



*(November 15 - December 24)*

*The Nativity Fast is divided into two periods.* The first period is November 15 through December 19 when the traditional fasting discipline (no meat, poultry, eggs, dairy, fish, wine and oil) is observed with katalysis for wine and oil on Tuesday and Thursday, and for fish, wine and oil on Saturday and Sunday.

The second period is December 20 through 24 when the traditional fasting discipline (no meat, poultry, eggs, dairy, fish, wine and oil) is observed Monday through Friday, but with katalysis for wine and oil on Saturday and Sunday. [Katalysis is Greek, meaning “relaxation”.]