OUR JOURNEY TO PASCHA! 2020

Show compassion on the poor

and distressed. Trust in God,

not yourself and ask for His help

before every task this week.

SUNDAYS

THEMES / GOSPEL READING

HOW TO PARTICIPATE:

Fast - Free Week **FEBRUARY 9th**

Normal Fast Week

FEBRUARY 16th



Publican and the Pharisee

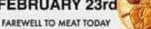
Epistle: 2 Timothy 3:10-15 Luke 18:10-14 Gospel:

The Prodigal Son Returns!

1 Corinthians 6:12-20 Luke 15:11-32 Gospel:

Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.

Meatfare FEBRUARY 23rd



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! FORGIVENESS SUNDAY Romans 13:11-14:4

Epistle: Matthew 6:14-21

Ask each other for forgiveness each evening this week before bed.

Bring an icon to church

for a procession.

1st Sunday of Lent MARCH 8th



GREAT LENT BEGINS WITH FORGIVENESS VESPERS

SUNDAY of ORTHODOXY

Hebrews 11:24-26, 32-12:2

Gospel: John 1:43-51

Gospel:

2nd Sunday of Lent MARCH 15th



ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 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

HALF WAY TO PASCHA! Epistle: Hebrews 4:14-5:6 Mark 8:34-9:1 Gospel:

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 Mark 9:17-31 Gospel:

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

Hebrews 9:11-14 Epistle: Mark 10:32-45 Gospel:

Ask the Theotokos to offer you and the world pure thoughts and ideas this week.

FLOWERY (PALM) SUNDAY! APRIL 12th GREAT WEEK BEGINS

GREAT AND HOLY WEEK

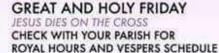
ENTRY OF OUR LORD INTO JERUSALEM

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



Refrain from TV, Internet & Phones to honor Christ's Death.

FEAST OF FEASTS!

APRIL 19th NO FASTING!



BRIGHT WEEK

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!