

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|---|---|
| Feb.22 Forgiveness Sunday 9am Baptism 10am Divine Liturgy 12pm Fellowship Potluck 5pm Forgiveness Vespers | 23 Strict Fast 8am Lenten Matins 9am Confession 6:30pm Compline with Canon of St. Andrew followed by Confession | 24 8am Lenten Matins 9am Confession 6:30pm Compline with Canon of St. Andrew followed by Confession | 25 8am Lenten Matins 9am Confession 5:55pm Presanctified Liturgy 7:20pm Soup/Salad 7:30pm Christian Education Class | 26 8am Lenten Matins 9am Confession 11am St. Andrew Cannon (Wed. portion) 6:30pm Compline with Canon of St. Andrew | 27 8am Lenten Matins 9am Confession 11am Pre-sanctified Liturgy | 28 (W/O) 6:15pm Litya for Departed 6:30pm Vigil 8pm Confession |
| 1 Sunday of Orthodoxy (W/O) 9am Sunday School 10am Divine Liturgy 12pm Fellowship Hour 5pm Pan-Orthodox Vespers at Assumption GOC in Louisville | 2 | 3 11am Intercession w/Akathist to the Divine Passion | 4 5:55pm Presanctified Liturgy 7:20pm Soup/Salad 7:30pm Christian Education Class | 5 | 6 8am Lenten Matins 9am Confession 11am Pre-sanctified Liturgy | 7 (W/O) 6:15pm Litya for Departed 6:30pm Vigil 8pm Confessions |
| 8 St. Gregory Palamas (W/O) 9am Sunday School 10 am Divine Liturgy 12pm Fellowship Hour | 9 40 Martyrs of Sebaste (W/O) 9am Matins for Holy Martyrs of Sebaste 10:15am Confessions | 10 11am Intercessions w/Akathist for Departed | 11 5:55pm Presanctified Liturgy 7:20pm Soup/Salad 7:30pm Christian Education Class | 12 | 13 8am Lenten Matins 9am Confession 11am Pre-sanctified Liturgy | 14 Lenten Retreat (W/O) 9am Liturgy 10:45am Breakfast 11:30-2pm Retreat Sessions 2pm Vespers followed by Confessions |
| 15 Sunday of the Cross (W/O) 9am Sunday School 10am Divine Liturgy 12pm Fellowship Hour | 16 | 17 St. Patrick 11am Intercession w/Canon to St. Patrick | 18 St. Nikolai of Zhicha 5:55pm Presanctified Liturgy 7:20pm Soup/Salad 7:30pm Christian Education Class | 19 | 20 8am Lenten Matins 9am Confession 11am Pre-sanctified Liturgy | 21 (W/O) 6:15pm Litya for Departed 6:30pm Vigil 8pm Confession |
| 22 St. John Climacus (W/O) 9am Sunday School 10am Divine Liturgy 12pm Fellowship Hour | 23 (W/O) Great Canon of St. Andrew 8am Matins w/Great Canon and Life of St. Mary of Egypt | 24 11am Intercession w/Akathist to the Divine Passion 6:30pm Festal Matins for Annunciation 7:30pm Confessions | 25 f/w/o Annunciation of Most Holy Theotokos 5:55pm Vesperal Liturgy 7:20on Soup/Salad 7:30pm Christian Education Class | 26 (W/O) Synaxis of Archangel Gabriel | 27 (W/O) 8am Lenten Matins 9am Confession 11am Presanctified Liturgy 6:30pm Small Compline w/ Akathist to Theotokos | 28 Akathist Saturday (W/O) 10am Church Cleaning (for Pascha) 6:30pm Great Vespers 7:15pm Baptism 8pm Confessions |
| 29 St. Mary of Egypt (W/O) 9am Sunday School 10am Divine Liturgy 12pm Fellowship Hour | 30 (W/O) <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;">Youth Retreat at Holy Cross Monastery</div> | 31 w/o St. Innocent of Alaska 11am Intercession w/Akathist to St. Innocent | April 1 5:55pm Presanctified Liturgy 7:20pm Soup/Salad 7:30pm Christian Education Class | 2 | 3 8am Lenten Matins 9am Confession 6:30pm End of Lent Vespers 7pm Last Adult Confessions | 4 Lazarus Saturday (W/O/C) 9am Lazarus Liturgy 10:30am Pancake Breakfast 11:15am Children's Confessions 6:30pm Palm Sunday Vigil |
| 5 Palm Sunday (F/W/O) 9am Sunday School 10am Divine Liturgy 12pm Fellowship Hour 6:30pm Bridegroom Matins (in Berea) | 6 Holy Monday 8am Hours with the Gospel of St. Matthew (1st half) 6:30pm Bridegroom Matins | 7 Holy Tuesday St. Tikhon of Moscow 8am Hours with the Gospel of St. Matthew (2nd half) 11am Intercession w/Akathist to St. Tikhon 6:30pm Bridegroom Matins | 8 Holy Wednesday 11:30am Presanctified Liturgy 6:30pm Bridegroom Matins with Anointing | 9 Holy Thursday (W/O) 3pm Vesperal Liturgy of the Mystical Supper 5pm Lenten Meal 6:30pm Matins with Twelve Passion Gospels | 10 Great & Holy Friday 9am Royal Hours 11am Decoration of Tomb 3pm Vespers of Entombment 6:30pm Funeral Matins for Holy Saturday 9pm All-night Psalter Reading | 11 Great & Holy Saturday (w) 9am Vesperal Liturgy 11:45am Meal: Blessed Bread & Wine 12:30pm Preparation Cleaning 7pm Reading of Acts 11:30pm Nocturnes |
| 12 Pascha 12am Paschal Matins 1am Paschal Liturgy 2:45am Paschal Meal 2pm Agape Vespers/Picnic | 13 Bright Monday 9am Bright Liturgy At Highbridge Park in Wilmore, KY | 14 Bright Tuesday 11am Paschal Matins w/Petitions 6:30pm Bright Vespers | 15 Bright Wednesday 7am Bright Liturgy 6:30pm Bright Vespers 7:15pm Fellowship | 16 Bright Thursday 5pm Bright Vespers for Life-giving Spring | 17 Bright Friday 8am Bright Liturgy for Life-giving Spring | 18 Bright Saturday 6:25pm Breaking of the Artos 6:30pm Vigil for St. Thomas Sunday 8pm Confessions |

The End of Lent and the Feast of Palms

Friday, April 3 6:30pm Vespers & 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 4 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 4 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 5 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.)

Sunday, April 5 6:30pm Bridegroom Matins for Holy Monday (held in Berea)

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 6 8am Hours with Gospel of Matthew (1st half)

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 6 6:30pm Bridegroom Matins for Holy Tuesday

Holy Tuesday, April 7 8am Hours with Gospel of Matthew (2nd half)

11am Intercession w/Akathist to St. Tikhon

6:30pm Bridegroom Matins for Holy Wednesday

Holy Wednesday, April 8 - 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.

6:30pm Bridegroom Matins with Anointing

Fasting Guidelines for Orthodox Christians

Cheesefare Week (Maslenitsa---a semi-festal week before Lent) Feb. 16-21

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) February 23-27 (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 6-12

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.