

# MARCH

## The Great Fast Calendar of Lenten Services

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23	24	25	26	27	28	1 Divine Liturgy 8am
2 Forgiveness Vespers 1:30pm	3 Andrew of Crete 7pm	4 Andrew of Crete 7pm	5 Andrew of Crete 7pm	6	7 Pre-Sanctified 7pm	8 Divine Liturgy - 8am <b>eat - pray - love</b>
9	10	11	12 Pre-Sanctified 7pm	13	14 Pre-Sanctified w/ All Souls 7pm	15 <b>Pysanky Class</b> <b>Lenten Movie</b>
16 <b>Family Catechesis</b>	17	18 <b>Chotki Knotting 7pm</b>	19 Pre-Sanctified 7pm	20	21 Pre-Sanctified w/ All Souls 7pm	22 <b>Vestment Repair</b> <b>eat - pray - love</b>
23 <b>Communion Bread Class</b>	24	25 Divine Liturgy <b>Annunciation</b> 7pm	26 Pre-Sanctified 7pm	27 <b>Chotki Knotting 7pm</b>	28 Pre-Sanctified w/ All Souls 7pm	29 <b>Basket Weaving 10am - 5pm</b>
30	31 <b>Chotki Knotting 7pm</b>					

### Basket Weaving

Learn the art of basket weaving while using materials harvested from Annunciation's Prairie to make your own basket for Pascha. Plan to spend 2hrs at the drop in class and then finish your project at home. Ages 12 & up

### Sew...a needle pulling thread

Join us on Saturday, March 22nd at 10AM, as we begin some much needed repair to the altar boy's vestments. This repair work will consist mostly of needle hand work. So, if you can sew a button, we would love to have you. See Laura Kizior for more information.



Join us as we prepare the church for Pascha

**Saturday  
April 12th**

starting at  
**10:00AM**



*The Annual  
Cleaning of the Pews*

## 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. Mar 15th & Apr 5th**  
**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!**



**Sun. Mar 23rd -**  
**Following Divine Liturgy**  
*this will be an all afternoon class  
but lunch will be provided*

## 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.

**Tue, Mar 18th**  
**Wed, Mar 26th**  
**Mon, Mar 31st**  
**7pm - 9pm**



## 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 that is usually celebrated in the evening during the first week of 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 strong Resurrectional element, the Byzantine tradition abstains from celebrating the Divine Liturgy during the weekdays of Lent. However, since the Eucharist is essential to our spirituality, the Byzantine tradition celebrates the Liturgy of the Pre-sanctified Gifts where we receive Eucharist that had already been consecrated during the prior Saturday or Sunday Divine Liturgies.

### Prostration

The posture of repentance in which our entire body bows to the ground.

### 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 3/3), on Great and Holy Friday as well as all day on Holy Saturday, until midnight.** The traditional observance of strict abstinence in the Byzantine Catholic Church is observed for the entire 40 days of Lent.

This 40 Day observance is voluntary.

#### SIMPLE ABSTINENCE

The law of simple abstinence forbids the use of meat or meat byproducts, permitting the use of eggs and dairy products. **All faithful adults, who receive Eucharist, are obliged to observe simple abstinence on all Wednesdays and Fridays during the Great Fast.**

#### THOSE WHO ARE EXEMPT FROM THE FASTING REGULATIONS

Expectant and nursing mothers, infants, those with serious health conditions, and those under physicians orders are exempt from the laws of strict abstinence.

## Lenten Movie Night

Saturday, March 15th - 6PM

Lower Level Media Room

Exiled unjustly, convicted without trial, slandered without cause. Man of God depicts the trials and tribulations of St Nektarios of Aegina, as he bears the unjust hatred of his enemies while preaching the Word of God.

MAN  
OF  
GOD



## Young Adult Gathering

eat

pray

love

Join us during the Great Fast for the Byzantine version of eat, pray, love....vespers, eat, agape!



These lenten gatherings will take place on Saturdays during the Great Fast starting with Vespers at 5pm followed by a fasting potluck meal and the chance to practice agape with others on their journey toward Pascha.

These gatherings will be Young Adult sponsored, but anyone journeying closer to Christ are welcome!

March 22nd - April 5th

### 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**