



November 15, marks

the beginning of the Nativity Fast (40 days before Christmas). The following article offers some thoughts on the purpose of fasting.

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Fasting is not very alive and well in the Christian world. Much of that world has long lost any living connection with the historical memory of Christian fasting. Without

the guidance of Tradition, many modern Christians either do not fast, or constantly seek to re-invent the practice, sometimes with unintended consequences.

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