

**JESUS WANTS TO COME TO YOUR SOUL! DO YOU REALLY WANT HIM TO COME?  
HE WANTS YOU TO CHANGE YOUR LIFE! DO YOU REALLY WANT TO CHANGE?**



## ***Today's Advent is Too Easy!***



In the second book of the History of the Franks, by St. Gregory of Tours, where he says that an earlier bishop of Tours, St. Perpetuus, around the year 480, had made a rule to **fast three times a week**, from the feast of St. Martin (November 11th) until Christmas.

In 567, the second Council of Tours had ruled that the monks had to **fast every day from the beginning of December until Christmas Day**.

This every day fast was soon extended to the whole forty days, even for the lay people: and it received the popular title of St. Martin's Lent.

Later on, the first Council of Macon, held in 582, made things a little easier and ruled that between St. Martin's day (November 11th) and Christmas, **the Mondays, Wednesdays, and Fridays, should be fasting days**.

By the 700's, relaxation was setting in and the forty days of penance was reduced to a mere four weeks.

When the 1100's came around, more relaxation of the discipline was seen to be creeping into the Advent penances with the fast starting to be replaced by mere abstinence.

However, **the Greek Church still continues to observe the fast of Advent**, though with much less rigor than that of Lent. **It lasts forty days, beginning with November 14th**, the day on which this Church keeps the feast of the apostle St. Philip.

**During this entire period, the people abstain from flesh-meat, butter, milk, and eggs**; but they are allowed, which they are not during Lent, fish, oil, and wine.

Fasting, in its strict sense, is binding only on seven out of the forty days; and the whole period goes under the name of St. Philip's Lent.

# **THE FIRST WEEK OF ADVENT**

