

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mar. 2</b> Forgiveness Sunday 9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship Potluck 5pm <b>Forgiveness Vespers</b>	<b>3</b> Strict Fast 7am <b>Lenten Matins</b> 8am Confession 6:30pm <b>Compline with Canon of St. Andrew</b>	<b>4</b> 7am <b>Lenten Matins</b> 8am Confession 6:30pm <b>Compline with Canon of St. Andrew</b>	<b>5</b> 7am <b>Lenten Matins</b> 8am Confession 5:55pm <b>Presanctified Liturgy</b> 7:30pm Spiritual Reading w/Lenten Meal	<b>6</b> 7am <b>Lenten Matins</b> 8am Confession 6:30pm <b>Compline with Canon of St. Andrew</b>	<b>7</b> 7am <b>Lenten Matins</b> 8am Confession 11am <b>Presanctified Liturgy</b>	<b>8</b> (W/O) 6:15pm Litya for Departed 6:30pm <b>Vigil</b> 8pm Confession
<b>9</b> Sunday of Orthodoxy (W/O) 9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship Hour 5pm <b>Orthodoxy Vespers</b> at St. Andrews in Lexington	<b>10</b>	<b>11</b>	<b>12</b> 5:55pm <b>Presanctified Liturgy</b> 7:30pm Spiritual Reading w/Lenten Soup/Salad	<b>13</b>	<b>14</b> 7am <b>Lenten Matins</b> 8am Confession 11am <b>Presanctified Liturgy</b> 7pm Children's Book Party	<b>15</b> Lenten Retreat (W/O) 9am Memorial Liturgy 11:30am Session I 1pm Lunch 2pm Session II 3:30pm <b>Vespers followed by Confession</b>
<b>16</b> St. Gregory Palamas (W/O) 9am Sunday School 10 am <b>Divine Liturgy</b> 12pm Fellowship Hour	<b>17</b>	<b>18</b>	<b>19</b> 5:55pm <b>Presanctified Liturgy</b> 7:30pm Spiritual Reading w/Lenten Soup/Salad	<b>20</b>	<b>21</b> 7am <b>Lenten Matins</b> 8am Confession 11am <b>Presanctified Liturgy</b>	<b>22</b> (W/O) 6:15pm Litya for Departed 6:30pm <b>Vigil</b> 8pm Confession
<b>23</b> Ven. Precious Cross (W/O) 9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship Hour	<b>24</b> 6:30pm <b>Vigil</b> for Annunciation 8pm Confessions	<b>25</b> f/w/o <b>Annunciation of Most-Holy Theotokos</b> 11am <b>Vespertal Liturgy</b> for Annunciation	<b>26</b> (W/O) 5:55pm <b>Presanctified Liturgy</b> 7:30pm Spiritual Reading w/Lenten Soup/Salad	<b>27</b>	<b>28</b> 7am <b>Lenten Matins</b> 8am Confession 11am <b>Presanctified Liturgy</b>	<b>29</b> (W/O) 6:15pm Litya for Departed 6:30pm <b>Vigil</b> 8pm Confession
<b>30</b> St. John Climacus (W/O) 9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship Hour	<b>31</b> (W/O) St. Innocent of Alaska 11am <b>Presanctified Liturgy</b> for St. Innocent [Spring Break 3/31 to 4/4]	<b>April 1</b>	<b>2</b> (W/O) 5:55pm <b>Presanctified Liturgy</b> 7:30pm Spiritual Reading w/Lenten Soup/Salad	<b>3</b> (W/O) 8am <b>Matins with Great Canon and Life of St. Mary of Egypt</b> 10am Confessions	<b>4</b> (W/O) 7am <b>Lenten Matins</b> 8am Confession 11am <b>Presanctified Liturgy</b> 6:30pm <b>Akathist to Theotokos</b>	<b>5</b> Akathist Saturday (W/O) 10am Church Cleaning 6:15pm Litya for Departed 6:30pm <b>Vigil</b> 8pm Confession
<b>6</b> St. Mary of Egypt (W/O) 9am Sunday School 10am <b>Divine Liturgy</b> 12pm Fellowship Hour	<b>7</b> (W/O) <b>Repose of St. Tikhon</b> 11am <b>Presanctified Liturgy</b>	<b>8</b>	<b>9</b> 5:55pm <b>Presanctified Liturgy</b> 7:30pm Spiritual Reading w/Lenten Soup/Salad	<b>10</b>	<b>11</b> 7am <b>Lenten Matins</b> 8am Confession 11am <b>Presanctified Liturgy</b> 6:30pm <b>Small Compline</b> 7pm Last Adult Confessions	<b>12</b> Lazarus Saturday (W/O/C) 9am <b>Lazarus Liturgy</b> followed by Lenten Breakfast, Palm Folding, Children Confessions 6:30pm <b>Palm Sunday Vigil</b>
<b>13</b> Palm Sunday (F/W/O) 9am <b>Baptisms/Chrismations</b> 10am <b>Divine Liturgy</b> 12pm Fellowship Hour 6:30pm <b>Bridegroom Matins</b>	<b>14</b> Holy Monday 8am Hours with the Gospel of St. John (Chapters 1-6) 6:30pm <b>Bridegroom Matins</b>	<b>15</b> Holy Tuesday 8am Hours with the Gospel of St. John (Chapters 7-13:30) 6:30pm <b>Bridegroom Matins</b>	<b>16</b> Holy Wednesday 11:30am <b>Presanctified Liturgy</b> 6:30pm <b>Bridegroom Matins with Anointing</b>	<b>17</b> Holy Thursday (W/O) 3pm <b>Vespertal Liturgy of the Mystical Supper</b> 5pm Lenten Meal 6:30pm <b>Matins with Twelve Passion Gospels</b>	<b>18</b> Great & Holy Friday 9am <b>Royal Hours</b> 11am Decoration of Tomb 3pm <b>Vespers of Entombment</b> 6:30pm <b>Matins w/Praises</b> 9pm All-night Psalter Reading	<b>19</b> Great & Holy Saturday (W) 9am <b>Vespertal Liturgy</b> 11:45am Meal: Blessed Bread & Wine 12:30pm Preparation Cleaning 7pm Reading of Acts 11:30pm <b>Nocturnes</b>
<b>20</b> Pascha 12am <b>Paschal Matins</b> 1:15am <b>Paschal Liturgy</b> 3am Paschal Meal 2pm <b>Aqape Vespers/Picnic</b>	<b>21</b> Bright Monday 9am <b>Bright Liturgy</b> <b>At Highbridge Park in Wilmore, KY</b>	<b>22</b> Bright Tuesday 6:30pm <b>Bright Vespers</b>	<b>23</b> Bright Wednesday Holy Greatmartyr George 8am <b>Bright Liturgy</b> for Holy Greatmartyr George 6:30pm <b>Bright Vespers</b> 7:15 pm Coffee & Fellowship	<b>24</b> Bright Thursday	<b>25</b> Bright Friday Feast of St. Mark 7am <b>Bright Liturgy</b>	<b>26</b> Bright Saturday 6:20pm Paschal Hours & Artos Blessing 6:30pm <b>Vigil</b> for St. Thomas 8pm Confession

## The End of Lent and the Feast of Palms

### **Friday, April 11 - 6:30pm Small 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. (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 12 - 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 and a Lenten pancake breakfast (and during the folding of palms later in the afternoon), the priest is available to hear the children's confessions.*

### **Saturday, April 12- 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 13 - 10am Festal Liturgy of 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

### **Sunday, April 13 - 6:30pm Bridegroom Matins for Holy Monday**

*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. (Each Bridegroom service lasts 1 & 1/2 hours.)*

### **Holy Monday, April 14 - 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 of the Hours lasts 2-3 hours each day, including Gospel lection.)*

### **Holy Monday, April 14 - 6:30pm Bridegroom Matins for Holy Tuesday**

### **Holy Tuesday, April 15 - 8am Hours with Gospel of John (Chapters 7-13:30) - 6:30pm Bridegroom Matins for Holy Wednesday**

### **Holy Wednesday, April 16 - 11:30am Liturgy of the Presanctified Gifts**

*All who are working are encouraged to take their lunch break and come to service to partake of Holy Communion. The communing of the faithful should take place at about 12:45pm and the service will be completed around 1pm. We pray the Prayer of St. Ephrem for the last time this year at this service.*

## Fasting Guidelines for Orthodox Christians

### Cheesefare Week (Maslenitsa---a semi-festal week before Lent) March 11-17

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) March 3-7 (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, use more time for prayer and worship.

### Holy Week - April 14 - 19

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 fast with blessed bread & wine (and other "dry" foods) but afterwards 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 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 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 these fast-appropriate foods with non-Lenten foods; but our children can and should participate in the lifestyle changes that Lent brings.