

DAYS OF FAST AND ABSTINENCE

I - DAYS OF FAST

- All days of Lent¹ (i.e., from Ash Wednesday until noon of Holy Saturday), except Sundays
- All Ember days.
 - Vigil of the Immaculate Conception (Dec. 7)
 - Vigil of Christmas (Dec. 24)
 - Vigil of Pentecost (moveable)
 - Vigil of All Saints (Oct. 31)

II - DAYS OF COMPLETE ABSTINENCE

- All Fridays (including the Ember Fridays)²
- Ash Wednesday
- Holy Saturday until noon
 - Vigil of the Immaculate Conception (Dec. 7)
 - Vigil of Christmas (Dec. 24)

III - DAYS OF PARTIAL ABSTINENCE

- Ember Wednesdays and Ember Saturdays
 - Vigil of the Pentecost (moveable)
 - Vigil of All Saints (Oct. 31)

N.B.:

- There is never fast or abstinence on a Sunday or Holy Day of Obligation.³
- The fast and abstinence normally attached to a vigil do not get transferred if the vigil is transferred.⁴

¹ Except St. Patrick's day, March 17.

² But the abstinence is dispensed on the Friday after Thanksgiving.

³ Hence, if a Holy Day of Obligation falls on a Friday, there is no abstinence that Friday.

⁴ Thus, for example, when the Immaculate Conception falls on a Monday, its vigil gets transferred to the previous Saturday, but there is no fast or abstinence on that day.