



Saint Athanasius

ORTHODOX CHURCH

2021

Lenten Service Guide

Lenten Prayer of St. Ephrem

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant. Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen.



100 Lime Lane / Nicholasville / KY / 40356
www.athanasiusoca.org

Dear Parish Family & Friends of our Community,

As we approach Great Lent 2021, many of us are feeling lots of emotion. For some of us, we remain traumatized by the challenges of Great Lent 2020. For others of us, we remain a bit more isolated than normal as we still deal with the lingering effects of a pandemic not totally resolved. For still others (especially our newcomers), you have no idea what to expect and simply are waiting to experience your first Great Lent and Pascha! (I am excited for you!)

I would say to our entire community, however: we need the Great Lent now more than we ever have. Whether we are afraid or angry or feeling "fine" with ourselves or simply exhausted, the call goes out, "Repent! The Kingdom of God is at hand." We are all invited to experience the Bright Sadness of this season in terms of:

- ◆ the change in private prayers
(both in terms of content and intensity)
- ◆ the change in our corporate prayers
(both in terms of content and intensity)
- ◆ the call to tangibly and intentionally embrace the spiritual practices of almsgiving and fasting
- ◆ the call to take up real asceticism--to feel some deprivation, to offer our life more fully to Christ!

This is the Way of Christ. And we know that--to whatever degree we offer Christ our life in this season--there is the promise of him offering us his joy in the experience of his Resurrection at Pascha! Let us all journey with him (and with one another) in this holy season. As conditions improve in our nation, let us not forsake the gathering together and the Sacraments of the Lord. May we all behold together the Death and Burial and Resurrection of our Lord on that Great and Glorious Day! In the Love and Hope of Christ Jesus, *Archpriest Justin*

March 8-13 Cheesefare Week (Maslenitsa)

Cheesefare is a semi-festal week before Great Lent where we prepare to ready our bodies and hearts for Lent; eat no meat; but dairy, wine, and fish can be eaten throughout the week.

Clean Week—March 15-20—Fasting Guidelines

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 (Wednesday) Presanctified Liturgy and Friday evening.
4. Because of easier food prep, more time for prayer and worship.

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.

Eucharistic Fasting Guidelines

1. If a Liturgy is earlier than noon, fast from midnight on.
2. If a Liturgy is in the afternoon, fast, if possible, completely from food and water for 6 to 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, prayer, and recent Confession, receive Holy Communion despite arriving late.

Children should be included in Lenten meals. Parents may need to supplement fast-appropriate foods with non-Lenten foods; but our children can **and should** participate in the lifestyle changes that Lent brings. If in doubt about how to modify these guidelines, see the priest.

Sunday, March 14 thru Saturday, March 20

March 14.....Cheesefare Sunday/Forgiveness Sunday

10am Divine Liturgy* (P-Z)
12pm Coffee Hour
12:30pm Bread Ministry
5pm Forgiveness Vespers

**Monday, March 15.....Begin Lenten Fast
Clean Week.....(see fasting guidelines)**

8am **Matins**; 9am Confessions
6:30pm **Great Compline w/St. Andrew Canon**; 7:45pm Confessions

Tuesday, March 16

8am **Matins**; 9am Confessions
6:30pm **Great Compline w/St. Andrew Canon**; 7:45pm Confessions

Wednesday, March 17 St. Patrick

8am **Matins**; 9am Confessions
6pm Presanctified Liturgy*

Thursday, March 18 St. Nikolai of Zhicha

8am **Compline w/St. Andrew Canon (Wed portion)** 9am Confessions
6:30pm **Great Compline w/St. Andrew Canon**; 7:45pm Confessions

Friday, March 19

11am **Presanctified Liturgy**

March 20 (w/o) St. Theodore Saturday

6:15pm **Memorial Litya**
6:30pm Cathedral Vigil*
7:30pm Confessions

Week Beginning March 21 (w/o)

Sunday of Orthodoxy....1st Sunday of Lent

10am Divine Liturgy* (A-J)
12pm Coffee Hour
12:30pm Bread Ministry
5pm **Pan Orthodox Vespers** at St. Michael's in Louisville

Monday, March 22 No Service

Tuesday, March 23 No Service

Wednesday, March 24 (w/o)

6:30pm **Festal Vigil for Feast of the Annunciation**

8pm Confessions

No Presanctified Liturgy Today

Thursday, March 25 (f/w/o)

Annunciation of the Most Holy Theotokos

9am **Festal Liturgy**

Friday, March 26 (w/o) Synaxis of Archangel Gabriel

11am Presanctified Liturgy

Saturday, March 27 (w/o) Memorial Saturday

6:30pm **Cathedral Vigil***

7:30pm Confessions

Week Beginning Sunday, March 28 (w/o)

St. Gregory Palamas...2nd Sunday of Lent

9am Preparatory Rite before Liturgy (served publicly as Christian Ed)

10am **Divine Liturgy*** (K-O)

12pm Coffee Hour

12:30pm Bread Ministry

Monday, March 29 No Service

Tuesday, March 30 No Service

Wednesday, March 31 (w/o) St. Innocent of Alaska

9am Moleben/Akathist to St. Innocent

10am Confessions

6pm **Presanctified Liturgy***

Thursday, April 1 No Service

Friday, April 2

11am Presanctified Liturgy

Saturday, April 3 (w/o) Memorial Saturday

4:30pm Super Saturday

6:30pm **Vigil w/Bringing out the Cross***

8pm Confessions

Week Beginning Sunday, April 4 (w/o)

Veneration of Precious Cross...3rd Sunday of Lent

10am **Divine Liturgy*** (P-Z)

12pm Coffee Hour

12:30pm Bread Ministry

6pm Youth Group

Monday, April 5

11am Akathist to Precious Cross

12pm Confessions

Tuesday, April 6 No Service

Wednesday, April 7 St. Tikhon the Confessor

9am Moleben/Akathist to St. Tikhon

10am Confessions

6pm **Presanctified Liturgy***

Thursday, April 8 No Service

Friday, April 9

11am Presanctified Liturgy

Saturday, April 10 (w/o) Memorial Saturday

9am Memorial Liturgy

Lenten Retreat (virtual) w/ Mother Christophora (details TBA)

6:15pm Memorial Litya

6:30pm **Cathedral Vigil***

7:30pm Confessions

Week Beginning Sunday, April 11 (w/o)

St. John Climacus...4th Sunday of Lent

10am **Divine Liturgy*** (A-J)

12pm Coffee Hour

12:30pm Bread Ministry

Monday, April 12

11am Akathist to Ladder of Divine Ascent

12pm Confessions

Tuesday, April 13 No Service

Wednesday, April 14

6pm Presanctified Liturgy*

Thursday, April 15.....Half-day Retreat

9am Matins w/Life of St. Mary of Egypt and full St. Andrew Canon

11:30am Confessions

7-9pm Choir Practice

Friday, April 16

11am Presanctified Liturgy

7:30pm Compline w/Akathist to Theotokos

8:30pm Confessions

Saturday, April 17 (w/o)

5th Saturday of Lent: Akathist to the Most Holy Theotokos

6:30pm Cathedral Vigil*

7:30pm Confessions

Week Beginning Sunday, April 18 (w/o)

St. Mary of Egypt...5th Sunday of Lent

10am Divine Liturgy* (K-O)

12pm Coffee Hour

12:30pm Bread Ministry

Monday, April 19

11am Akathist to St. Mary of Egypt & Zosima

12pm Confessions

Tuesday, April 20 No Service

Wednesday, April 21

6pm Presanctified Liturgy*

Thursday, April 22 No Service

Friday, April 23 Holy Greatmartyr George

11am Presanctified Liturgy

7:30pm End-of-Lent Compline

8pm Final Adult Confessions

Saturday, April 24 (w/o/c) Lazarus Saturday

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, the priest is available to hear the children's confessions, while others are preparing palm crosses.

9am Lazarus Liturgy

10:30am Pancake Breakfast; Children's Confessions; Palm Crosses

6:30pm Palm Sunday Vigil* (1 & 1/2 hour service)

This is our evening service in preparation for the Great Feast of the Entry of our Lord into Jerusalem. Palms are blessed for the Feast.

Week Beginning Sunday, April 25 (f/w/o) The Feast of Palms

10am Divine Liturgy* (P-Z) (or together in the tent)

The Divine Liturgy commemorates the Great Feast of the Entry of our Lord into Jerusalem. The 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.

12pm Coffee Hour

12:30pm Bread Ministry

Holy Week

Monday, April 26.....Holy Monday

9am **Hours w/Gospel of John...chapters 1-6 (2-3 hour service)**

As is the custom, our parish will read through an entire Gospel over the course of the Hours on Monday and Tuesday. Those who cannot attend the Hours are encouraged to read the Gospel at home as a part of their Holy Week preparation for Pascha.

6:30pm **Bridegroom Matins (1 hour service)** *In this service we are challenged to ponder the coming of the Lord and our lack of preparation to meet Him.*

Tuesday, April 27.....Holy Tuesday

9am **Hours w/Gospel of John...chapters 7-13:30.** (2-3 hour service)

6:30pm **Bridegroom Matins** (1 hour service)

Wednesday, April 28.....Holy Wednesday

11am **Presanctified Liturgy** (2 hour service)

All who are working are encouraged to take their lunch break and come to service to partake of Holy Communion. The communing should take place ~12:15pm and be completed ~12:30pm. We pray the Prayer of St. Ephrem for the last time this year at this service.

6:30pm **Bridegroom Matins w/Anointing** (2 hour service)

Tonight the them of Bridegroom Matins shifts dramatically to the person of Judas at the Last Supper, who is sharing the Lord's Table, and yet is preparing to betray Him. Afterwards the priest will anoint all present with blessed oil reserved from the Vigil of Palm Sunday.

Thursday, April 29.....Holy Thursday (w/o)

10am **Vespertal Liturgy of the Mystical Supper** (2 hour service)

On Holy Thursday, we celebrate a Vespertal Liturgy that is sometimes called the Liturgy of the Mystical Supper. At this time, we commemorate the Last Supper and enter into the eternal mystery of it, which is the Eucharist. After the Liturgy, we will share a Lenten Meal.

6:30pm **Matins w/12 Passion Gospels** (3 hour service)

On the evening of Holy Thursday, we enter into Great and Holy Friday and encounter Christ Crucified. This is one of the most powerful services in all of Orthodox Holy Week.

Friday, April 30...Holy Friday (strict fast)

9am **Royal Hours** (1 & 1/2 hour service)

On the morning of Great and Holy Friday, we revisit the Cross. We hear the hymns of the previous evening and find Jesus hanging on the Cross for salvation. If you cannot be at the Thursday evening service, know that this service of the Royal Hours covers much of the same content. Royal Hours offers a powerful meditation on the Cross and its meaning.

11am **Decoration of Tomb**

3pm **Entombment Vespers** (1 hour service/especially child friendly)

During this service we remember the taking down of the Lord's body from the Cross and His entombment by the Nobel Joseph.

Holy Friday cont.

6:30pm **Matins w/Lamentations & Procession** (2&1/2 hour service)

Sometimes called the "Service of Lamentation" this Matins for Holy Saturday shows us that our lamentation of Christ's death will soon blossom forth into tremendous rejoicing! During the service our lamentations around the tomb of Christ begin to morph into praises to Him who is about to rise from the dead!

9pm **All-night Reading of the Psalter**

The all-night reading begins right after the Funeral Matins and continues until the Saturday morning Liturgy. There will be an online signup for this round-the- clock vigil.

Saturday, May 1.....Holy Saturday (w/o)

10am **Holy Saturday Vespertal Liturgy** (2 & 1/2 hour service)

The Vespertal Liturgy ushers in the first strains of the joyous feast This service is the Vespers of Pascha itself and announces what is to come. The vestments and paraments are dramatically changed from black to white, and we hear "Let God arise and His enemies be scattered." After the Liturgy, we will bless loaves of bread and wine (juice for the children) and will partake of these things to sustain us through the day. The servers will be responsible for preparing the holy things for Pascha and then many of our faithful will prepare flowers and beautify the church for the feast.

7pm-11:30pm **Continuous Reading of Acts of the Apostle**

There will be an online signup for this reading.

11:30 **Paschal Nocturnes** (most likely outside in tent)

On Holy Saturday we fast and make preparations all day after the morning Liturgy (including the preparation of sumptuous paschal foods). "Behold the Bridegroom comes at midnight" we sang at Bridegroom Matins earlier in the week. Now we gather again before midnight to be ready to meet the Risen Lord. But before we make our triumphal Paschal Procession, we first gather in the church for Nocturnes at 11:30pm. Quietly, the Lord's body is taken from the "Tomb" and placed in victory on the Holy Table in the altar. All lights in the church are put out and we wait patiently for the first strains of the Paschal song..."Thy Resurrection, O Christ our Savior..." The paschal light is lit, the priest begins quietly to chant the hymn, the servers join in, and finally the choir and all the people add their voices to the priest's and servers' voices. The light is passed from person to person and we exit the church and make our Paschal Procession.

The Holy Pascha

12am **Procession and Paschal Matins**

12:45am **Paschal Divine Liturgy***

2:45am The Blessing of Food and Paschal Meal

We have now entered completely into the joy of Pascha. Christ bursts the gates of death and the gates of Paradise are opened. Coming back into the church, we celebrate the Paschal Matins, hear the Paschal Sermon of St. John Chrysostom, and then go right into the Paschal Liturgy. After Liturgy, the priest blesses the Artos and the Paschal baskets of food in the parish hall. All are invited to stay for this meal.

2pm **Paschal Agape Vespers and Paschal Parish Picnic**

Agape Vespers and the Paschal picnic immediately following will be held in the tent on the parish grounds.

Bright Week of Pascha—NO FASTING!

May 3.....**Bright Monday**

10am **Bright Liturgy w/St. Athanasius Commemoration***

11:30am Festal Picnic

May 4.....**Bright Tuesday**

10am **Paschal Matins***

May 5.....**Bright Wednesday**

6:30pm **Paschal Vespers***

May 6.....**Bright Thursday**

5pm **Bright Vespers**

May 7.....**Bright Friday**

9am **Bright Liturgy (Life-Giving Spring)***

May 8.....**Bright Saturday**

6:30pm **Cathedral Vigil for St. Thomas Sunday***

May 9.....**St. Thomas Sunday (usual Sunday Schedule)**

Christ is Risen!

Χριστός ἀνέστη!

Христос воскрес!

Hristos a inviat!

Christus resurrexit!