The Advent Fast



The Advent Fast begins 40 days before Christmas on November 15. *(Due to the American holiday of Thanksgiving, some begin this fast in earnest on December 1 or else they take a four-day break from the fast from Thanksgiving through the following Sunday.)*

It is usual to limit both the number of meals and the amount of food eaten. The church's complete Rule call for abstinence from all meat and animal products. However, fish, wine and oil may be eaten on all days except Wednesdays and Fridays, up to December 20, which is the beginning of the Forefeast, the "Holy Week" before Christmas. After December 20 the fast should become more rigorous. The strict fast of Christmas Eve is broken by a fasting meal after the evening Liturgy. *(Note: When Christmas Eve falls on a Saturday or Sunday it is not a strict fast day but is kept as any regular fasting day in Advent).*

There is no fasting on Christmas Day up to the Eve of Epiphany.

Some suggested Readings for the Home during Advent

Nov. 30	Luke 1:26-35	Dec. 13	1 Chronicles 29:23-30 Psalm 132:11-18
Dec. 1	Matthew 1:18-24	Dec. 14	Isaiah 2:1-5
Dec. 2	Genesis 11:31-12:9	Dec. 15	Isaiah 7:3, 10-15
Dec. 3	Genesis 17:5-6, 15-16, 21:1-3	Dec. 16	Isaiah 9:2-3, 6-7
Dec. 4	Genesis 26:1-5	Dec. 17	Isaiah 11:1-5, 10
Dec. 5	Genesis 28:1-4, 10-17	Dec. 18	Isaiah 49:5-7
Dec. 6	Genesis 35:9-12; 46:2-4	Dec. 19	Isaiah 56: 1-2, 7
Dec. 7	Genesis 48:1-16	Dec. 20	Isaiah 60:1-6, 19-22
Dec. 8	Genesis 49:1-2, 8-11, 28-33	Dec. 21	Micah 5:2-4
Dec. 9	Genesis 50:22-26	Dec. 22	Zephaniah 3:14-20
Dec. 10	1 Samuel 16:1-13; 2 Samuel 2:1-4; 5:1-5	Dec. 23	Luke 1:39-56
Dec. 11	1 Chronicles 13:1-4, 16:7-36	Dec. 24	Matthew 1:1-17; 2:1-12
Dec. 12	1 Kings 2:1-5; 1 Chronicles 22: 1, 6-11		

Additional information can be found on our Archdiocese website at: