

# **Fast of the Theotokos**

## **August 1 to 14**

The first two weeks in August in the Eastern tradition are set aside as a time of special observance called the Feast of the Theotokos. As with other fasting periods, this fast precedes a feast of great importance. This fast centers around the celebration of the great feasts of Transfiguration (August 6) and the Dormition of the Theotokos (August 15).

The feasts of Transfiguration and Dormition show us how life after resurrection will be realized for us in human flesh: in the glorification of our bodies after the model of the transfigured Christ, a glorification already bestowed on the Theotokos because of her unique role in the salvation of humanity.