



Nebraska Ukrainian Orthodox Exarchate

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GRAMMATA ON FASTING IN OUR LATIN RITE VICARIATE

Our Latin Rite clergy and laity are held to the following rules:

- I. Abstinence refers to abstaining from meat and meat by-products. This does not apply to dairy products and eggs. Fish and cold-blooded animals may be eaten (e.g., seafood).
- II. Fasting refers to the quantity of food consumed, but also refraining from eating between meals, i.e. one full meal a day and two smaller meals. The two smaller meals should not equal the quantity of the main meal. Though eating between meals (snacks) is not permitted, but liquids are allowed, including milk and fruit juices.
- III. Obligatory days of fast and abstinence:
 - all Fridays, except on Solemnities (i.e., 1st Class Feasts).
 - on Ash Wednesday and Good Friday.
- IV. Abstinence is obligatory on all Fridays of Lent, except Solemnities (i.e., 1st Class Feasts).
- V. Fasting and abstinence (from meat) are obligatory on the following days:
 - Ash Wednesday
 - Fridays and Saturdays in Lent
 - Good Friday
 - Holy Saturday (until midnight)
 - Ember Days (Wednesday, Friday and Saturday)
 - Vigil of Pentecost
 - Vigil of Christmas

Given on the first day of February 2019

/S/ Mar +Melchizedek
Exarch

