

# Preparing for Pascha

## Lenten Services

- Thursday 4/15, 6pm – Little Compline with Great Canon & Life of Mary of Egypt
- Friday 4/16, 6:30pm – Akathist
- Monday 4/19, 6pm – Compline
- Wednesday 4/21, 6:30pm – Presanctified
- Friday 4/23, 6:30pm – Little Compline with Canon of Lazarus
- Saturday 4/24, 10am - Liturgy

## Holy Week Services

- **Palm Sunday 4/25**
  - 9:30am – Orthros and Liturgy
  - 6:30pm – Bridegroom Orthros
- Monday 4/26, 6:30pm – Bridegroom Orthros
- Tuesday 4/27
  - 9am – Presanctified
  - 6:30pm – Bridegroom Orthros
- Wednesday 4/28, 6:30pm – Holy Unction
- Thursday 4/29
  - 9am – Vesperal Liturgy
  - 6:30pm – Orthros and 12 Gospels
- **Good Friday 4/30**
  - 9am – Royal Hours
  - 10:30am – decorating the bier (details to follow)
  - 3pm – Vespers
  - 6:30pm – Orthros and Lamentations
  - Overnight vigil (details to follow)
- **Holy Saturday 5/1**
  - 10am – Vesperal Liturgy
  - 10:30pm – Rush, Orthros, and Liturgy
- **Pascha Sunday 5/2, 12pm – Agape Vespers**

## Sunday of St. Mary of Egypt (April 18)



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## Lenten Fasting Guidelines

	Week of the Pharisee & Publican (Feb. 21-27)	Week of the Prodigal Son (Feb. 28 - Mar. 6)	Meatfare Week thru Forgiveness Sunday (Mar. 7 - 14)	Clean Week/First Week of Great Lent (Mar. 15-20)	Rest of Great Lent thru Holy Week (Mar. 21 – May 1)
<u>MEAT</u> Beef, chicken, lamb, pork, veal, rabbit, buffalo, etc	F A S T  F R E E  W E E K	R E G U L A R  W E D N E S D A Y  &  F R I D A Y  F A S T	Abstain	Abstain	Abstain
<u>DAIRY</u> Milk, cheese, butter, eggs, yogurt, cream, etc.			Abstain	Abstain	Abstain
<u>FISH</u> Any fish with a backbone. This does NOT include shellfish or any seafood.			Allowed	Abstain	Abstain (Allowed on Annunciation & Palm Sunday)
<u>WINE</u> Wine (some include all alcohol) Permitted on all Saturdays & Sundays			Allowed	Abstain	Abstain (Allowed on Annunciation & Holy Thursday)
<u>OIL</u> Olive Oil (some include all oils) Permitted on all Saturdays & Sundays (Except Holy Saturday)			Allowed	Abstain	Abstain (Allowed on Annunciation & Holy Thursday)












### The Purpose of Fasting

The purpose of fasting is to focus on the things that are above, the Kingdom of God. It is a means of putting on virtue in reality, here and now. Through it we are freed from dependence on worldly things. We fast faithfully and in secret, not judging others, and not holding ourselves up as an example.


- \* Fasting in itself is not a means of pleasing God. Fasting is not a punishment for our sins. Nor is fasting a means of suffering and pain to be undertaken as some kind of atonement. Christ already redeemed us on His Cross. Salvation is a gift from God that is not bought by our hunger or thirst.
- \* We fast to be delivered from carnal passions so that God's gift of Salvation may bear fruit in us.
- \* We fast and turn our eyes toward God in His Holy Church. Fasting, the reading of Scripture and lives of the saints, and prayer go together.
- \* Fasting is not irrelevant. Fasting is not obsolete, and it is not something for someone else. Fasting is from God, for us, right here and right now.
- \* Most of all, we should not devour each other. We ask God to "set a watch and keep the door of our lips."

# OUR JOURNEY TO PASCHA! 2021



Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 21st</b>	 <i>TRIODION WEEKS</i> <b>Publican and the Pharisee</b> 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 <b>FEBRUARY 28th</b>	 <b>The Prodigal Son Returns!</b> 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 <b>MARCH 7th</b> FAREWELL TO MEAT TODAY	 <b>The Last Judgement</b> 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 <b>MARCH 14th</b> FAREWELL TO CHEESE TODAY	 <b>Adam and Eve are cast from Paradise!</b> <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 <b>MARCH 21st</b>	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> <b>SUNDAY of ORTHODOXY</b> 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 <b>MARCH 28th</b>	 <b>ST GREGORY PALAMAS</b> 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 <b>APRIL 4th</b>	 <b>VENERATION OF THE HOLY CROSS</b> <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 <b>APRIL 11th</b>	 <b>ST JOHN of the LADDER</b> 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 <b>APRIL 18th</b>	 <b>ST MARY of EGYPT</b> 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! <b>APRIL 25th</b> GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> 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 <b>APRIL 30th</b>	 <b>GREAT AND HOLY FRIDAY</b> <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! <b>MAY 2nd</b> NO FASTING!	 <i>BRIGHT WEEK</i> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

## Great Lent Activity and FFHP Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14 <b>Forgiveness Sunday</b> This day has 2 themes: remembering Adam and Eve's expulsion from Eden and our own need for forgiveness.</p> <p>As a family, talk about Forgiveness Vespers, practicing what to do ahead of time. Then, attend and participate!</p>	<p>15 <b>Clean Monday</b> Talk about the garden of Eden. What was it like? Read together "<a href="#">Adam and Eve Disobey God.</a>" Why did Adam and Eve have to leave the garden and how does this relate to us on Clean Monday?</p> <p>How many clocks do you have in your home? Deposit .25 for each in your Food for Hungry People Box because "time" is running out for those who are starving.</p>	<p>16 "Put a little love in your heart," get FFHP off to a good start. Put in a dime for all the "loves" in your life.</p> <div style="text-align: center;">  </div>	<p>17 Work together to make a "Forgive" poster to hang in your home, including pictures of people that look like they're forgiving each other.</p> <p>Count the number of pictures in your collage and put in .15 each.</p>	<p>18 Take time as a family to continue to seek forgiveness. Write a note/email to or call someone who you did not yet get to ask for forgiveness. Be sure to deliver/send them out!</p>	<p>19 Take some time today to do something kind for someone you need to forgive.</p> <p>Count the number of Bibles in your home and deposit .50 for each, because Jesus said, "I was hungry and you gave me food."</p>	<p>20 Reflect and discuss as a family: What steps have you taken this week to ask for forgiveness and to forgive others?</p> <p>Count the number of steps (inside and outside) of your home. Pay .10 for each step. Help the hungry "step" into a new future.</p>
<p>21 <b>Sunday of Orthodoxy</b> Today we celebrate the Orthodox Faith and the restoration of the holy icons, once and for all.</p> <p>Count the mirrors in your home and donate .15 for each one. Consider how we, as Christians, are icons of Christ in the world and reflect His image.</p>	<p>22 Make "stained glass" icons to hang in the windows of your home. Print icons, color them with crayon, and then apply vegetable oil with a cotton swab until the whole icon is oiled.</p> <p>Count the windows in your home and pay .20 for each.</p>	<p>23 Host a parade of icons in your home. Have each family member carry his/her favorite icon as you walk through the house singing "Oh Lord, save Thy people and bless Thine inheritance..." Then circle up and each tell why you chose that icon.</p>	<p>24 How many eggs are in your refrigerator? Pay .15 for each. Hungry people have to "scramble" for their food.</p>	<p>25 Talk about icons. What are they for? Why do we have them in our home?</p> <p>Count the icons in your home and pay .40 for each icon.</p>	<p>26 Practice saying "Lord, have mercy" in other languages. Learn some new ones if you can!</p>	<p>27 Take pan-Orthodoxy to a personal level and discuss how we are brothers and sisters with Orthodox Christians from other jurisdictions. If possible attend another Orthodox church's service during this Lent.</p>


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<p>28</p> <p><b>Sunday of St. Gregory of Palamas</b></p> <p>St. Gregory of Palamas is celebrated today because he “upheld the Orthodox doctrine that humans can know God not only through the intellect but also through experience of His uncreated energies.” <a href="#">Read about his life here</a> and talk with your family about times when you have experienced God.</p>	<p>29</p> <p>How many extension cords do you have in your home? Pay .25 for each. Let’s “extend” a helping hand to those who need it.</p> <div style="text-align: center;">  </div>	<p>30</p> <p>St. Gregory was young, wealthy, and smart. But instead of taking a good-paying job he sought after “that good part, which will not be taken away” (Luke 10:42). What are the “good parts” that we should spend our lives doing, especially during Great Lent?</p> <p>Have everyone in the family deposit all the loose change they have in their pockets or purses. It makes “cents” to help the hungry.</p>	<p>31</p> <p>St. Gregory, as a young monk, became very attached to the Jesus Prayer. Talk about the Jesus Prayer. What is it? When should be pray this prayer?</p> <p>Make a pair of prayer hands by tracing your hand along the folded edge of construction paper. Cut out the hands, decorate them, and write the Jesus Prayer on the inside to practice praying it together.</p>	<p>1</p> <p>We are supposed to pray more during Lent. To help you do so, make a simplified prayer rope: string 32 pony beads and one cross bead on an elastic thread. Tie the ends into a bracelet for prayer.</p> <p>Pay .10 for each bead on your prayer rope, and remember to pray for the hungry!</p>	<p>2</p> <p>Talk as a family about ways to pray more often. Add a family prayer time in the morning or evening if you do not already have one. Think of “prayer reminders” that will help you stop and pray more often.</p> <p>Count the locks in your home and pay .20 for each one. Let’s “unlock” the door that gives hope to the hungry.</p>	<p>3</p> <p>For every TV show that was watched today pay .35. TV helps us see around the world, and this money will help us feed the hungry around the world.</p>
<p>4</p> <p><b>Sunday of the Holy Cross</b></p> <p>Before leaving for Liturgy today, practice singing the apolytikion, “Oh Lord, save Thy people and bless Thy inheritance, granting to Thy people victory over all their enemies; any by the power of Thy Cross, preserving Thy kingdom!”</p>	<p>5</p> <p>Become more aware of the Cross’s presence in your life. Go on a cross hunt in your home! Talk about the Holy Cross why it is so important to Christians, and why we venerate it. Count the crosses in your home, and donate .20 for each cross.</p>	<p>6</p> <p>How many pictures do you have on your walls? Just “picture” yourself without food and deposit .15 for each picture.</p>	<p>7</p> <p>The Cross reminds us of Christ’s willingness to sacrifice His very life for us. Talk about fasting with your family: what are you “sacrificing” or giving up during Lent? How is it helping you or others? Is there anything you can do to become even more like Christ in the time remaining in Great Lent?</p>	<p>8</p> <p>Work together to “uphold the Cross” in your home. Select one of your family’s crosses to use as a focal point of a display. Find a way to make a centerpiece in your prayer corner or on the dining room table that holds up the cross for all to see.</p>	<p>9</p> <p>Do you have musical instruments in your home? Pay .75 for each. This is a “key” to sharing and caring.</p> <div style="text-align: center;">  </div>	<p>10</p> <p>Create “stained glass” crosses with tissue paper to hang in your windows at home. Visit <a href="#">KinderCraze</a> for a quick tutorial!</p>

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<p>11 <b>Sunday of St. John of Climacus</b> Study the life of St. John of Climacus as a family. <a href="#">You can find information about his life here.</a></p> <p>Do you have a ladder at your house? Count the rungs of the ladder and donate .10 per rung. (No ladder? Count the stairs in your home instead!)</p>	<p>12 As a family, <a href="#">select a few steps on St. John of Climacus' "Ladder of Divine Ascent"</a> to work on together. Write these steps on masking tape and stick them to your steps to remind yourself to keep climbing!</p>	<p>13 Step 14 on the ladder focuses on our stomachs and our appetites. Ask your family: "How are we doing with fasting?"</p> <p>From dawn until night, hunger knows no hour, nor if it's day or night. Pay .20 for each lamp in your home.</p>	<p>14 Pick up all the loose change laying around the house and put it in your FFHP box. This will help make a "change" in the world!</p>	<p>15 Step 11 of the ladder helps us consider how much we talk vs. time spent in silence. Set aside some time as a family to be silent. After the silent period, talk together about the experience. What did you like about it? What is good about silence?</p>	<p>16 Step 16 of the ladder is "on love of money, or avarice." Work on climbing this step during Great Lent by looking for opportunities to help those less fortunate in your neighborhood. Don't forget to add extra change to your FFHP box too!</p>	<p>17 How many towels are in your home? If you pay .05 for each towel, this may help us "wipe out" hunger for all people.</p>
<p>18 <b>Sunday of St. Mary of Egypt</b> Read about the life of St. Mary of Egypt together as a family. <a href="#">You can find a story of her life here.</a></p>	<p>19 St. Mary of Egypt confessed her sins to Christ in the presence of the Elder Zosimas. We also need to confess our sins! Prepare for confession together, and then partake of the sacrament of confession.</p>	<p>20 Talk together about desert life. Is it easy to live in the desert? Would it be fun to live alone? St. Mary of Egypt lived in the desert alone for most of her life. Draw a picture or write a list of what must have been hard for her while living in the desert with crayon on fine sandpaper.</p> <p>Count the crayons in your house and pay .05 for each.</p>	<p>21 How many members are in your family? Pay .20 for each. The hungry have families to feed too...let's make this a real "family affair"!</p>	<p>22 St. Mary of Egypt repented of her sins while in the desert. What does it mean to repent? Illustrate repentance with a glass and some water. Pour some of the good things God has for us (water) on the upside down glass. Talk about how we miss out when we are not following God: like the upside down cup, we miss the good things He has for us. What happens when we repent (when the glass is right side up)?</p>	<p>23 How many friends do you have on Facebook? Pay .05 for each friend. Let's be "friend" those in need.</p>	<p>24 Divide your family into two teams and have a Lazarus wrapping and unwrapping race using toilet paper.</p> <p>Count the rolls of toilet paper in your house and pay .10 for each.</p>

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<p>25 <b>Palm Sunday</b> Before Liturgy today, talk about what you will say and hear during the service. Talk about the words/phrases and what they mean. <a href="#">Prepare for Holy Week by reading these printable guides that explain in simple terms what happens at each service this week.</a></p>	<p>26 Revisit the parable of the ten virgins: Hide a special treat in your basement (or a dark room in your home). Give each family member a flashlight (some with good batteries, others with dead/no batteries) and tell them to try to find the treat in the dark with their flashlights. Those without batteries who did not notice in advance will miss out as they look for batteries. Talk about the parable, how his relates, and why we need to prepare our hearts for Christ.</p>	<p>27 How many eggs are you going to color for Pascha? Pay .05 for each – let’s help “color” their world with love!</p>	<p>28 How many songs have you listened to today? Pay .15 for each. Let’s stay “in tune” with the hungry.</p>	<p>29 Discuss the 12 Gospels service before attending and participating, and encourage your children to pay close attention. Have them mark the number of the Gospel reading by tying a knot in a narrow ribbon after each reading. Or, make a small 12 page sketchbook where your child can draw or write something from each Gospel reading on each page.</p>	<p>30 What does it mean to lament? Talk about that word with your children and why we call tonight’s service the “Lamentations Service.” Practice singing a verse of each stasis before the service so you can all sing together when that part of the service arrives.</p>	<p>1 In this morning’s service, you will hear the story of Jonah. Read it together as a family and act the story out. How does Jonah’s story compare to Jesus? What did Jonah do in his three days in the big fish? What did Christ do during His three days in the tomb?</p>
<p>2 <b>Great and Holy Pascha</b> “Christ is Risen! Indeed He is Risen!” Learn how to say this greeting in a language other than your own, and joyfully proclaim the Resurrection!</p>						<p style="text-align: center;"><b>Christ is Risen! Truly He is risen!</b> <b>MASEEHA QAM! HAQQAN QAM!</b> المسيح قام حقا قام  CRISTOS ANESTI! ALITHOS ANESTI! Χριστός Ανέστη! Αληθώς Ανέστη Christos Voskrese! Vo-istinu Voskrese! <i>Le Christ est resucite! Vraiment il est resucite!</i> Christo ha resucitado! Verdadermente ha resucitado! <b>Krisdos haryav ee merelotz! Orhnyal eh harootiunun Krisdosee!</b> Krist’e aghsdga! Cheshmaritad aghsdga!</p>