

AND WHEN YOU FAST 2017 A.D.	MEAT All meats including pork & chicken, etc. (Tofu, etc. is allowed)	DAIRY Milk, eggs, etc. (Almond & Soy milk, etc. is allowed)	FISH All fish with a backbone. Does not include shellfish.	WINE & OIL Traditionally includes all alcohol & oil. Observed more traditionally in Monasteries than in Parishes.
NATIVITY FAST November 15 until December 25	Abstain	Abstain	Allowed But not on Wed/Fri or between Dec 12-24.	Allowed Allowed when Fish is allowed, and on Saturdays & Sundays.
GREAT & HOLY FAST February 27 until April 16	Abstain	Abstain	Abstain Only allowed on the Annunciation (March 25) & Palm Sunday (April 9).	Allowed Allowed when Fish is allowed, and on Saturdays & Sundays except for Holy Saturday (April 15).
APOSTLES FAST June 12-29	Abstain	Abstain	Allowed Except on Wednesdays & Fridays.	Allowed Allowed when Fish is allowed, and on Saturdays & Sundays.
DORMITION FAST August 1-15	Abstain	Abstain	Abstain Only allowed on the Transfiguration (Aug 6).	Allowed Allowed when Fish is allowed, and on Saturdays & Sundays.
WEEKLY (Wed/Fri)	Abstain	Abstain	Abstain	Abstain

IMPORTANT FEAST DAYS:

Jan 1: The Circumcision of our Lord
 Jan 5: Paramon of Theophany (*)
 Jan 6: Holy Theophany of our Lord
 Feb 2: Presentation of our Lord into the Temple
 Feb 19: Meat-Fare (Judgment Sunday)
 Feb 26: Cheese-Fare (Forgiveness Sunday)
 Feb 27: Clean Monday - First day of the Fast (*)
 March 25: Annunciation of the Theotokos
April 9: Palm Sunday
 April 10-15: Great & Holy Week (*)
April 16: Great & Holy Pascha
 May 25: Holy Ascension of our Lord

June 4: Holy Pentecost
 June 24: Nativity of St. John the Baptist
 June 29: Synaxis of the Holy Apostles
 Aug 6: Holy Transfiguration of our Lord
 Aug 15: Dormition of the Theotokos
 Aug 29: Beheading of St. John the Baptist (*)
 Sept 1: Orthodox Ecclesiastical New Year
 Sept 8: Nativity of the Theotokos
 Sept 14: Elevation of the Holy Cross (*)
 Nov 8: Synaxis of the Holy Archangels
 Nov 21: Entrance of the Theotokos
Dec 6: St. Nicholas the Wonderworker
 Dec 25: Nativity of our Lord

During the Great Fast & Strict Days, we abstain from food & drink until noon on weekdays, but not on Saturday/Sunday.
(*) Strict Fasting Days follow "Weekly" on the chart.
 Cheese-Fare Week: Feb 20-26
 all foods are allowed - except for "Meat".
Fast-Free Periods:
 Jan 1-4; Feb 6-11; April 17-22; June 5-10; Dec 25-31.
 The Holy Synod of Antioch directed that the 40 days following Holy Pascha (April 16 - May 25) are also fast-free.
Wed/Fri when Wine & Oil are traditionally allowed:
 Jan 11, 18, 20, 25, 27; Feb 17; March 9; April 26, 28; May 3, 5, 12, 17, 19, 26, 31; June 2, 30; July 26; Sept 1, 6, 13, 20; Oct 6; Nov 1, 8; Dec 6, 15, 20.