

Holy Saturday, April 7

•9am **Holy Saturday Vespertal Liturgy** (2&1/2 hour service)

The Vespertal Liturgy ushers in the first strains of the joyous feast. This service is the Vespers of Pascha itself and announces what is to come. The vestments and paraments are dramatically changed from black to white, and we hear "Let God arise and His enemies be scattered."

After the Liturgy, we will bless loaves of bread and wine (juice for the children) and will partake of these things to sustain us through the day. The servers will be responsible for preparing the holy things for Pascha and then many of our faithful will prepare flowers and beautify the church for the feast.

•7pm-11:30pm **Continuous Reading of Acts of the Apostles**

There will be an online signup for this reading.

The Holy Pascha

Holy Saturday, April 7

•11:30pm **Paschal Nocturnes**

On Holy Saturday we fast and make preparations all day after the morning Liturgy (including the preparation of sumptuous paschal foods). "Behold the Bridegroom comes at midnight" we sang at Bridegroom Matins earlier in the week. Now we gather again before midnight to be ready to meet the Risen Lord. But before we make our triumphal Paschal Procession, we first gather in the church for Nocturnes at 11:30pm. Quietly, the Lord's body is taken from the "Tomb" and placed in victory on the Holy Table in the altar. All lights in the church are put out and we wait patiently for the first strains of the Paschal song..."Thy Resurrection, O Christ our Savior..." The paschal light is lit, the priest begins quietly to chant the hymn, the servers join in, and finally the choir and all the people add their voices to the priest's and servers' voices. The light is passed from person to person and we exit the church and make our Paschal Procession.

Paschal Sunday, April 8

•12am **Procession and Paschal Matins**

•12:45am **Paschal Divine Liturgy**

•2:45am **The Blessing of Food and Paschal Meal**

We have now entered completely into the joy of Pascha. Christ bursts the gates of death and the gates of Paradise are opened. Coming back into the church, we celebrate the Paschal Matins, hear the Paschal Sermon of St. John Chrysostom, and then go right into the Paschal Liturgy. After Liturgy, the priest blesses the Artos and the Paschal baskets of food in the parish hall. All are invited to stay for this meal.

•2pm **Paschal Agape Vespers and Paschal Parish Picnic**

Agape Vespers and the Paschal picnic immediately following are scheduled to be held at Highbridge Park in Wilmore, unless inclement weather.



Service Schedule for Great Lent thru Holy Pascha February 18 - April 8, 2018



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Dear parish family & friends,

The words "Lent is almost here!" inspire in us all a variety of responses. Thoughts of "oh, I'm not ready," or "Thank God--I need Lent," or "It's here already?" run through our heads. Relief and terror. Joy and apprehension. Awareness that I need a change in my life, mingled with fear of what that might mean.

The Gospel begins with St. John the Baptist proclaiming boldly, "Repent, the Kingdom of God is at hand." We know these words, but how do we fulfill them? How do we, who've heard the Gospel for years, actually *repent*? One of the answers the Orthodox Church has consistently supplied over the centuries has been this: *embrace the fullness of Great Lent. The three classic pillars of lenten praxis are Prayer, Fasting, and Almsgiving* ("PFA"). The key in embracing these pillars of Lent is not that we tackle them *perfectly*, but that we actually strive to be *challenged* with regard to each of them.

By "prayer" the Church reminds us to stretch ourselves in our home prayers (maybe adding Psalms or Jesus Prayers) and *also* to attend to our common Liturgical prayers with special energy and devotion. During this season, not only are we given powerful weekend commemorations (every Saturday night and Sunday) but also the Church gives us mid-week Pre-Sanctified Liturgies to sustain us in the Sacraments as we fast. Let us resolve to attend these and the other extra lenten services. This is a serious sacrifice for busy people, but this is how we attend to the words "repent."

By "fasting" the Church is encouraging to do what we can physically manage, and be truly challenged in that effort. On the next page of this lenten booklet, we have the "official fasting guidelines" spelled out. If your health and family situation permit, by all means try to keep these traditional guidelines. If you know deep down that this is impossible to observe these guidelines fully due to chronic sickness or family conditions, talk to your priest and figure out with accountability how to modify them. But one principle remains that your priest will certainly emphasize: *challenge yourself as you fast*.

By almsgiving the Church is reiterating that fasting and prayer, without actions of love towards others, cannot truly transform our lives. We must tap into the Love of Christ (as we are also reminded in Matthew 25) and share that love in his Name! Have we visited the prisoner or prayed for him, or done something to help someone "trapped" in life? Have we visited the sick or done something to support widow and the orphan and offered help to the poor--in ways that have affected our pocketbooks? These questions make us uncomfortable, but the Gospel requires of us nothing less.

I wish you all a rich lenten journey. May we all, having labored to embrace the Lord through prayer, fasting, and almsgiving, behold the Lord's resurrection. And may we be transformed and renewed in repentance as we journey towards the Dawn! In Christ Jesus, *Priest Justin*

Holy Wednesday, April 4

•11am Liturgy of Presanctified Gifts (2 hour service)

All who are working are encouraged to take their lunch break and come to service to partake of Holy Communion. The communing should take place ~12:15pm and the completed ~12:30pm. We pray the Prayer of St. Ephrem for the last time this year at this service.

•6:30pm Bridegroom Matins with Anointing (2 hour service)

Tonight the them of Bridegroom Matins shifts dramatically to the person of Judas at the Last Supper, who is sharing the Lord's Table, and yet is preparing to betray Him. Afterwards the priest will anoint all present with blessed oil reserved from the Vigil of Palm Sunday.

Holy Thursday, April 5

•3pm Vespertal Liturgy of Mystical Supper (2 hour service)

On Holy Thursday, we celebrate a Vespertal Liturgy that is sometimes called the Liturgy of the Mystical Supper. At this time, we commemorate the Last Supper and enter into the eternal mystery of it, which is the Eucharist. After the Liturgy, we will share a Lenten Meal.

•6:30pm Matins with 12 Passion Gospels (3 hour service)

On the evening of Holy Thursday, we enter into Great and Holy Friday and encounter Christ Crucified. This is one of the most powerful services in all of Orthodox Holy Week.

Holy Friday, April 6

•9am Royal Hours for Great and Holy Friday (1&1/2 hour service)

On the morning of Great and Holy Friday, we revisit the Cross. We hear they hymns of the previous evening and find Jesus hanging on the Cross for salvation. If you cannot be at the Thursday evening service, know that this service of the Royal Hours covers much of the same content. Royal Hours offers a powerful meditation on the Cross and its meaning

•3pm Entombment Vespers (especially child friendly, 1 hour service)

During this service we remember the taking down of the Lord's body from the Cross and His entombment by the Noble Joseph.

•6:30pm Funeral Matins for Holy Saturday (especially child friendly)

Sometimes called the "Service of Lamentation" this Matins for Holy Saturday shows us that our lamentation of Christ's death will soon blossom forth into tremendous rejoicing! During the service our lamentations around the tomb of Christ begin to morph into praises to Him who is about to rise from the dead! (2&1/2 hour service).

•9pm All-night Reading of the Psalter

The all-night reading begins right after the Funeral Matins and continues until the Saturday morning Liturgy. There will be an online signup for this round-the-clock vigil.

The End of Lent and the Feast of Palms

Friday March 30

•7pm **End of Lent Compline** & Final Adult Confessions

At this service we say goodbye to Lent and prepare to celebrate the dual Feasts of Lazarus Saturday and Palm Sunday. If you plan on partaking of the Eucharist during Holy Week and Bright Week, you need to have made your Lenten confession prior to Lazarus Saturday.

Saturday March 31

•9am **Lazarus Saturday Liturgy** and Children's Confessions

As a prelude to the Great Feast of the Entry of our Lord into Jerusalem (Palm Sunday), we remember to Lord's raising of Lazarus from the dead. After Liturgy and a Lenten pancake breakfast, the priest is available to hear the children's confessions, while others are preparing palm crosses.

•6:30pm **Vigil for Palm Sunday** (1 & 1/2 hour service)

This is our evening service in preparation for the Great Feast of the Entry of our Lord into Jerusalem palms are blessed for the feast.

Sunday April 1

•9am Reception of Converts thru Baptism/Chrismation to the Orthodox Faith

•10am **Festal Liturgy of the Entry of the Lord** (2 hour service)

The Divine Liturgy commemorates the Great Feast of the Entry of our Lord into Jerusalem. The 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.

•6:30pm **Bridegroom Matins for Holy Monday** (1 hour service) (this service only is held in Berea)

The service of Bridegroom Matins introduces us to Holy Week. Each night from Sunday to Wednesday, we are challenged to ponder the coming of the Lord and our lack of preparation to meet Him.

Holy Monday April 2

•9am **Hours with Gospel of John, 1-6** (2-3 hour service)

As is the custom, our parish will read through an entire Gospel over the course of the Hours on Monday and Tuesday. Those who cannot attend the Hours are encouraged to read the Gospel at home as a part of their Holy Week preparation for Pascha.

•6:30m **Bridegroom Matins for Holy Tuesday** (1 hour service)

Holy Tuesday April 3

•9am **Hours with Gospel of John, 7-13:30** (2-3 hour service)

•6:30pm **Bridegroom Matins for Holy Wednesday** (1 hour service)

Fasting Guidelines

Cheesefare Week (*Maslenitsa*---a semi-festal week before Lent)

February 12 - 18

1. Preparatory week to ready our bodies and hearts for Lent.
2. No meat during Cheesefare.
3. Dairy, wine, and fish eaten throughout Cheesefare.

General Lenten Guidelines

1. No meat or dairy—essentially vegan diet—for Lent and Holy Week.
2. Wine and olive oil on weekends.
3. Wine and olive oil on certain feasts (see the calendar).
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, recreational computer)
9. Intense guarding of heart and tongue.

Clean Week (first week of Lent) February 19 - 23 (weekdays)

1. As strict as you can go without sickness or endangering self & others.
2. Extremely simple foods (*xerophagy* or "dry-eating" i.e. foods like nuts, vegetables, fruits, bread, etc.). *Xerophagy helps us spend less time on food prep, yet keep up our strength for prayer and labors.*
3. Cooked meal mid-week after Presanctified Liturgy and Friday evening.
4. Because of easier food prep, more time for prayer and worship.

Holy Week - April 2 - 7

1. Similar to Clean Week (*xerophagy* and simple foods).
2. Holy Friday is the strictest fast of the whole year.
3. After Liturgy on Holy Saturday, we break our fast with blessed bread & wine (and other "dry" foods), but afterwards continue Eucharistic fast.

Eucharistic Fasts

1. If a Liturgy is earlier than noon, fast from midnight on.
2. If a Liturgy is in the afternoon, fast, if possible, completely from food and water for about 8 hours before receiving Communion.
3. If you arrive late to an evening Liturgy because of work or traffic, but have prepared yourself by fasting, prayer, and recent Confession, receive Holy Communion despite arriving late.

CHILDREN SHOULD BE INCLUDED IN 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.

If in doubt about how to modify these guidelines, see the priest.

18 Forgiveness Sunday	19 CLEAN WEEK	20 1ST WEEK OF	21 GREAT LENTEN FAST	22	23	24	w/o
9am Sunday School 10am Divine Liturgy 12pm Fellowship Hour 5pm Forgiveness Vespers Opening Service for Lent	8am Matins 9am Confessions 6:30pm Great Compline w/ St. Andrew Canon 7:45pm Confessions	8am Matins 9am Confessions 6:30pm Great Compline w/ St. Andrew Canon 7:45pm Confessions	8am Matins 9am Confessions 6:15pm Presanctified Liturgy 7:30pm Lenten Meal w/readings	8am St. Andrew Canon (Wed. portion) 6:30pm Great Compline w/ St. Andrew Canon 7:45pm Confessions	11am Presanctified Liturgy	St. Theodore Saturday 6:15pm Memorial Litya 6:30pm Great Vespers 7:20pm Confessions	
25 Triumph of Orthodoxy w/o 9am Sunday School 10am Divine Liturgy 12pm Fellowship Hour 5pm Pan-Orthodox Vespers (Panagia in Lexington)	26	27 w/o St. Raphael of Brooklyn 11am Akathist to St. Raphael	28 6:15pm Presanctified Liturgy 7:30pm Lenten Meal w/readings	Mar 1	2 11am Presanctified Liturgy	3 Lenten Retreat w/o w/ Fr. Stephen Freeman 11am Session I 12:15pm Lunch 1:15pm Session II 2:30pm Great Vespers 3:20 Confessions	
4 St. Gregory Palamas w/o 9am Sunday School 10am Divine Liturgy 12pm Fellowship Hour	5	6	7 6:15pm Presanctified Liturgy 7:30pm Lenten Meal w/readings	8	9 40 Martyrs of Sebaste 11am Presanctified Liturgy	10 Overnight Youth w/o Retreat at Monastery 6:15pm Memorial Litya 6:30pm Vigil for Cross 7:15pm Confessions	
11 Sunday of the Cross w/o 9am Sunday School 10am Divine Liturgy 12pm Fellowship Hour	12	13	14 6:15pm Presanctified Liturgy 7:30pm Lenten Meal w/readings	15	16 11am Presanctified Liturgy	17 w/o 9am Memorial Liturgy (St. Patrick) 6:30pm Great Vespers 7:20pm Confessions	
18 St. John Climacus w/o 9am Sunday School 10am Divine Liturgy 12pm Fellowship Hour 6pm Youth Group	19	20	21 w/o 6:15pm Presanctified Liturgy 7:30pm Lenten Meal w/readings	22 w/o 9-11:30am Matins w/ St. Andrew Canon & Life of St. Mary of Egypt	23 11am Presanctified Liturgy 6:30pm Akathist to Theotokos 7:30pm Confessions	24 Akathist Saturday w/o 6:30pm Annunciation Vigil 8:20pm Confessions	
25 St. Mary of Egypt f/w/o Annunciation of Theotokos 9am Sunday School 10am Divine Liturgy 12pm Fellowship Hour	26	27	28 6:15pm Presanctified Liturgy 7:30pm Lenten Meal w/readings	29	30 11am Presanctified Liturgy 7:30pm End-of-Lent Compline 8pm Final (Lenten) Adult Confessions	31 Lazarus Saturday w/o/caviar 9am Lazarus Liturgy followed by Lenten Breakfast, Palm Folding, Children's Confessions 6:30pm Palm Sunday Vigil	
1 Palm Sunday f/w/o 9am Baptisms/Chrismations 10am Divine Liturgy 12pm Fellowship Hour 6:30pm Bridegroom Matins	2 Holy Monday 9am Hours w/the Gospel of John (1-6) 6:30pm Bridegroom Matins	3 Holy Tuesday 9am Hours w/the Gospel of John (7-13:30) 6:30pm Bridegroom Matins	4 Holy Wednesday 11am Presanctified Liturgy 6:30pm Bridegroom Matins	5 Holy Thursday 3pm Vesperal Liturgy 5:15pm Lenten Meal 6:30pm Passion Gospel Matins	6 Holy Friday-strict fast 9am Royal Hours 3pm Entombment Vespers 6:30pm Matins w/ Praises & Procession 8:30pm Begin All-night Vigil	7 Holy Saturday w/o 9am Vesperal Liturgy 11:15am Bless Bread&Wine 7pm Reading Acts of Apostles 11:30pm Paschal Nocturnes	
8 The Pascha of our Lord 12am Paschal Matins & Procession 1:15am Paschal Liturgy 3:15am Paschal Meal 2pm Paschal Vespers/Picnic	9 9am Bright Liturgy	10 9am Bright Matins	11 6:30pm Bright Vespers 7:30pm Women's Fellowship	12 8am Bright Liturgy	13 9am Bright Matins	14 Youth Group Hike 6:30pm Great Vespers 7:20pm Confessions	
BRIGHT WEEK — NO FASTING!!!!							

