

Dormition Fast

The traditional rule for the Dormition Fast is a strict abstinence from August 1 to 14 (The Dormition or “Falling Asleep” of the Mother of God is on August 15), with the usual mitigations (wine and oil) for Saturday and Sunday and the Feast of the Transfiguration (August 6). It is, therefore, observed as the Great Fast. The Ruthenian Metropolia has identified this period as a penitential season (Canon 880, #2). The observance of this fast is voluntary.