

Orthodox Christian Fasting Days for the year 2009

according to the "New Calendar"

Every **Wednesday** & every **Friday** except for "*fast-free*" weeks:

- 1) Week after Publican & Pharisee Sunday (8 Feb - 14 Feb)
- 2) Bright Week following PASCHA (19 April - 25 April)
- 3) Trinity Week following Pentecost (7 - 13 June)
- 4) Christmas day until Eve of Theophany (26 Dec - 4 Jan 2010)

5 January 2009 *Eve of Great Feast-day of Theophany*

23 Feb - 1 March 2009 *Meat Fast before Great Lent*

2 March – 12 April 2009 *Great Lent*

13 April – 18 April 2009 *Holy Week Fast*

15 June – 28 June 2009 *Apostles' Peter & Paul Fast*

1 August – 14 August 2009 *Dormition of the Theotokos Fast*

29 August 2009 *Beheading of St. John the Baptist*

14 September 2009 *Feast-day of Elevation of the Cross*

**15 November –
24 December 2009** *Nativity Fast*