

# LENT \* HOLY WEEK \* PASCHA

2010 ~ Saint John Orthodox Cathedral ~ Eagle River, Alaska

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>Feb 7</b>	8	9	10	11	12	13	
	Sunday of the Last Judgment (Meat fare) Matins 9am Liturgy of St. John Ch. 10am	<b>Meatfare - Week before Lent</b> (Fast from meat, but animal products and fish may be eaten every day this week.)						Great Vespers 7:15pm
1st WEEK	14 Forgiveness Sunday (Cheese fare) Matins 9am Liturgy of St. John Ch. 10am Forgiveness Vespers 6:15pm	15 Clean Monday (No School - President's Day) <i>(The Lenten Fast begins by fasting more strictly this week than the other weeks in Lent.)</i> Compline & Canon of St. Andrew 7:15pm	16 Compline & Canon of St. Andrew 7:15pm	17 6th Hr. Prayers 12:15pm <i>(Fast from Noon)</i> PreSanctified Liturgy 6:15pm	18 Compline & Canon of St. Andrew 7:15pm	19 6th Hr. Prayers 12:15pm Compline with Akathist Hymn 7:15pm	20 Great Vespers 7:15pm	
2nd WEEK	21 1st Sun. in Lent Orthodoxy Sunday Matins 9am Liturgy of St. Basil 10am Orthodoxy Sunday Vespers 4pm at St. Innocent's	22	23 Catechism/Inquirer Class - 7:30 St. James House	24 6th Hr. Prayers 12:15pm <i>(Fast from Noon)</i> PreSanctified Liturgy 6:15pm	25	26 6th Hr. Prayers 12:15pm Compline with Akathist Hymn 7:15pm	27 Great Vespers 7:15pm <b>Church Family Meeting 8pm</b>	
3rd WEEK	28 2nd Sun. in Lent St. Gregory Palamas Matins 9am Liturgy of St. Basil 10am	<b>March 1</b>	2 Catechism/Inquirer Class - 7:30 St. James House	3 6th Hr. Prayers 12:15pm PreSanctified Liturgy 6:15pm	4	5 6th Hr. Prayers 12:15pm Compline with Akathist Hymn 7:15pm	6 <b>WOMEN'S Retreat at Beach Lake April 5, 6</b> Great Vespers 7:15pm	
4th WEEK	7 3rd Sun. in Lent Sun. of the Cross Matins 9am Liturgy of St. Basil 10am	8 <b>School Spring Break - March 8 through March 12</b>	9 Catechism/Inquirer Class - 7:30 St. James House	10 PreSanctified Liturgy 6:15pm	11	12 Compline with Akathist Hymn 7:15pm	13 <b>Church Spring Cleaning Day 9am to 1pm</b> Great Vespers 7:15pm	
5th WEEK	14 (Daylight Savings Time) 4th Sun. in Lent St. John Climacus Matins 9am Liturgy of St. Basil 10am Clergy Meeting 7:15pm	15	16 Catechism/Inquirer Class - 7:30 St. James House	17 6th Hr. Prayers 12:15pm <i>(Total Fast from Noon)</i> PreSanctified Liturgy 6:15pm	18	19 6th Hr. Prayers 12:15pm Compline with Full Akathist Hymn 7:15pm	20 <b>MEN'S Retreat at Beach Lake April 19, 20</b> Great Vespers 7:15pm	
6th WEEK	21 5th Sunday in Lent St. Mary of Egypt Matins 9am Liturgy of St. Basil 10am	22	23 Catechism/Inquirer Class - 7:30 St. James House	24 6th Hr. Prayers 12:15pm <i>(Total Fast from Noon)</i> Vespers Liturgy 6:15pm All-Church Potluck Following	25 <b>ANNUNCIATION</b> <i>(Fish, wine &amp; oil allowed)</i>	26 6th Hr. Prayers 12:15pm Evening Service for Lazarus Saturday 7:15pm	27 Lazarus Saturday Divine Liturgy and Baptisms 9:15am Great Vespers 7:15pm	
HOLY WEEK	28 Palm Sunday (Fish, wine & oil) Matins 9am Liturgy of St. John Ch. 10am	29	30	31	<b>April 1</b> <i>(Fast from Noon)</i>	2 <i>(Total Fast all day)</i> <i>(St. John's School Day off)</i>	3 <i>(Total Fast until after Liturgy, and then a light, fasting meal)</i>	
BRIGHT WEEK	4 <b>PASCHA (Western Easter)</b> Matins/Lit. of St. John Ch. 5:15am Paschal Vespers 3:15pm Feast after Vespers	5 Bright Week Hours 12:15pm <i>(No fasting this week or throughout the Paschal Season.)</i> <i>(St. John's School Day off)</i>	6	7 Bright Week Hours 12:15pm Bright Week Vespers 7:15pm	8	9 Bright Week Hours 12:15pm	10 Great Vespers 7:15pm	

\* See other side for a detailed outline of the Complete Rule for the Lenten Fast.  
\*\* It is strongly suggested that Holy Friday and Bright Monday be taken as Vacation Days from work.

# The Complete Rule for the Lenten Fast \*

## Abstain from:

meat (*beef, pork, lamb, fowl*)

animal products (*eggs, cheese, milk, butter, honey*)

fish (*shellfish is permitted*)

wine (*includes all alcoholic beverages*)

oil (*margarine allowed*)

*(It is understood that this rule of fasting must be lessened for pregnant women, the elderly, children, those who are ill and those who for any other reason are physically unable to keep the full fast.)*

**Week before Lent:** In the week before Lent, fast from meat, but animal products are permitted on Wednesday and Friday.

## 1st Week in Lent:

Monday, Tuesday and Thursday in the first week are total fast days. *(If this is not strictly observed, it is suggested that some other way of strictening the fast should be attempted in this first week.)* On Wednesday and Friday in the first week, one meal is permitted after the PreSanctified Liturgy. *(Since we do not have the Presanctified Liturgy in our parish on Fridays, some may wish to lessen the fast of this first week on Thursday and Friday.) (On all days when the PreSanctified is served, a total fast should be kept at least from noon until after the Liturgy.)*

**2nd - 6th Week in Lent:** On the other weekdays in Lent, one meal is permitted. On Saturdays and Sundays in Lent, oil and wine are permitted and two meals are eaten.

**Holy Week:** On Monday, Tuesday and Wednesday in Holy Week, one meal is permitted after the Liturgy. On Thursday in Holy Week one meal is permitted after the Liturgy (usually a simple and quiet meal). Friday and Saturday in Holy Week are total fast days, with a light, fasting meal of wine, bread and fruit permitted after the Liturgy on Holy Saturday.

**Feast Days:** On the Feast of the Annunciation (*March 25*) and on Palm Sunday, fish, wine and oil are permitted. On March 9 (40 Martyrs of Sebaste), March 24 & 26, wine & oil are allowed.

**Bright Week and Easter Season:** There is no fasting during Bright Week. During the season from Easter to Ascension, according to the tradition of the Church of Antioch, no fasting is prescribed — after Ascension, Wednesday & Friday fasts resume but wine and oil are allowed. There is no fasting during the week following Pentecost. Following this the “Apostle’s Fast” begins.

## Some Guidelines for Growing into the Fast

**It is important that the complete rule of fasting be kept as our goal and ideal. However, since this rule is rather rigorous the following guidelines are given as suggested steps in adapting the fast to different levels of ability. (These guidelines may be adapted or combined in a number of ways, for example fasting more strictly on Wednesdays and Fridays.)**

### Fast #1

Regular Fast days: Two meals only with no meats and no alcoholic drinks.

Weekends: Two meals only as on regular days, but alcoholic drinks are permitted.

Total Fast Days: One evening meal of bread, fruit as needed.

### Fast #2

Regular Fast days: Two meals only with no meats, no alcoholic drinks, no animal products, no fish.

Weekends: Two meals only as on regular days, but alcoholic drinks, fish, and animal products are permitted.

Total Fast Days: One evening meal of bread and juice as needed.

### Fast #3

Regular Fast days: One meal only with no meats, no alcoholic drinks, no animal products, no fish, no oil, no honey.

Weekends: Two meals only as on regular days, but alcoholic drinks and oil are permitted.

Total Fast Days: Total fast. No meals. Water only.

\* For a good explanation of the purpose of fasting and the distinction between the "total" fast and the "ascetic" fast, see *Great Lent*, pages 49-52.