

Eparchy of Parma Fasting Regulations, Great Fast 2021

Abstinence: The law of abstinence forbids the use of meat, permitting the use of eggs and dairy products. Abstinence is obligatory on all Wednesdays and Fridays during the Great Fast and on Holy Saturday.

Strict Abstinence: The law of strict abstinence (fast) forbids the use of meats, eggs and dairy products. Strict abstinence is to be observed on the first day of the Great Fast and on Great and Holy Friday.

Dispensation: Pastors and administrators, for a just cause, may grant to the individual faithful as well as to individual families, dispensation or commutation of abstinence and strict abstinence into other pious practices

“By fasting it is possible both to be delivered from future evils and to enjoy the good things to come. We fell into disease through sin; let us receive healing through repentance, which is not fruitful without fasting. ... True fasting lies in rejecting evil, holding one's tongue, suppressing one's hatred, and banishing one's lust, evil words, lying, and betrayal of vows.” St. Basil the Great