



# THE DORMITION FAST – AN OUTLINE

## August 1-14

DAYS	THE HOLY CANONS SPECIFY THE FOLLOWING:	
Monday Tuesday Wednesday Thursday Friday	<u>Abstinence of:</u> Meat & Meat products Dairy products Fish Wine Oil	<u>No Abstinence of:</u> Fruit Shellfish Vegetables & vegetable products
Saturdays and Sundays		Wine and oil are permitted.
August 6 Feast of the Transfiguration		Fish, wine, and oil are permitted

**Paraklesis Services - August 1-13**  
 Weekdays at 6:30 p.m.

**Holy Unction - August 12**  
 Wednesday 4 p.m. (Fast & Confess in preparation)

**If the Feast of the Dormition falls on a Wednesday or Friday, the fasting guidelines for that day apply, *except* that fish, wine and oil are permitted.**

**TAKE NOTE!** The commemoration of the **Beheading of Saint John the Baptist, August 29<sup>th</sup>**, is a day of **STRICT FAST**.

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

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

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### 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 fast.*