

Regulations for the Great Fast

Who must fast?

Those members of the Church over the age of 18 and under the age of 59 are bound to observe the requirements of the Great Fast. Children who are able should also be taught to observe these fasting regulations, and those over the age of 59 are encouraged to observe the Fast to the degree they are able.

Beginning the Great Fast:

Strict Fast (Black Fast) is observed on the first day of the Great Fast (*this year, it is Monday, 12 February, 2018*). On this day, only **one** meal is eaten which includes no meat or animal products, no dairy products, no oils or fats of any kind and no wine. However, fish without a backbone (shellfish such as clams, shrimp, oysters or scallops etc.) *may* be eaten.

Throughout the Great Fast:

On all other Wednesdays and Fridays throughout the duration of the Great Fast, the dietary restrictions are the same as above for the Strict Fast, but more than one meal may be taken.

On Good Friday:

On Good Friday the Strict Fast (Black Fast) is again observed – the same as it was on the day of the Beginning of the great Fast.

Common sense exceptions:

Exceptions to the fasting out of medical necessity are always allowed for people of any age. Nursing mothers, diabetics and those who must have some intake of food in order to take certain prescribed medications are examples of individuals who are exempt. Use common sense – the purpose of the Great Fast is to build spiritual discipline – not to endanger one's physical health.

Blessed Fast!