

## Great Lent and Holy Week Schedule of Services

### \*CLEAN WEEK\*

Sunday, March 1: Forgiveness Sunday Service following the Liturgy

Monday, March 2: Canon of St. Andrew: 6:30p

Tuesday, March 3: Canon of St. Andrew: 6:30p

Wednesday, March 4: Canon of St. Andrew: 6:30p

Thursday, March 5: Canon of St. Andrew: 6:30p

Wednesday, March 11: Presanctified Liturgy: 6:00p

Friday, March 13: Requiem Service for the Departed: 6:30p

Saturday, March 14: Memorial Saturday: 9:30a

Wednesday, March 18: Presanctified Liturgy: 6:00p

Wednesday, March 25: *Annunciation*: Vespers Liturgy: 6:00p

Friday, March 27: Presanctified Liturgy: 6:00p

Wednesday, April 1: Presanctified Liturgy: 6:00p

Thursday, April 2: Great Canon of St. Andrew: 6:00p

Wednesday, April 8: Presanctified Liturgy: 6:00p

Saturday, April 11: *Lazarus Saturday*: Liturgy of St. John: 9:30a

### \*\*\*HOLY WEEK\*\*\*

Holy Monday, April 13: *Bridegroom Matins*: 6:30p

Holy Tuesday, April 14: *Bridegroom Matins*: 6:30p

-[Holy Wednesday, April 15: Solemn Day of Holy Silence]-

Holy Thursday *morning*, April 16: Vespers Liturgy of St. Basil: 9:30a

Holy Thursday *evening*, April 16: Matins and Passion Gospels: 6:30p

Holy Friday, April 17: Vespers: 4:00p; Matins 6:30p

Holy Saturday *Morning*, April 18th: Liturgy of St. Basil: 9:30a

Holy Saturday *Evening*: Nocturnes and Resurrection Matins: 7:30p

Great and Holy PASCHA, Sunday, April 19th: 9:30a

### \*\*BRIGHT WEEK\*\*

Bright Monday, April 20, Liturgy of St. John Chrysostom: 9:30a

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## Lenten Guidelines for Spiritual Renewal

### *Prayer*

Take up a special *daily* rule of prayer for the period of Lent

Example 1: Read one Akathist or Canon every day, such as  
The Akathist Hymn to our Sweetest Lord Jesus Christ,  
A Supplicatory Canon to our Lord Jesus Christ, or  
Canon of Repentance

Example 2: Pray 100 Jesus Prayers every day and/or evening:  
“Lord Jesus Christ, Son of God, have mercy on me, a sinner.”

Example 3: One Kathisma from the Psalms

### *Meditation*

Spend several minutes reflecting on a spiritual truth, such as:

Faith, Hope, and Love,  
The Last Judgment, Heaven, and Hell, or  
The Death and Resurrection of Christ

### *Reading*

One Chapter from the New Testament,  
A Chapter from a Book Written by an Orthodox Saint, or  
An Orthodox Spiritual Book

### *Physical Fasting*

If one is able and has no medical complications, then the rules of fasting  
as prescribed by the Orthodox Church are as follows:

Saturdays and Sundays: Abstain from meat, fish, dairy, eggs  
Monday thru Friday: Abstain from meat, fish, dairy, eggs, oil, alcohol  
Feast of the Annunciation: Abstain from meat, dairy, eggs (fish allowed)  
Palm Sunday: Abstain from meat, dairy, eggs (fish allowed)

### *Spiritual Fasting*

Abstain from all unkind words, unforgiveness, and judgment of others

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