FASTING REGULATION FOR THE GREAT FAST (LENT)

FEBRUARY 20, 2017

Prepared by: Fr. Mark Shuey

1. Minimum Fast

According to the Eparchial Handbook, the minimum fast for Lent is as follows:

Abstinence forbids the use of meat and meat products. Abstinence does not forbid the use of eggs or dairy products. Abstinence is observed on:

- All Wednesdays and Fridays if the Great Fast
- On all Fridays of the year or an equivalent penance is recommended, except during the festive observances as found in the Typikon (MPL Canon 880 S2.2)

Strict Fast forbids the use of meat, eggs and dairy products. Strict Fast is observed on Pure Monday (2/27) and Great Friday (4/14).

2. Ascetic Fast

If you have never fasted before, please do the minimum fast and take each fasting period to grow in your spiritual life. This means to eventually grow in fasting to the Ascetic Fast where no animal products a consumed but fish and oil are allowed on the weekends. This takes time, effort and especially prayer to develop and remember, fasting without prayer is diabolical-you just hurt the body.

If you never get the the Ascetic Fast, do not feel guilty, at least do the Minimum Fast.

3. Age Requirements

Abstinence binds all the faithful of the Eparchy of Passaic who receive the Eucharist. Strict Fast binds all the adult faithful who receive the Eucharist.

4. Dispensation

Expectant and nursing mothers, infants and those who are in poor health are exempt from the laws of Strict Fast. Pastors and religious superiors, for just cause, may grant to individuals and families a dispensation or commutation of the prescribed Strict or Abstinence Fasts to another equivalent penance.

5. Non-Fasting Periods

The periods during which fasting is not permitted:

- The week following the Sunday of the Publican and Pharisee
- Bright Week
- The Post feast of the Nativity of the Lord (December 25-January 4)
- Major Feast Days of the Lord and the Theotokos if they fall on a fast day