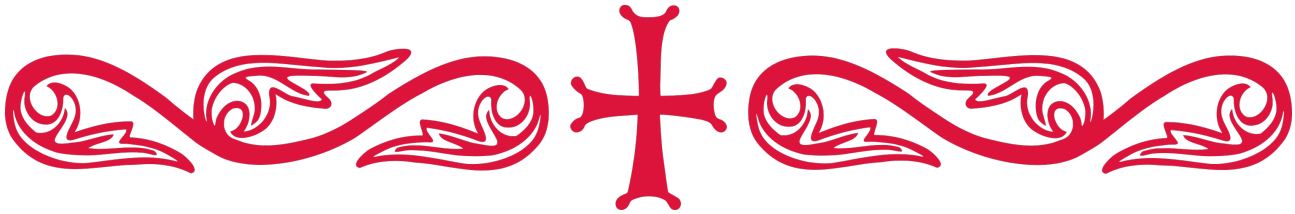

# THE GREAT FAST

## 16 FEBRUARY — 4 APRIL 2026

## PRAY ✠ FAST ✠ GIVE ALMS

| | TRADITIONAL RULE | MY PLAN | MINIMUM RULE (U.G.C.C. CANON 115) |
|---|---|---|---|
| *Clean Week (16–20 February)* | Total fast (only water permitted) on Monday, Tuesday and Thursday. Total fast on Wednesday and Friday until the Presanctified, after which abstain from meat, fish, eggs, dairy, oil and alcohol. | | Monday: abstain from meat, eggs and dairy.<br><br>Tuesday to Friday: abstain from meat. |
| *Mondays to Fridays of the Great Fast* | Total fast until the ninth hour (~3pm) or after the Presanctified and abstain from meat, fish, eggs, dairy, oil and alcohol. | | Abstain from meat on Mondays, Wednesdays and Fridays. |
| *Saturdays and Sundays of the Great Fast* | No fasting. Abstain from meat, fish, eggs and dairy. | | No rule. |
| *Annunciation of the Most Holy Theotokos* | Total fast until after Eucharist and abstain from meat, eggs and dairy. Alcohol permitted on eve. | | No rule. |
| *Fifth Wednesday, Thursday & Friday of the Great Fast (18–20 March)* | Wednesday & Thursday: total fast until the ninth hour or after the Presanctified and abstain from meat, fish, eggs and dairy. Friday: as above but abstain from oil also. | | Abstain from meat on Wednesday and Friday. |
| *Palm Sunday (29 March)* | No fasting. Abstain from meat, eggs and dairy. | | No rule. |
| *Great & Holy Monday to Great & Holy Wednesday* | Total fast until the ninth hour or after the Presanctified and abstain from meat, fish, eggs, dairy, oil and alcohol. | | Abstain from meat. |
| *Great & Holy Thursday* | As above but oil and alcohol permitted. | | Abstain from meat. |
| *Great & Holy Friday* | Total fast. | | Abstain from meat, eggs and dairy. |
| *Great & Holy Saturday (4 April)* | Total fast until the Divine Liturgy of Saint Basil the Great, after which abstain from meat, fish, eggs, dairy and oil. | | Abstain from meat. |

ENEMIES, AND GUARDING YOUR COMMONWEALTH BY YOUR CROSS ✠

O LORD, SAVE YOUR PEOPLE AND BLESS YOUR INHERITANCE, GRANTING TO FAITHFUL CHRISTIANS VICTORY OVER THEIR