

<b>Feb 26</b> <i>Forgiveness Sunday</i> 9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship Potluck 5pm <b>Forgiveness Vespers</b>	<b>27</b> 9am <b>Lenten Matins</b> 10am Confessions  6:30pm <b>Compline</b> w/Canon of St. Andrew 7:45 Confessions	<b>28</b> 9am <b>Lenten Matins</b> 10am Confessions  6:30pm <b>Compline</b> w/Canon of St. Andrew 7:45 Confessions	<b>Mar 1</b>   5:55pm <b>Presanctified Liturgy</b> 7:20pm Soup&Salad Meal w/ Lenten Reflection	<b>2</b> 9am <b>Canon of St. Andrew</b> (Wed. portion)  6:30pm <b>Compline</b> w/Canon of St. Andrew 7:45 Confessions	<b>3</b> 10am Confessions 11am <b>Presanctified Liturgy</b>  <div style="border: 1px solid black; padding: 2px; text-align: center;">             Retreat Friday 3/3-Sunday           </div>	<b>4</b> (w/o) <i>St. Theodore Saturday</i>  <div style="border: 1px solid black; padding: 2px; text-align: center;">             3/5 at Holy Dormition Monastery           </div> 6:15pm Memorial Litya 6:30pm <b>Vigil</b> 8pm Confessions
<b>5</b> <i>Sunday of Orthodoxy (w/o)</i> 9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship(team I) 5pm <b>Orthodoxy Vespers</b> (St. Michael's in Louisville)	<b>6</b>	<b>7</b>	<b>8</b>   5:55pm <b>Presanctified Liturgy</b> 7:20pm Soup&Salad Meal w/ Lenten Reflection	<b>9</b> <i>Forty Martyrs of Sebaste</i> 9am <b>Festal Matins</b>	<b>10</b> 10am Confessions 11am <b>Presanctified Liturgy</b>	<b>11 Memorial Saturday (w/o)</b> 9am <b>Memorial Liturgy</b>  6:15pm Memorial Litya 6:30pm <b>Great Vespers</b> 7:20pm Confessions
<b>12</b> (w/o) <i>St. Gregory Palamas</i> 9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship (team II)	<b>13</b>	<b>14</b>	<b>15</b>   5:55pm <b>Presanctified Liturgy</b> 7:20pm Soup&Salad Meal w/ Lenten Reflection	<b>16</b>	<b>17</b> 10am Confessions 11am <b>Presanctified Liturgy</b>	<b>18 St. Nicolai of Zhicha (w/o)</b>  6:15pm Memorial Litya 6:30pm <b>Vigil</b> 8pm Confessions
<b>19</b> (w/o) <i>Sunday of the Cross</i> 9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship (team III)	<b>20</b>	<b>21</b>	<b>22</b>   5:55pm <b>Presanctified Liturgy</b> 7:20pm Soup&Salad Meal w/ Lenten Reflection	<b>23</b>	<b>24</b> 10am Confessions 11am <b>Presanctified Liturgy</b>  6:30pm <b>Vigil for Annunciation</b>	<b>25 (f/w/o)</b> <i>Annunciation of Theotokos</i> 9am <b>Pan Orthodox Liturgy</b> at St. Andrew's (Lexington) 11-3 Retreat on Parenting 6:30pm <b>Great Vespers</b> 7:20pm Confessions
<b>26</b> (w/o) <i>St. John Climacus</i> 9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship (team IV)	<b>27</b>	<b>28</b>	<b>29</b>   5:55pm <b>Presanctified Liturgy</b> 7:20pm Soup&Salad Meal w/ Lenten Reflection	<b>30</b> 9-11:30am <b>Matins w/St.</b> <b>Andrew Canon &amp; Life</b> <b>of St. Mary of Egypt</b>	<b>31</b> (w/o) 10am Confessions 11am <b>Presanctified Liturgy</b>  6:30pm <b>Compline w/</b> <b>Akathist to Theotokos</b>	<b>Apr 1 Akathist to the (w/o)</b> <i>Most Holy Theotokos</i> 9am Deep Clean of Church 6:15pm Memorial Litya 6:30pm <b>Vigil</b> 8pm Confessions
<b>2</b> (w/o) <i>St. Mary of Egypt</i> 9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship (team I)	<b>3</b>   <div style="border: 1px solid black; padding: 5px; text-align: center;">             Youth Retreat to Holy Transfiguration Monastery April 3-6           </div>	<b>4</b>   <div style="border: 1px solid black; padding: 5px; text-align: center;">             Youth Retreat to Holy Transfiguration Monastery April 3-6           </div>	<b>5</b> (w/o)   5:55pm <b>Presanctified Liturgy</b> 7:20pm Soup&Salad Meal w/ Lenten Reflection	<b>6</b> (w/o)   <div style="border: 1px solid black; padding: 5px; text-align: center;">             Youth Retreat to Holy Transfiguration Monastery April 3-6           </div>	<b>7</b> (w/o) <i>St. Tikhon the Confessor</i>  6:30pm <b>End-of-Lent Vespers</b> 7:20pm Last Adult Confessions	<b>8 Lazarus Saturday (w/ocaviar)</b> 9am <b>Lazarus Liturgy</b> 10:30am Pancake Breakfast 11:30am Children's Confession/ Palm Folding/Egg Dyeing 6:30pm <b>Vigil</b> 8pm Confessions
<b>9 Palm Sunday (f/w/o)</b> 9am Baptisms/Chrismations 10am <b>Festal Liturgy for</b> <b>the Entry of the Lord</b> 12pm Fellowship (team II) 6:30pm <b>Bridegroom Matins</b> (in Berea)	<b>10 Holy Monday</b> 9am Hours w/the Gospel of John (Chapters 1-6)  6:30pm <b>Bridegroom Matins</b>	<b>11 Holy Tuesday</b> 9am Hours w/the Gospel of John (Chapters 7-13:32)  6:30pm <b>Bridegroom Matins</b>	<b>12 Holy Wednesday</b> 11:30am <b>Presanctified Liturgy</b>  6:30pm <b>Bridegroom Matins</b> <b>w/Annointing</b>	<b>13 Holy Thursday (w/o)</b>  3pm <b>Vesperal Liturgy of</b> <b>the Mystical Supper</b> 5pm Lenten Meal 6:30pm <b>Matins w/Twelve</b> <b>Passion Gospels</b>	<b>14 Great&amp;Holy Friday</b> 9am <b>Royal Hours</b> 11am Decoration of Tomb 3pm <b>Vespers of Entombment</b> 6:30pm <b>Matins w/Praises</b> 9am All-night Psalter Reading Youth Overnight	<b>15 Great&amp;Holy Saturday (w)</b> 9am <b>Vesperal Liturgy</b> 11:45am Meal of Blessed Bread & Wine 12:30pm Preparation Cleaning  7pm Reading of Acts 11:30pm <b>Paschal Nocturnes</b>

## The End of Lent and the Feast of Palms

### Friday, April 7

#### • 6:30pm End-of-Lent Vespers & Last Adult Confessions

*At this service we say goodbye to Lent and prepare to celebrate the dual Feasts of Lazarus Saturday and Palm Sunday (service lasts 45 minutes). Note: All adult Lenten confessions should be completed by Friday evening. If you plan on partaking of the Eucharist during Holy Week and Bright Weeks, you need to make a Lenten confession prior to Lazarus Saturday.*

### Saturday, April 8

#### • 9am Lazarus Saturday Liturgy & Children Confessions

*As a prelude to the Great Feast of the Entry of our Lord into Jerusalem (Palm Sunday) we remember the Lord's raising of Lazarus from the dead. After Liturgy we share a Lenten pancake breakfast, and then Father will hear children's confessions while they are dyeing eggs and making palm crosses.*

#### • 6:30pm Vigil for Palm Sunday

*This is our evening service in preparation for the Great Feast of the Entry of our Lord in Jerusalem. During this Vigil service, the palms are blessed for the feast (service last 1 and 1/2 hours).*

### Sunday, April 9

#### • 10am Festal Liturgy for the Entry of the Lord

*The Divine Liturgy commemorates the Great Feast of the Entry of our Lord into Jerusalem. This feast of Palms, paired gloriously with Lazarus Saturday, offers us a triumphal foretaste of Christ's Passion and Resurrection; yet, also signals the sad truth that many who at first hail Jesus as Lord turn from His teaching and forsake Him (service lasts 2 hours).*

## Holy Week Services

### Sunday, April 9

#### 6:30pm Bridegroom Matins for Holy Monday (in Berea)

*The service of Bridegroom Matins introduces us to Holy Week. Each night from Sunday to Wednesday evening, we are challenged to ponder the coming of the Lord and our lack of preparation to meet Him (service lasts 1 & 1/2 hours).*

### Holy Monday, April 10

#### • 8am Hours with Gospel of John (Chapters 1-6)

*As is the custom, our parish will read through an entire Gospel over the course of the Hours on Holy Monday and Tuesday. Those who cannot attend the Hours are encouraged to read the Gospel at home as a part of their Holy Week preparations for Pascha (service lasts 2-3 hours each day, including Gospel lection).*

#### • 6:30pm Bridegroom Matins for Holy Tuesday

### Holy Tuesday, April 11

#### • 8am Hours with Gospel of John (Chapters 7-13:32)

#### • 6:30pm Bridegroom Matins for Holy Wednesday

## General Lenten Guidelines for Orthodox Christians

1. No meat or dairy – essentially vegan diet
2. Wine and olive oil on certain feast days (check calendar)
3. Wine and olive oil on weekends
4. Fish, wine, olive oil on Annunciation and Palm Sunday
5. Shellfish are allowed during Lent, but try to save them for weekends and feasts. Some Orthodox eat canned fish on occasion.
6. Increased prayer life and church attendance
7. Increased almsgiving
8. Limiting entertainments (e.g. TV, computer games)
9. Intense guarding of heart and tongue

## Fasting Guidelines

### Cheesefare Week Feb. 20-24

Also called *Maslenitsa* – a semi-festal week before Lent begins.

- Preparatory week to ready our bodies and hearts for Lent
- No Meat this week
- Dairy, wine, and fish can be eaten throughout the week

### Clean Week Feb. 27-Mar. 3 (first week of Lent – weekdays)

- As strict as possible without sickness or endangering one's self.
- Extremely simple foods (*xerophagy* or "dry-eating" i.e. foods like nuts, vegetables, fruits, bread). *Xerophagy helps us spend less time on food prep, yet keep our strength up for prayer and labors.*
- Cooked meal mid-week after Wednesday Presanctified Liturgy and Friday evenings.
- Because of easier food prep, more time for prayer and worship.

### Holy Week April 10-15

- Similar to clean week (*xerophagy* and simple foods)
- Holy Friday is the strictest fast of the whole year.
- After Liturgy on Holy Saturday, we break the fast with blessed bread & wine (and other "dry" foods), but afterwards continue Eucharistic fast till the Paschal Meal

### Eucharistic Fasts

- If Liturgy is earlier than noon, fast from midnight on.
- If Liturgy is in the afternoon, fast completely from food & water for about 8 hours before receiving communion.
- If you arrive late to a Liturgy because of work or traffic, but have prepared yourself by fasting and prayer and recent Confession, receive Holy Communion despite arriving late.
- Note: Children should be included in adult Lenten meals. Parents may need to supplement fast-appropriate foods with non-Lenten foods; but our children can and should participate in the lifestyle changes that Lent brings.