



BYZANTINE CATHOLIC ARCHEPARCHY OF PITTSBURGH

+ CHANCERY OFFICE +

66 Riverview Avenue
Pittsburgh, Pennsylvania 15214-2253

Telephone: (412) 231-4000
Facsimile: (412) 231-1697

REGULATIONS FOR THE SACRED SEASON OF THE HOLY GREAT FAST

The penitential practices for the Great Fast are to be kept in accordance with the prescriptions that are mandated by the Holy See of Rome and have been promulgated for the Byzantine-Ruthenian Metropolia in the United States.

ABSTINENCE

The law of simple abstinence forbids the use of meat and meat products. All the faithful of the Archeparchy of Pittsburgh who receive Holy Communion are bound to abstain. Abstinence is obligatory on all *Wednesdays* and *Fridays* during the sacred season of the Great Fast.

STRICT FAST AND ABSTINENCE

The law of strict fast and abstinence forbids the use of meat, eggs, and dairy products. *Facsimiles*, *substitutes*, and *synthetic derivatives* violate the intention and spirit of the law of strict fast and abstinence and therefore are to be avoided. All of the faithful of the Pittsburgh Archeparchy who receive Holy Communion are bound to keep the strict fast and abstinence which is to be observed on the first day of the Holy Great Fast, *Pure Monday, February 27, 2017*, and during Passion Week on *Great Friday, April 14, 2017*.

DISPENSATIONS

Priests and parents are to see to it that minors are educated in the authentic observance of the traditional penitential practices of prayer, fasting, and almsgiving (generosity) according to the Byzantine Catholic tradition. All pastors, because of a just cause and taking into account acceptable reasons due to personal circumstances, may grant to the individual faithful as well as to individual families, *dispensations*, *transfers*, or *commutations* of abstinence and strict fast into other pious practices. The faithful must ask and receive this permission from the pastor in each instance.

LITURGICAL SERVICES

The preeminent eucharistic service used during the greatfast season is the Divine Liturgy of the Presanctified Gifts. Throughout this penitential period of the Great Forty-Days Fast, the Presanctified Divine Liturgy of Saint Gregory Dialogos is the only eucharistic service that is to be celebrated on Wednesday and Friday evenings. In order to participate seriously in the Great Fast and fulfill the requirements for public prayer, the faithful are exhorted strongly to attend at least one Presanctified Divine Liturgy each week.