

## GREAT FAST AND PASCHA 2019 AT THE CATHEDRAL OF ST MICHAEL THE ARCHANGEL

*Lenten Matins with homily and the option for Holy Communion (by concession of the Bishop) are celebrated Monday through Thursday except as noted at the Cathedral at 9:00am beginning on Clean Monday, March 4. Every Sunday Divine Liturgy: 9am Cathedral; 11am Chapel.*

Sunday, March 3	3:30pm	Forgiveness Vespers (Cathedral)
Wednesday, March 6	7:00pm	Liturgy of the Presanctified (Chapel) <i>Bible Study</i>
Friday, March 8	12 noon	Liturgy of the Presanctified (Cathedral)
Saturday, March 9	8:00am 9am-10:00	Divine Liturgy Confessions (Cathedral)
Sunday March 10 Sunday of the Holy Icons	9:00am 11:00am	Divine Liturgy (Cathedral) Divine Liturgy (Chapel) <i>with children's icon procession</i>
Wednesday, March 13	7:00pm	Liturgy of the Presanctified (Chapel) <i>Bible Study</i>
Friday, March 15 <i>Eastern Catholic Mission 1</i>	12 noon 7:30pm <i>note time!</i>	Liturgy of the Presanctified (Cathedral) Stations of the Cross: <i>Sacred Heart Armenian Catholic Church, 155 Long Hill Road, Little Falls</i>
Saturday, March 16	8 – 8:45am 9:00am	Confessions (Cathedral) Second All Souls' Saturday (Cathedral)
Wednesday, March 20 <i>Eastern Catholic Mission 2</i>	7:00pm	Liturgy of the Presanctified (Chapel) <i>We will host the Eastern Catholics of the area for this Liturgy</i>
Friday, March 22	12 noon	Liturgy of the Presanctified (Cathedral)
Saturday, March 23	8 – 8:45am 9:00am	Confessions (Cathedral) Third All Souls' Saturday (Cathedral)
Monday, March 25 Annunciation	9:00am 7:00pm	Divine Liturgy (Cathedral) Divine Liturgy (Chapel)
Wednesday, March 27 <i>Eastern Catholic Mission 3</i>	7:00pm	Lenten Services ( <i>St Ann Melkite Church, 802 Rifle Camp Road, Woodland Park</i> )
Friday, March 29	12 noon	Liturgy of the Presanctified (Cathedral)
Saturday, March 30	8 – 8:45am 9:00am	Confessions (Cathedral) Fourth All Souls' Saturday (Cathedral)
Wednesday, April 3	7:00pm	Great Canon of St Andrew of Crete (Chapel)
Friday, April 5	12 noon	Liturgy of the Presanctified (Cathedral)
Akathist Saturday April 6 <i>Parish Day of Prayer</i>	10am 10:00am-4pm	Akathist Hymn to the Mother of God (Chapel) Parish Day of Prayer (Fr. Gregory Lozinskyy, presenter) <i>Confessions beginning around 3pm</i>
Wednesday, April 10	7:00pm	Liturgy of the Presanctified (Chapel) <i>Bible Study</i>
Friday, April 12	12 noon 4:30-7:30pm	Liturgy of the Presanctified (Cathedral) <i>Annual Fish Fry (Chapel Hall)</i>
Saturday, April 13 Lazarus Saturday	9:00am 10am-noon	Divine Liturgy (Cathedral) Confessions (Cathedral)

FLOWERY SUNDAY April 14	9:00am 11:00am	Divine Liturgy (Cathedral) Divine Liturgy (Chapel)
GREAT MONDAY April 15	9:00am	Bridegroom Matins (Cathedral)
GREAT TUESDAY April 16	9:00am	Bridegroom Matins (Cathedral)
GREAT WEDNESDAY April 17	9:00am 7:00pm	Office of Holy Oil for Spiritual Healing (Cathedral) Liturgy of the Presanctified with Anointing (Chapel)
GREAT THURSDAY April 18	7:00pm	Vespers and Liturgy of St Basil (Cathedral)
GREAT AND HOLY FRIDAY April 19	9:00am 3:00pm until midnight	Matins and Twelve Passion Gospels (Cathedral) Vespers with Shroud Procession (Cathedral) Vigil at the Grave (Cathedral)
GREAT AND HOLY SATURDAY April 20	10:00am 12noon	Jerusalem Matins at the Grave (Cathedral) Blessing of Paschal Foods (Cathedral Auditorium)
PASCHA April 21 RESURRECTION OF OUR LORD	8:00am 11:00am	Resurrection Matins and Divine Liturgy (Cathedral) Divine Liturgy (Chapel) <i>Blessing of Paschal Foods after both Liturgies</i>
BRIGHT MONDAY April 22	9:00am 7:00pm	Divine Liturgy with Paschal Procession (Cathedral) Divine Liturgy with Paschal Procession (Chapel)
BRIGHT TUESDAY April 23 (St George)	9:00am	Divine Liturgy (Cathedral) <i>See bulletin for additional Bright Week schedule</i>
ST THOMAS SUNDAY April 28	9:00am 11:00am	Divine Liturgy and Breaking of Artos (Cathedral) Divine Liturgy and Breaking of Artos (Chapel) <i>Easter Egg Hunt following 11am Liturgy</i>

**GUIDELINES FOR FAST AND ABSTINENCE:** All the faithful who approach Holy Communion are obliged to abstain from meat products on all Wednesdays and Fridays of the Great Fast and to fast (reduced quantity of food) and to abstain from all meat, dairy and egg products on Clean Monday (March 4) and Great and Holy Friday (April 19).

The traditional Byzantine fast prescribes abstinence from all animal products, wine and olive oil for the duration of the Fast, with relaxations for wine, oil and fish on certain feast days and Sundays.

All the faithful are encouraged to find a reasonably challenging fasting plan somewhere between the legal minimums and the full traditional observance.

**“IF IT DOESN’T UPSET YOUR ROUTINE, IT’S NOT LENT!”**