

Feast Days and Fasting

1) In addition to the days of fasting and of abstinence proper to the Church in the United States and in response to the encouragement of our bishops "to prepare for each Church festival by a day of particular self-denial, penitential prayer and fasting" [cf. National Conference of Catholic Bishops, Pastoral Statement, "Penitent-Discipline in the United States," Washington, DC, 1966] and in keeping with our Carmelite traditions and identity, our members, unless excused by reasons allowed under Church norms¹, shall fast on the vigils of the following feast days:

Saint Joseph [March 19]

Our Lady of Mount Carmel [July 16]

The Prophet Elijah [July 20]

St Therese of the Child Jesus, Patroness of the Province [October 1]

Our Holy Mother St. Teresa of Jesus [October 15]

All Saints of the Order [November 14]

Our Holy Father St. John of the Cross [December 14]

Feast day of the title or patron of the local community (Immaculate Heart of Mary)*

2) For sufficient reason, the above fast days may be anticipated. Anticipation should never involve fasting on Sundays nor on Holy Days [cf. CCL 1249-1253]. 3) In order to foster fellowship, communities are encouraged to share in some sort of communal liturgical celebration and recreation on feasts of the Order.

*[Pope Pius XII](#) instituted the feast of the Immaculate Heart of Mary in 1944 to be celebrated on 22 August,^[16] coinciding with the traditional [octave](#) day of the [Assumption](#).^[17] In 1969, [Pope Paul VI](#) moved the celebration of the Immaculate Heart of Mary to the Saturday, immediately after the Solemnity of the Sacred Heart of Jesus. This means in practice that it is now held on the third Saturday after [Pentecost](#)