of crackers and breads).

CATEGORY II Dairy Products, which includes Butter, eggs, milk, cheese, etc. and items that have them such as breads and milk extracts.

CATEGORY III Fish which includes any fish, tuna, bass, trout, shark, swordfish, etc but not shell fish such as crab, oysters, scallops, shrimp, lobster, mussels, etc.

CATEGORY IV Olive oil and wine, alcoholic beverages, whiskey, beer etc.

Foods permitted throughout the Year:

Shellfish (see above)
Vegetables, vegetable products and fruit including grains, rice, flour, non-egg pasta, etc.

Sundays and Morning Divine Liturgies have a complete fast from all food and drink from bedtime or midnight the evening before. The evening before should be one of prayer and spiritual preparation for Holy Communion the next day.