



SAINT ELIAS CHURCH AND CEMETERY
ЦЕРКВА І ЦВІНТАР СВ. ПРОРОКА ІЛІЇ
GRECO-CATHOLIC EPARCHY OF TORONTO
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This CHURCH CALENDAR for the Year of God 2023 has been prepared for the Church of the Prophet Elias in Brampton, according to the REVISED JULIAN calculation. Principle commemorations and fasting prescriptions are according the Rome Horologion, Часоглѡкѡ (Рѣмѡ: Вѡ тѣпѡгрѡфѣтѣн крѣпѡтѡфѣррѡтѣкѣ Ѡкѣчѣлѣ, 1950), and additional commemorations from the Їѣрѣйскѣй Мѡлѣтѡкѡлѡкѡ, (Рѣмѡ: Вѡ тѣпѡгрѡфѣтѣн крѣпѡтѡфѣррѡтѣкѣ Ѡкѣчѣлѣ 1950, *Recensio Vulgata*) have been added.
Glory to God for all things!

HOW TO APPROACH FASTING

Fasting is voluntary. It is an imposed self-discipline, and expected of all who are physically able. To help us, the Church sets out both the maximal and minimal rules for fasting. Faithful Christians need to take into account their individual circumstances – health, age, physically demanding jobs etc. - when making decisions around fasting. **With the exception of nursing and expectant mothers, small children, the poor, the mentally or physically ill or aged, all are required to keep the minimal fast:**

MINIMUM REQUIRED DAYS OF FASTING

According to the Synod of Bishops of the UGCC, the faithful are required to observe AT LEAST the following:

ALL FRIDAYS (with some exceptions as indicated on calendar) - No meat or meat products.

GREAT LENT:

FIRST DAY OF GREAT LENT - No meat, dairy and eggs, or foods that contain these ingredients

FIRST WEEK OF GREAT LENT - No meat or meat products.

MONDAYS, WEDNESDAYS, AND FRIDAYS OF LENT - No meat or meat products.

HOLY WEEK - No meat or meat products.

GREAT AND HOLY FRIDAY - No meat, dairy and eggs, and foods that contain these ingredients

APOSTLES FAST, DORMITION FAST, NATIVITY FAST:

ALL WEDNESDAYS AND FRIDAYS - No meat or meat products.

OTHER ONE-DAY STRICT FASTS:

EXALTATION OF THE HOLY CROSS (Sept. 14) - No meat, dairy and eggs, and foods that contain these ingredients

EVE OF THE NATIVITY (Dec. 24) - No meat, dairy and eggs, and foods that contain these ingredients

EVE OF THEOPHANY (Jan. 5) - No meat, dairy and eggs, and foods that contain these ingredients

BEHEADING OF JOHN THE BAPTIST (AUG. 29) - No meat, dairy and eggs, and foods that contain these ingredients

FASTING BEFORE COMMUNION and OTHER SACRAMENTS

According to ancient and pious tradition, no food or water is taken from midnight before Divine Liturgy. Fasting before Confession or Holy Unction is beneficial and strongly recommended. The Eucharistic Fast **at minimum** requires abstinence from all food and drink (except water) for one hour prior to Divine Liturgy.

TRADITIONAL FASTING

According to the prescriptions found in the Great Horologion of the Greco-Catholic Church, published in Rome, 1950.

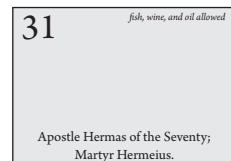
For those who are seeking to keep a more disciplined fast, the traditional (maximal) fast is indicated on this calendar. Though the rules may appear quite strict to those who have not seen them before, they were developed with all of the faithful, not only monks, in mind. Though few laymen are able to keep the full rule, it is presented in this calendar in its fullness. Most fasting days are indicated by a GREY SHADED CELL with additional information in italics, in the upper right corner of the cell.

A GREY SHADED CELL INDICATES:

No Animal Products - including eggs, caviar, dairy etc. - **unless otherwise specified.**

No oil – this rule implies no fried or richly prepared foods - **unless otherwise specified.**

No wine – this includes hard liquor - **unless otherwise specified.**



The rules given here are only one part, the most external part, of a true fast, which will include increased prayer and other spiritual disciplines, and may include resolutions to set aside other aspects of our day-to-day life (such as caffeine or television), or to take up practices such as visiting the sick. If you adopt it, beware of pride, and pay no attention to anyone's fast but your own.

Do not substitute the notion of “deciding what to give up for Lent” for the rule that the Church has given us. First, keep the Church's fasting rule as well as you are able, then decide on additional disciplines, in consultation with your priest. Those who attempt to keep the Church's traditional fast will find that, though the temptations to pride and legalism are real, the spiritual benefits are great. A return to more diligent fasting could play a large part in the spiritual renewal of our churches.

PLANNING WEDDINGS AT SAINT ELIAS

It is the practice of St. Elias Church, Brampton, not to perform weddings on Saturdays as this is a day of prayers for the dead and an eve of preparation for Sunday. **DO NOT REQUEST SATURDAY WEDDINGS**. Weddings are not performed during any fasting periods, Bright Week, and days with other festal services. It is parish practice to perform weddings on Sunday afternoon, after having attended Liturgy in the morning and receiving Holy Communion.