

OUR JOURNEY TO PASCHA! 2020

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| SUNDAYS | THEMES / GOSPEL READING | HOW TO PARTICIPATE: |
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| Fast - Free Week FEBRUARY 9th |  <i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14 | Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week. |
| Normal Fast Week FEBRUARY 16th |  The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32 | Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week. |
| Meatfare FEBRUARY 23rd FAREWELL TO MEAT TODAY |  The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46 | Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week. |
| Cheesefare MARCH 1st FAREWELL TO CHEESE TODAY |  Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21 | Ask each other for forgiveness each evening this week before bed. |
| 1st Sunday of Lent MARCH 8th |  <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51 | Bring an icon to church for a procession. |
| 2nd Sunday of Lent MARCH 15th |  ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12 | Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week. |
| 3rd Sunday of Lent MARCH 22nd |  VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1 | Wear your cross to church and kiss the cross each morning with a bow! |
| 4th Sunday of Lent MARCH 29th |  ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31 | Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross! |
| 5th Sunday of Lent APRIL 5th |  ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45 | Ask the Theotokos to offer you and the world pure thoughts and ideas this week. |
| FLOWERY (PALM) SUNDAY! APRIL 12th GREAT WEEK BEGINS |  <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18 | Place your palm branches and pussywillows behind an icon at home and in your car! |
| GREAT AND HOLY FRIDAY APRIL 17th |  GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE | Refrain from TV, Internet & Phones to honor Christ's Death. |
| FEAST OF FEASTS! APRIL 19th NO FASTING! |  <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17 | Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight! |