

St. Phillip's Fast is the 40 day penitential period before Christmas (the Incarnation) and Christ's Baptism (Theophany), which begins on Monday, November 15th.

It is similar to the Great Fast (Lent) in that it is 40 days in duration and it gives us the needed time and opportunity to spiritually prepare ourselves for Christ's Birth and Baptism. It is considered a "lesser" Lent, a penitential spirit is to be maintained. St. Phillip's Fast is still a time of fasting, which means that meat is never eaten on Friday (at the very least). Actually, more can be done (with fasting from meat on Wednesday and Fridays). Remember that the fast is not binding on the weekends because every Sunday is considered a small Pascha - Easter. According to our Eparchial Statutes, this fast may be observed voluntarily.