

# FEBRUARY

## The Great Fast Calendar of Lenten Services

sun	mon	tue	wed	thu	fri	sat
				1	2 Divine Liturgy <b>SIMEON</b> 7pm	3 All Souls Liturgy 8am
4 <b>TEENS</b>	5	6	7	8	9	10 Divine Liturgy 8am
11 <b>Forgiveness Vespers</b> 1:30pm	12 Andrew of Crete 7pm	13 Andrew of Crete 7pm	14 Andrew of Crete 7pm	15	16 Pre-Sanctified 7pm	17 Divine Liturgy 8am
18 <b>Family Catechesis</b>	19 <b>Chotki Knotting</b> 7pm	20	21 Pre-Sanctified 7pm	22	23 Pre-Sanctified 7pm	24 Divine Liturgy w/ Panachida 8am
25	26	27	28 Pre-Sanctified 7pm	29	↑ <b>St Michael's Pirohi &amp; Fish Fry</b> 3pm	↑ <b>Pysanky Class</b>

### FASTING "REGULATIONS"

#### STRICT ABSTINENCE

The law of strict abstinence forbids the use of meat, eggs and dairy products or any of their byproducts. *All faithful adults, who receive Eucharist, are obliged to observe strict abstinence on the first day of the Great Fast (Monday 2/12), on Great and Holy Friday as well as all day Holy Saturday, until midnight.*

#### SIMPLE ABSTINENCE

The law of simple abstinence forbids the use of meat or meat byproducts, permitting the use of eggs and dairy products. *Abstinence is to be observed on all Wednesdays and Fridays during the Great Fast.*

### Explanation of Lenten practices in the Byzantine Church

#### The 40 Days

Byzantine Lent begins on the Sunday evening (which begins Monday) before what in the Latin Church would be Ash Wednesday. The forty days of Lent are counted continuously including Saturday and Sunday from Monday up until Great Week (Holy Week). Great Week is a separate penitential week in itself.

#### Great Canon of St. Andrew of Crete

This is a Matins service but usually celebrated in the evenings during Lent. Through poetic and poignant verses the Great Canon takes us through the entire Bible denoting instances of sin, repentance and redemption. When this service is celebrated in its entirety on the Thursday of the fifth week of Lent, the story of St. Mary of Egypt is read.

#### Pre-Sanctified Liturgy

Since the Divine Liturgy has a Resurrectional element, the Byzantine tradition abstains from celebrating the Divine Liturgy during the weekdays of Lent. But since the Eucharist is essential to our spirituality, the Byzantine tradition celebrates the Liturgy of the Pre-sanctified Gifts where we receive the Eucharist that has already been consecrated during the prior Saturday or Sunday Divine Liturgies.

#### Prostration

The posture of repentance with our entire body bowing to the ground.

#### Prayer of Saint Ephrem (the official Byzantine Lenten Prayer)

O Lord and Master of my life, spare me from the spirit of indifference, despair, lust for power, and idle chatter.

Instead, bestow on me, your servant, the spirit of integrity, humility, patience, and love.

Yes, O Lord and King, let me see my own sins and not judge my brother and sisters; for you are blessed forever and ever. **Amen**

# MARCH

## The Great Fast Calendar of Lenten Services

sun	mon	tue	wed	thu	fri	sat	
					1 Pre-Sanctified 7pm	2 Communion Bread Class All Souls Liturgy 8am	
3 TEENS	4	5 Chotki Knotting 7pm	6 Pre-Sanctified 7pm	7 Mary's Helpers Trip	8 Pre-Sanctified 7pm	9 Divine Liturgy 8am Pysanky Class	
10 TEENS	11	12	13 Pre-Sanctified 7pm	14 Andrew of Crete 7pm	15 Pre-Sanctified 7pm	16 Divine Liturgy w/ Akathistos 8am	
17 Family Catechesis	18	19 Chotki Knotting 7pm	20 Pre-Sanctified 7pm	21	22 Pre-Sanctified 7pm	23 Divine Liturgy LAZARUS 8am	
24 Palm Sunday	25 Divine Liturgy Annunciation 7pm	GREAT AND HOLY WEEK <i>There will be a seperate schedule for this week</i>					30
31 PASCHA	<div data-bbox="336 1185 1214 1534" data-label="Text" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Living to Eat?</b></p> <p>Some people live to eat, just as the animals do 'whose life is no more than filling their stomachs'. But our Teacher exhorts us to eat in order to live. Nourishment is not what we are here for, nor is pleasure our purpose in life. We only use them during our sojourning here as the Word instructs us, and he chooses our nourishment with immortality in view. <b>Clement of Alexandria</b></p> </div>						

## Pysanky Classes

Learn the venerable art of Easter egg decorating

No experience required. You are welcome to come any time but do plan to stay for a couple of hours. Please also bring a lunch.



Sat. Feb 24th & Mar 16th

10am to 5pm

(Rectory lower level)

## Prospora Class



Learn the art of making Prospora (Communion Bread). This will be a hands on experience where you will help to make the bread that will eventually become the **Body of Christ!**

Sat. Mar 2nd - 10AM - 4PM

## Chotki Knotting

Learn the basic knot used to make your own chotki (prayer rope). Classes are limited to 3 people due to the complexity of the knot. Please see sign-up sheet in the narthex.

Mon. Feb 19th

Wed. Mar 6th

Tue. Mar 19th

7pm - 9pm



The Annual  
Cleaning of the Pews

Join us on as we prepare the church for Pascha

Saturday  
March 23rd

starting at  
10:00AM

