

Official Fasting and Abstinence Rules Prescribed for the Ukrainian Greco-Catholic Church

Definitions

Abstinence means that we do not eat a certain type of food or any other foods that have that as an ingredient.

Fasting means that we eat less food. A general rule is that for a day of fast, the amount of food of the main meal is less than the other two meals combined.

Those exempt from fasting and abstinence are:

- Children under the age of 14
- Adults over the age of 60
- those who are gravely ill
- pregnant women
- post-partum mothers
- breast-feeding mothers
- travellers (if travel time exceeds 8 hours)
- those engaged in heavy labour
- those who eat from the table of others
- the poor who live from charity

Rules for Fasting and Abstinence

All Fridays of the Year (Усі п'ятниці року)

Abstention from meat and foods that contain these ingredients (except during periods of dispensation – *загальниці*).

Fasting Periods of the Year:

The Great Fast (Великий Піст) – Great Lent

Obligation to Fast during this period.

First Day of the Great Fast (Clean Monday)

Abstention from meat, dairy and eggs, and foods that contain these ingredients

First Week of the Great Fast

Abstention from meat and foods that contain these ingredients

Mondays, Wednesdays, Friday of the Great Fast

Abstention from meat and foods that contain these ingredients

Great and Holy Week (Великий тиждень)

Obligation to Fast during this period.

Abstention from meat and foods that contain these ingredients

Great and Holy Friday

Abstention from meat, dairy and eggs, and foods that contain these ingredients

Apostles Fast (Петрівка)

Obligation to Fast during this period.

Wednesdays and Fridays

Abstention from meat and foods that contain these ingredients

Dormition Fast (Спасівка)

Obligation to Fast during this period.

Wednesdays and Fridays

Abstention from meat and foods that contain these ingredients

Nativity Fast (Пилипівка)

Obligation to Fast during this period.

Wednesdays and Fridays

Abstention from meat and foods that contain these ingredients

Specific Days of Fasting

Obligation to Fast on these days.

September 14

Exaltation of the Holy Cross

December 24

Vigil of the Nativity

Abstention from meat, dairy and eggs, and foods that contain these ingredients

January 5

Vigil of Theophany

Abstention from meat, dairy and eggs, and foods that contain these ingredients

August 29

Beheading of John the Baptist

Traditionally, we do not eat foods in the shape of a head (e.g. Lettuce, cabbage, etc.) or serve food on a platter.

Periods of Dispensation (Загальниці)

There is no fasting or abstinence during these periods.

- December 25 to January 4 (Nativity to the Vigil of Theophany)
- Sunday of the Public and Pharisee to Sunday of the Prodigal Son
- Pascha to Thomas Sunday
- Pentecost to All Saints Sunday

Source: <http://www.royaldoors.net/2017/01/fasting-abstinence-rules-prescribed-ukrainian-greek-catholic-church-2015/>