



Resources for Teaching

our budding rocks of faith

# Orthodox Fasting Printables

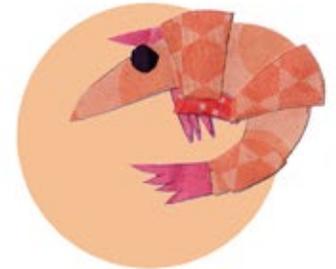
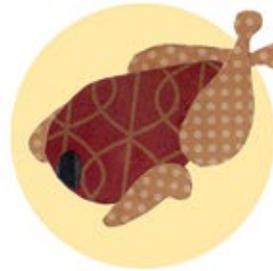
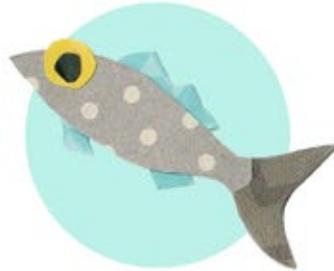
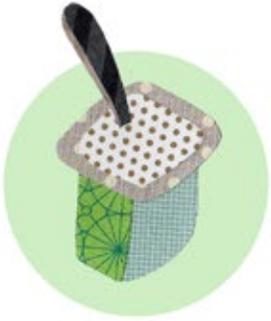
Activities for teaching young children about Orthodox fasting



# FIND THE FASTING FOODS

Find and circle the foods we can eat when fasting.

Name \_\_\_\_\_



# FASTING FOOD GAME

## Preparation

- Print out the **GAME BOARD** page, one copy for each child. Laminate, if you wish.
- Print out the cards according to the number of children. Cut and laminate, if you wish. To make the cards look pretty on both sides, you can print them on the white side of scrapbook paper. You will need to print the **Fasting Food Cards** page in as many copies as there are children. You will need to print the **Non-fasting Food Cards** page in about half the previous number. So, if you want to play the game with 10 children, you must print 10 fasting food card pages and 5 non-fasting food card pages.

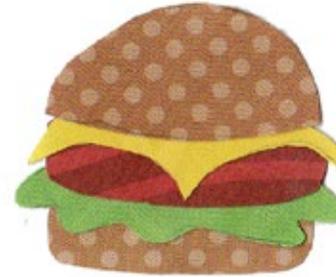
## How to play

Each child takes one game board. The cards are mixed up and stacked face-down in the middle. Each child takes turns picking up a card. If the card shows a fasting food, then the child places it on its board. If it shows a non-fasting food, then the child places it on the bottom of the pile. The child to first fill up their board is the winner.



## FASTING FOODS

NON-FASTING FOODS





# ORTHODOX FASTING PLAN

On a personal level, the believer should always consult his/her spiritual father regarding fasting. This chart is not a comprehensive list of fasting dates, but rather a general reminder of the most important fasting guidelines.



<b>XEROPHAGY</b> Holy Friday	<b>STRICT FAST</b> Wednesdays & Fridays* <b>Great Lent</b> (except weekends) <b>Holy Saturday</b> <b>Dormition Fast</b> (except weekends) <b>Daily fasts**</b>	<b>FAST + OIL + ALCOHOL</b> <b>Wednesdays &amp; Fridays</b> on feast days celebrating Theotokos, John the Baptist, or calling for Divine Liturgy <b>Last week of Nativity Fast</b> (except Wednesday & Friday) <b>Saturdays &amp; Sundays of Great Lent</b> (except Holy Saturday)	<b>FISH-EATING</b> <b>Nativity Fast</b> (except last week & Wednesdays & Fridays) <b>Annunciation</b> <b>Palm Sunday</b> <b>Mid-Pentecost</b> <b>Leavetaking of Pascha</b>	<b>FISH + DAIRY + EGGS</b> <b>Cheese fare week</b>	<b>EVERYTHING</b> Twelvetide (except January 5) Week 1 of Triodion Easter week Pentecost week
			<b>Apostles' Fast</b> (except Wednesdays & Fridays) <b>Nativity of St. John the Baptist</b> <b>Feast of Ss Peter &amp; Paul</b> , if it falls on a Wednesday or Friday <b>Transfiguration</b>		

\* Except on feast days devoted to Christ, Theotokos, John the Baptist, or calling for Divine Liturgy.

\*\* Strict fast, unless it is a Saturday or Sunday, in which case fast including oil and alcohol: **January 5**, in preparation for Theophany. **June 28**, in preparation for the feast of Ss. Peter & Paul. **September 14**, Elevation of the Cross. **August 29**, Beheading of St. John the Baptist.



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