



**Our Lady
of Fatima**
Russian Byzantine
Catholic Church

Fasting Days for Great Lent 2018

Fasting Regulations

During the fast of Great Lent, meat, fish, dairy, alcohol, and oil (oil refers to cooking oil) are not permitted. On certain feast days, Saturdays, and Sundays, alcohol and oil are permitted.

Please consult your pastor if you have certain health issues concerning the fast.

Enclosed are the days when Alcohol and Oil are permitted.

Monday, February 19th/Saturday, Feb 24th (Feb 24th Wine and Oil are permitted)

Sunday, February 25th (Alcohol and Oil are permitted)/Monday, February 27th (Wine and Oil are permitted)

Saturday, March 3rd (Alcohol and Oil are permitted)

Sunday, March 4th (Alcohol and Oil are permitted)

Saturday, March 10th (Alcohol and Oil are permitted)

Sunday, March 11th (Alcohol and Oil are permitted)

Thursday, March 15th (Alcohol and Oil are permitted)

Sunday, March 17th ((Alcohol and Oil are permitted)

Sunday, March 18th (Alcohol and Oil are permitted)

Tuesday, March 20th (Alcohol and Oil are permitted)

Wednesday, March 21st (Alcohol and Oil are permitted)

Thursday, March 22rd (Alcohol and Oil are permitted)

Saturday, March 24th (Alcohol and Oil are permitted)

Sunday, March 25th (Alcohol and Oil are permitted)



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Saturday, March 31st (Alcohol and Oil are permitted)

Sunday, April 1st (Fish, Alcohol, and Oil are permitted)

Thursday, April 5th (Alcohol and Oil are permitted)

Saturday, April 7th (Alcohol and Oil are permitted)

No Fasting from April 8th to April 17th

Fasting begins on April 18th. Enclosed is what is permitted on those days.

Wednesday, April 18th (Alcohol and Oil are permitted)

Friday, April 20th (Alcohol and Oil are permitted)

Wednesday, April 25th (Alcohol and Oil are permitted)

Friday, April 27th (Alcohol and Oil are permitted)