

# Great Lent & Pascha 2018

Prophet Elijah Antiochian Orthodox Mission, Ellensburg, Washington



*“As the sharp edge of winter cuts across February with its long shadows and long cold nights, Orthodox Christians know that this time of year is the herald of Great Lent, that solemn but beautiful 40-day journey to the death and resurrection of our Lord and Savior Jesus Christ. With anticipation we look forward to that Lenten journey and what awaits us at the end of our spiritual travels: the Feast of Feasts, that great day of Pascha in which we proclaim, ‘Christ is risen from the dead, trampling down death by death!’”*

*-Archpriest Stephen Rogers, [www.antiochian.org/lent](http://www.antiochian.org/lent)*

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*Weekend service times throughout Lent remain (mostly) the same:*

**SATURDAY** - 6am Divine Liturgy; 6pm Great Vespers

**SUNDAY** - 8:45am Orthros; 10am Divine Liturgy of St. Basil the Great

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## *Fasting Guidelines for Lent*

- 1) **Weekdays are strict fast days**, which means no meat, fish, dairy, eggs, wine, or olive oil. Traditionally, just one small, simple meal is eaten each day either before or after the evening service. Clean Week and Holy Week traditionally have further restrictions, see below.
- 2) **Weekends can include wine and olive oil**, but otherwise continue to be strict fasting days. Traditionally, there are two small, simple meals each day on the weekend.
- 3) **Message from Fr. Paul:** All guidelines within this guide constitute the traditional Orthodox rule, but *please* add snacks or meals as needed! In our time, one meal days often include two small meals, even in monastic communities. **Also**, if receiving communion at an evening service, observe a *total* fast (no food or water) for at least six hours before the service begins. You should always observe a total fast after midnight for a morning Divine Liturgy.

*Let us begin the Fast with joy! Let us prepare ourselves for spiritual efforts!  
 Let us purify and cleanse our flesh! Let us abstain from passion,  
 as we abstain from food! Let us rejoice in the Spirit and persevere with love!*

## Week 1 ~ Clean (or Pure) Week

Traditional fasting this week: **Mon, Tue** - Total fast (water only); **Wed** - One small, simple meal after evening service; **Thu** - Total fast (water only); **Fri** - One small, simple meal after evening service.

| <u>DATE</u>         | <u>MORNING</u>               | <u>EVENING</u>  |
|---------------------|------------------------------|---|
| MONDAY<br>Feb 19    | 12am - Lenten Orthros        | 6pm - Great Compline and the Canon of St. Andrew                  |
| TUESDAY<br>Feb 20   | 6:45am - Lenten Orthros      | 6pm - Great Compline and the Canon of St. Andrew                  |
| WEDNESDAY<br>Feb 21 | 6:45am - Lenten Orthros      | 6pm - Presanctified Liturgy w/soup supper after;                  |
| THURSDAY<br>Feb 22  | 6:45am - Lenten Orthros      | 6pm - Great Compline and the Canon of St. Andrew                  |
| FRIDAY<br>Feb 23    | 12am - Presanctified Liturgy | 6pm - Little Compline with an Akathist and Canon to the Theotokos |



**From Met. JOSEPH:** “As we begin a new fast, let us continue to strive to help those in need. As we abstain from foods ... let us set aside the extra money we would have spent on food and give it to the poor; this will make our fasting complete.” **Don’t forget to pick up your Food for Hungry People box and 2018 Giving Calendar!**

### Lenten Prayer of St. Ephraim the Syrian

*O Lord and Master of my life,  
 take from me the spirit of sloth,  
 meddling, lust of power and idle talk.<sup>+</sup>  
 But give rather the spirit of chastity,  
 humility, patience & love to Thy servant.<sup>+</sup>  
 Yea, O Lord and King, grant me to see my  
 own sins and not to judge my  
 brother; for Thou art blessed  
 unto ages of ages. Amen.<sup>+</sup>*

(+) prostration

### SUNDAYS OF LENT

- |   |                                       |
|---|---------------------------------------|
| (1) - Sunday of Orthodoxy, Feb. 25          | (4) - St. John of the Ladder, Mar. 18 |
| (2) - St. Gregory Palamas, Mar. 4           | (5) - St. Mary of Egypt, Mar. 25*     |
| (3) - Veneration of the Holy Cross, Mar. 11 | (6) - Palm Sunday, Mar. 31            |

\*also Feast of Holy Annunciation

*"In a larger sense, Lent is a permanent dimension of Christianity. It is not a spiritual bath. Lent expresses the church as pilgrimage, as movement, as exodus. Lent opens our eyes to the things that we do not see..."*

-Rev. V. Berzonsky

## Weeks 2, 3, 4, 5 and 6

| DATE                                       | MORNING                         | EVENING   |
|--|---------------------------------|---|
| MONDAY<br>Feb 26, Mar 5<br>12, 19, 26      | 12am - Lenten Orthros           | ((NOTE: See website for))<br>((changes on March 2-3.))        |
| TUESDAY<br>Feb 27, Mar 6<br>13, 20, 27     | 6:45am - Lenten Orthros         | 6pm - Great Compline  |
| WEDNESDAY<br>Feb 28, Mar 7,<br>14, 21*, 28 | 6:45am - Lenten Orthros         | 6pm - Presanctified Liturgy<br>w/soup supper after            |
| THURSDAY<br>Mar 1, 8,<br>15, 22*, 29       | 6:45am - Lenten Orthros         | 6pm - Lenten Vespers  |
| FRIDAY<br>Mar 2, 9,<br>16, 23*, 30*        | 12am - Presanctified<br>Liturgy | 6pm - Little Compline with<br>an Akathist to the<br>Theotokos |

- | **CHANGES TO ABOVE SCHEDULE** | -

Week 5: **Wed. Mar. 21, 6pm** - Little Compline with the Life of St. Mary of Egypt and the Canon of St. Andrew | **Thu. Mar. 22, 6pm** - Presanctified Liturgy | **Fri. Mar. 23**, NO Presanctified Liturgy.

Week 6: **Fri. Mar. 30, 6pm** (the night before Lazarus Saturday) - the Canon for the Raising of Lazarus.

\* Following Week 5 \*

### The Feast of Holy Annunciation

**Saturday Mar. 24** ~ Great Vespers w/Litia and Artoklasia at 6pm  
**Sunday Mar. 25** ~ Festal Orthros at 8:45am and Festal Divine Liturgy at 10am  
*(This Sunday is a fish day!)*

**Plan ahead for Bright Week!**

Dinner for adults in Moses Lake. Details to be determined.

## *Lazarus Saturday and Palm Sunday*

### SATURDAY, Mar. 31

9am - Festal Orthros  
 10am - Divine Liturgy  
           with potluck  
 6pm - Vespers w/Litita & Artoklasia

### SUNDAY, Apr. 1

8:30am - Festal Orthros  
 10am - Festal Divine Liturgy  
           with Sunday agape meal  
           (Fish day!)

## *Holy Week & Pascha*

Traditional fasting this week: **Mon, Tues, Wed** - One small, simple meal after Orthros; **Thu** - One small, simple meal with wine but not oil; **Fri** - Total fast, or water/bread/juice after Orthros; **Sat** - One small, simple meal with wine but not oil. Observe a total fast from 6pm on if receiving the Eucharist at the midnight service.

| <u>DATE</u>         | <u>EARLY</u>  | <u>LATE</u>   |
|---------------------|---|---|
| SUNDAY<br>Apr. 1    | (Palm Sunday services)  | 6pm - Bridegroom Orthros<br>for Monday                            |
| MONDAY<br>Apr. 2    | 6am - Presanctified<br>Liturgy  | 6pm - Bridegroom Orthros<br>for Tuesday                           |
| TUESDAY<br>Apr. 3   | 9am - Presanctified<br>Liturgy  | 6pm - Bridegroom Orthros<br>for Wednesday                         |
| WEDNESDAY<br>Apr. 4 | 6am - Presanctified<br>Liturgy  | 6pm - Holy Unction  |
| THURSDAY<br>Apr. 5  | 9am - Vespereal Divine<br>Liturgy of St.<br>Basil, and footwashing  | 6pm - Bridegroom Orthros for<br>Friday w/12 Gospels               |
| FRIDAY<br>Apr. 6    | 7am - Royal Hours<br>3pm - Great Vespers,<br>Taking Christ<br>from the Cross  | 6pm - Orthros with the<br>Lamentation Service<br>(the Epitaphios) |
| SATURDAY<br>Apr. 7  | 10am - Vespereal Divine<br>Liturgy of St.<br>Basil (bay leaves<br>and paschal candle)   | 11:30pm - Midnight Office   |
| SUNDAY<br>Apr. 8    | 12am - Resurrection (Rush) service, Paschal Orthros<br>and <b><u>PASCHAL DIVINE LITURGY!</u></b> Blessing of Pascha<br>baskets and breaking the fast together!<br>1pm - Agape Vespers, Gospel Reading in many languages<br>2pm - Parish Paschal Feast ~ an all-afternoon event! |   |