



Lent * Holy Week * Pascha - 2023



Saint John Orthodox Cathedral ~ Eagle River, Alaska

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEATFARE	February 19 Matins/Liturgy 9am Sunday of the Last Judgment (Meatfare)	20	21	22	23	24	25
	Meatfare-Week before Lent (Fast from meat, but animal products and fish may be eaten every day this week) Catechism/Inquirer's Class 7pm						Great Vespers 7:15pm
1ST WEEK	26 Matins/Liturgy 9am Forgiveness Sunday (Cheesefare) Forgiveness Sunday Vespers 6:15pm	"Clean Monday" 27	28	March 1	2	3	4
	First Week of Lent (The Lenten Fast begins by fasting more strictly this week than the other weeks in Lent) Compline & Canon of St. Andrew 7:15pm						Great Vespers 7:15pm
2ND WEEK	5 Matins/Liturgy 9am 1st Sunday in Lent Orthodox Sunday Procession with Icons	6	7	8	40 Martyrs of Sebaste 9	10	11
	Great Compline 7:15pm		Presanctified Liturgy 6:15pm Soup Supper		Compline with Akathist Hymn 7:15pm		Daylight Saving Time Remember to change your clocks Great Vespers 7:15pm
3RD WEEK	12 Matins/Liturgy 9am 2nd Sunday of Lent St. Gregory Palamas	13	14	15	16	17	18
	St. John's School Spring Break March 13-17		Presanctified Liturgy 6:15pm Soup Supper		Compline with Akathist Hymn 7:15pm		Cathedral Spring Cleaning Day Great Vespers 7:15pm
4TH WEEK	19 Matins/Liturgy 9am 3rd Sunday of Lent Sunday of the Cross	20	21	22	23	24	Matins/Liturgy 9:15am Annunciation Fish, wine, oil
	Great Compline 7:15pm		Presanctified Liturgy 6:15pm Soup Supper		Great Vespers for the Feast 7:15pm		
5TH WEEK	26 Matins/Liturgy 9am 4th Sunday of Lent Synaxis of Archangel Gabriel St. John of the Ladder	27	28	29	30	31	April 1 Men's Retreat
	Presanctified Liturgy 6:15pm Soup Supper		Little Compline and Reading of Life of Mary of Egypt 7:15pm		Compline with Akathist Hymn 7:15pm		Great Vespers 7:15pm
6TH WEEK	2 Matins/Liturgy 9am 5th Sunday of Lent St. Mary of Egypt	3	4	5	6	7	8 Lazarus Saturday Divine Liturgy 9:15am
	Great Compline 7:15pm		Presanctified Liturgy 6:15pm Soup Supper		Compline and Canon for St. Lazarus 7:15pm		Great Vespers 7:15pm
HOLY WEEK	9 Matins/Liturgy 9am Palm Sunday	10	11	12	13	14	15
	Holy Week "Bridegroom Matins" 7:15pm Confession Following						Matins with 12 Gospels 7:15am Royal Hours 12:15pm, 3:15pm Great Vespers 6:15pm
BRIGHT WEEK	16 PASCCHA/ EASTER Paschal Matins Divine Liturgy 4:30 am Agape Vespers 3:15pm	17	18	19	20	21	22
	Bright Week (No fasting this week or throughout the Paschal Season) Bright Week Hours 12:15pm						Great Vespers 7:15pm