

Bright Week of Pascha—NO FASTING!

**Christ is Risen!**

**Χριστος воскресе!**

**Χριστός ανέστη!**

**Hristos a inuiat!**

**Christus resurrexit!**

Monday, April 29

9am **Bright Liturgy**

Tuesday, April 30

6:30pm **Bright Vespers**

Wednesday, May 1

6:30pm **Bright Vespers**

7:15pm Festal Meal in honor of patron saint

Thursday, May 2 *Feast for St. Athanasius*

9am **Bright Liturgy**

Friday, May 3

9am **Paschal Matins**

Saturday, May 4

Parish Hike in Berea (time TBA)

6:30pm **Great Vespers**



**Saint Athanasius**

ORTHODOX CHURCH

## **LENTEN GUIDE 2019**



*Archpastoral Visit of Archbishop Alexander  
on Lazarus Saturday, April 20 and  
Palm Sunday, April 21*

**The Pascha of our Lord....April 28**

The Orthodox Church in America (OCA)

Diocese of the South

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**Dear parish family & friends,**

How can we embrace the three classic pillars of lenten praxis?

*Prayer, Fasting, 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 Pre-Sanctified Liturgies on Wednesdays and Fridays to sustain us in the Sacraments as we fast. Let us resolve to attend these and the other extra lenten services.

By *fasting* the Church is encouraging to do what we can physically manage, and be truly challenged in that effort. In 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 it 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 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*

**The Holy Pascha**

**Holy Saturday, April 27**

•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 28**

•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 High Bridge Park unless inclement weather.*

*map/directions???*

### **Holy Thursday, April 25**

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

*On Holy Thursday, we celebrate a Vesperal 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 26**

•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 the 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.*

### **Holy Saturday, April 27**

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

*The Vesperal 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.*

### **March 4 - 9 Cheesefare Week (Maslenitsa)**

Cheesefare is a semi-festal week before Great Lent where we:

1. Prepare to ready our bodies and hearts for Lent;
2. eat no meat during;
3. but dairy, wine, and fish can be eaten throughout the week.

### **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.

### **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.**

### **Clean Week—March 11 - 15 First week of Great Lent**

#### **Fasting Guidelines**

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.

**Sunday, March 10**

5pm **Forgiveness Vespers**

Official beginning of Great & Holy Lent

**Monday, March 11**

8am **Matins**

9am Confessions

6:30pm **Great Compline w/St. Andrew Canon**

7:45pm Confessions

**Tuesday, March 12**

8am **Matins**

9am Confessions

6:30pm **Great Compline w/St. Andrew Canon**

7:45pm Confessions

**Wednesday, March 13**

8am **Matins**

9am Confessions

6pm **Liturgy of Presanctified Gifts**

7:20pm Soup-n-Salad Meal

**Thursday, March 15**

8am **St. Andrew Canon** (Wed portion)

9am Confessions

6:30pm **Great Compline w/St. Andrew Canon**

7:45pm Confessions

**Friday, March 16**

11am **Liturgy of Presanctified Gifts**

6pm Young Adult Lenten Dinner & Talk w/ Fr. Erickson

**April 22-26 Holy Week Fasting Rules**

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.

**Holy Week Services**

**Palm Sunday, April 21**

- 5pm **Bridegroom Matins for Holy Monday** (1 hour service)

(this service only held at Berea College)

*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 22**

- 9am **Hours with Gospel of Luke, chapters 1-12** (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.*

- 6:30pm **Bridegroom Matins for Holy Tuesday** (1 hour service)

**Holy Tuesday April 23**

- 9am **Hours with Gospel of Luke, chapters 13-24** (2-3 hour service)

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

**Holy Wednesday, April 24**

- 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 be 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.*

### The End of Lent

Fr. Justin is asking that all adult confessions be heard by Wednesday, April 17. He will be available for Confession following the final Wednesday Liturgy of Presanctified Gifts, Soup & Salad Meal. *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.*

#### **Friday April 19**

- 11am (final) **Liturgy of Presanctified Gifts.**

#### **Lazarus Saturday, April 20**

#### **The Feast of Palms, Sunday, April 21**

**We are privileged to have His Eminence, Archbishop Alexander to celebrate these weekend services with us.**

#### **Saturday April 20 - Welcome Archbishop Alexander**

- 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 the 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 21 - Welcome Archbishop Alexander**

- 9am Greet & Vest Archbishop Alexander
- 9:30am Reception of Converts  
thru Baptism/Chrismation to the Orthodox Faith
- 10:30am **Pontifical 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.*
- 12:30pm Festal Luncheon in parish hall
- 12:30pm Bread Ministry



### **2019 Lenten Retreat w/Fr. John Erickson.**

The Very Reverend John H. Erickson is the Peter N. Gramowich Professor Emeritus of Church History and former dean of St. Vladimir's Orthodox Theological Seminary, Crestwood, New York. Fr. John holds degrees from Harvard University, Yale University, and St. Vladimir's Seminary, where he taught canon law and church history from 1973 until retirement in 2009. He continues to be active on a national and international level speaking at conferences and serving on various commissions of the Orthodox Church in America. He and his wife, Helen, share an interest in landscape architecture and historic preservation.

- ★**Friday, March 15** (Young Adult Night w/Fr. John)
  - 6pm...Lenten Dinner for Young Adults (at church)
  - 6:45pm...Presentation on Contemporary Issues & Discussion
  - 8pm...Dessert & More Discussion
- ★**Saturday, March 16 A Lenten Journey**
  - 11am...Session 1: "Where and Why are we going?"  
*A historical and scriptural introduction to Great Lent.*
  - 12:30pm...Retreat Luncheon
  - 1:15pm...Session 2: "How will we get there?"  
*An exploration of the church context and faith content of Baptism.*
  - 2:30pm...Session 3: "Where are we now?"  
*Reflections on our present time and place.*
  - 3:30pm **Great Vespers** & Confessions
- ★**Sunday, March 17 Sunday of Orthodoxy**
  - 10am...**Liturgy** (Fr. John as presider)
  - 5:30pm...**Sunday of Orthodoxy Vespers** @ St. Andrew Antiochian Church in Lexington w/Fr. John preaching

<b>10 Forgiveness Sunday</b>  9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship Hour 12:30pm Bread Ministry  5pm <b>Forgiveness Vespers</b> (beginning of Lent)	<b>11 CLEAN WEEK</b>  8am <b>Matins</b> 9am Confessions  6:30pm <b>Great Compline</b> <b>w/St. Andrew Canon</b> 7:45pm Confessions	<b>12 1ST WEEK OF</b>  8am <b>Matins</b> 9am Confessions  6:30pm <b>Great Compline</b> <b>w/St. Andrew Canon</b> 7:45pm Confessions	<b>13 GREAT LENTEN</b>  8am <b>Matins</b> 9am Confessions  6pm <b>Liturgy of</b> <b>Presanctified Gifts</b> 7:20pm Soup n Salad Meal	<b>14 FAST</b>  8am <b>St. Andrew Canon</b> (Wed portion) 9am Confessions  6:30pm <b>Great Compline</b> <b>w/St. Andrew Canon</b> 7:45pm Confessions	<b>15</b>  11am <b>Liturgy of</b> <b>Presanctified Gifts</b>  6pm Young Adult Lenten Dinner & Talk w/ Fr. Erickson	<b>16 Lenten Retreat w/o</b> <b>St. Theodore Saturday</b>  10:40am Memorial/Prayers 11am-3:30pm Retreat/ Lunch  3:30pm <b>Great Vespers</b> 4:20pm Confessions
<b>17 Triumph of Orthodoxy</b>  9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship Hour 12:30pm Bread Ministry  5pm <b>Pan-Orthodox Vespers</b> (St. Andrew in Lexington)	<b>18 w/o</b> <b>St. Nikolai of Zhicha</b>	<b>19</b>	<b>20</b>  6pm <b>Liturgy of</b> <b>Presanctified Gifts</b> 7:20pm Soup n Salad Meal	<b>21</b>	<b>22</b> 11am <b>Liturgy of</b> <b>Presanctified Gifts</b>	<b>23 w/o</b>  6:15pm <b>Memorial Litya</b> 6:30pm <b>Great Vespers</b> 7:20 Confessions
<b>24 St. Gregory Palamas</b>  9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship Hour 12:30pm Bread Ministry  6:30pm <b>Annunciation Vigil</b>	<b>25 f/w/o</b> <b>Annunciation of</b> <b>Theotokos</b>  10am <b>Vesperal Liturgy</b> <b>for Theotokos</b>	<b>26</b>	<b>27</b>  6pm <b>Liturgy of</b> <b>Presanctified Gifts</b> 7:20pm Soup n Salad Meal	<b>28</b>	<b>29</b> 11am <b>Liturgy of</b> <b>Presanctified Gifts</b>	<b>30 w/o</b>  6:15pm <b>Memorial Litya</b> 6:30pm <b>Vigil for Cross</b> 7:15pm Confessions
<b>31 Sunday of the Cross</b>  9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship Hour	<b>April 1</b>	<b>2</b>	<b>3</b>  6pm <b>Liturgy of</b> <b>Presanctified Gifts</b> 7:20pm Soup n Salad Meal	<b>4</b>	<b>5</b> 11am <b>Liturgy of</b> <b>Presanctified Gifts</b>	<b>6 w/o</b> 9am <b>Memorial Liturgy</b>  6:30pm <b>Great Vespers</b> 7:20pm Confessions
<b>7 St. John Climacus</b>  9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship Hour 12:30pm Bread Ministry 6pm Youth Group	<b>8</b>	<b>9</b>	<b>10 w/o</b>  6pm <b>Liturgy of</b> <b>Presanctified Gifts</b> 7:20pm Soup n Salad Meal	<b>11 Day Retreat</b> 9-11:30am <b>Matins w/</b> <b>St. Andrew Canon</b> <b>&amp; Life of St. Mary</b> <b>of Egypt</b>	<b>12</b> 11am <b>Liturgy of</b> <b>Presanctified Gifts</b>  6:30pm <b>Akathist to</b> <b>Theotokos</b> 7:30pm Confessions	<b>13 Akathist Saturday</b>  6:30pm <b>Vigil for</b> <b>Annunciation</b> 8:20pm Confessions
<b>14 St. Mary of Egypt</b> <b>Annunciation</b> <b>of Theotokos</b>  9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship Hour 12:30pm Bread Ministry	<b>15</b>	<b>16</b>	<b>17</b>  6pm <b>Liturgy of</b> <b>Presanctified Gifts</b> 7:20pm Soup n Salad Meal 8pm Final Adult Lenten Confessions	<b>18</b>	<b>19</b> 11am <b>Liturgy of</b> <b>Presanctified Gifts</b>	<b>20 Lazarus Saturday</b> <b>w/o/caviar</b> 9am <b>Lazarus Liturgy</b> followed by Lenten Breakfast, Palm Folding, Children's Confessions 6:30pm <b>Palm Sunday Vigil</b>  <b>Archpastoral Visit!</b>



