

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 2/16), 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.

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.

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.



A Lenten journey into Bright Sadness

*The Great Canon of
St. Andrew of Crete*

Thur. March 19, 2026
Begins at 7:00PM

Annunciation Byzantine
Catholic Parish
14610 S Will Cook Rd
Homer Glen, IL 60491

In the profoundly moving Byzantine Catholic service of St. Andrew of Crete, Biblical accounts of sin and redemption are chanted in hauntingly beautiful melodies as we immerse ourselves into the *bright sadness* of repentance through the gesture of full body prostrations.

The service will continue until about 11:00PM but we invite you to experience any part of its duration. The Sacrament of Confession will be available throughout the service. If 'giving up candy' for Lent just does not seem like enough then make your Lent a real conversion.

For more information visit: www.byzantinecatholic.com
Visit us on Facebook: Annunciation Byzantine Catholic Parish
or Call: 708-645-0241

MARCH

The Great Fast Calendar of Lenten Services

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6	7	
8	9	10	11 Pre-Sanctified 7pm	12 Mary's Helpers Pray for the Sick 11am	13 Pre-Sanctified w/ All Souls 7pm	14 Pysanky Class	
15 Parish Luncheon	16	17	18 Pre-Sanctified 7pm	19 Andrew of Crete 7pm	20 Akathistos 7pm	21 Lenten Movie Noon	
22	23	24	25 Divine Liturgy Annunciation 7pm	26	27 Pre-Sanctified 7pm	28 Divine Liturgy LAZARUS 8am	
29 Palm Sunday	30	31	GREAT AND HOLY WEEK <i>There will be a seperate schedule for this week</i>				4

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.

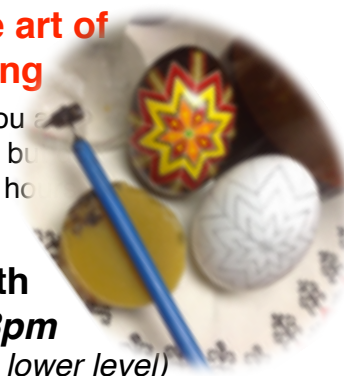
Instead, bestow on me, your servant, the spirit of integrity, humility, patience, and love.

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**

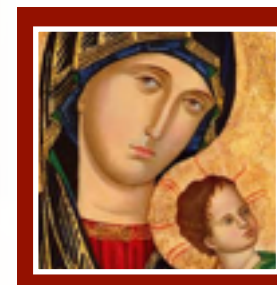
Pysanky Classes

Learn the venerable art of Easter egg decorating

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



Sat. Mar 14th
10am to 3pm
(Rectory lower level)



Mary's Helpers Prayer Service for the Sick

Thursday, Mar 12th - 11:00AM

Join Mary's Helpers, under the patronage of Our Lady of Perpetual Help, for another prayer service for the sick. A light lunch will follow the service and anyone is welcome to join in this prayer meeting.

The Annual Cleaning of the Pews

Join us as we prepare the church for Pascha

Saturday
March 28th

starting at
10:00AM

