

# The Advent Fast

In Orthodox churches in the Western tradition, the Advent Fast consists of

- ✘ Fasting on all Wednesdays in Advent
- ✘ Fasting and abstinence on all Fridays in Advent
- ✘ Fasting and abstinence on Ember Wednesday, Ember Friday and Ember Saturday in Advent. (*The Ember days are in the week after the Third Sunday in Advent.*)
- ✘ Fasting and abstinence on the Vigil of the Nativity (24 December)

## NOTE

FASTING consists of not eating until after noon; and then eating only one full meal with a collation (about 1/4 of a meal) permitted as a second meal.

ABSTINENCE refers to refraining from flesh meat (pork, beef, chicken, etc.) and their juices or broths. Shell fish and fin fish as well as dairy products are permitted.

All Orthodox communicants and catechumens in the Western tradition are asked to follow these rules; however, only those between the ages of 21 and 60 are obligated to observe the fasts of the Church, and those who have completed their seventh year of age are bound to the law of abstinence.