

May 4 Holy Saturday (fast with wine)

- ◆ 9:30 am Holy Saturday Vespers Liturgy

The Vespers Liturgy ushers in the first strains of the joyous feast. This service is the vespers of Pascha itself and announces what is to come. The vestments and paraments are dramatically changed from black/purple to white, and we hear "Let God arise and His enemies be scattered." After the Liturgy, we will bless the loaves of bread and wine (juice for the children) and will partake of these things to sustain us through the day. The servers will be responsible for preparing the holy things for Pascha and then many of our faithful will prepare flowers and beautify the church for the feast.

- ◆ 7-11:30pm Continuous Reading of Acts of the Apostle (There will be an online signup for this)
- ◆ 11:30pm Paschal Nocturnes

On Holy Saturday we fast and make preparations all day after the morning Liturgy (including the preparation of sumptuous paschal foods). "Behold the Bridegroom comes at midnight" we sang at Bridegroom Matins earlier in the week. Now we gather again before midnight to be ready to meet the Risen Lord. But before we make our triumphal Paschal Procession, we first gather in the church for Nocturnes. Quietly the Lord's body is taken from the "Tomb" and placed in victory on the Holy table in the altar. All lights in the church are put out and we wait patiently for the first strains of the Paschal song....."Thy Resurrection, O Christ our Savior." The paschal light is lit, the priest begins quietly to chant the hymn, the servers join in, and finally the choir and all the people add their voices to the priest's and server's voices. The light is passed from person to person and we exit the church and make our Paschal Procession.

May 5 Great & Holy Pascha

- ◆ 12am Paschal Procession & Matins
- ◆ 1:00am Paschal Divine Liturgy

We have now entered completely into the joy of Pascha. Christ bursts the gates of death and the gates of Paradise are opened. Coming back into the church, we celebrate the Paschal Matins, hear the Paschal sermon of St. John Chrysostom, and then go right into the Paschal Liturgy. After Liturgy, the priest blesses the Artos and the Paschal baskets of food in the parish hall. All are invited to stay and share a meal of foods from your baskets..

- ◆ 2:40am Blessing of Food Baskets & Paschal Meal
- ◆ 2pm Agape Vespers followed by Paschal Picnic

Following Agape Vespers where we hear a refrain of the joyous hymns of Pascha, we will have our larger Paschal Picnic. This is the time to bring your crockpots and your grill and spend a few hours celebrating the joy of the Risen Lord Jesus Christ!

Bright Week—No Fasting!

May 6. **Bright Monday**.....Paschal Liturgy at 9:00am at St. Stephen's/Longwood

May 7 **Bright Tuesday**.....Paschal Matins at 9:30am

May 8 **Bright Wednesday**.....Paschal Vespers at 6:00pm

Festal Fellowship following Vespers

May 11 **Bright Saturday**.....TBA!



2024 Lenten Calendar & Service Guide

Great Lent (March 17 - April 27)
Forgiveness Sunday thru Lazarus Saturday
Holy Week (April 28 - May 4)
Palm Sunday thru Holy Saturday

HOLY PASCHA—Sunday, May 5

Bright Week
Monday, May 6 thru Saturday, May 11



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Dear Parish Family, Brothers and Sisters, and friends of our Community,

"Come, let us keep the Feast." Thus began the first Paschal Letter (the first of 45 annual Paschal Letters) written by our patron, St. Athanasius, to his 4th-century flock in Alexandria. Each year--no matter the circumstances, no matter the persecutions or joys--St. Athanasius would announce the dates for Great Lent and the Holy Pascha of the Lord--and offer correction and encouragement to his people. In the same spirit, I greet you all in the Name of the Lord, as we prepare to enter the Great Fast and celebrate the Holy Pascha on May 5th in this, the Year of our Lord 2024.

With great anticipation and hope, this year we will our make the Paschal journey with a full sacramental life of a growing mission parish. Both in Florida and all around the country, the Orthodox Church is growing rapidly and there is energy in almost every parish and mission, glory to God!

Our challenge this Lent is, of course, to accept this growth and to rejoice in it. But--and this is absolutely vital in a time of change and growth and excitement--we must recommit ourselves to hear the still, small voice of God. We must use this Lenten season to refocus on the "one thing needful," to seek the face of our beloved Lord Jesus Christ. Lent invites us precisely to do this: to pull back from the world's busyness and to press-in spiritually.

For Christian believers, since the earliest times of the Church, Lent has reminded both newcomers and old-timers of the need to be planted firmly in Christ. To help us in this season, the Church has put before us serious practices such as:

- praying to the Lord at home and throughout the day with greater regularity and intensity
- attending liturgical services more often at church
- making Confession and receiving Communion more often
- spending more time reading the Scriptures and other edifying writings
- spending less time on entertainments (abstaining from various forms of media, in particular)
- fasting truly (according to the rule of the Church, in terms of portions, and certainly in spirit, too)
- giving alms quietly for love of neighbor and to glorify God
- in consultation with our confessor and family, offering some kind of extra ascetical effort (e.g. keeping silent more often, cutting many types of entertainment, avoiding alcohol or other "treats" we might often enjoy, and abstaining from other things are not sinful but--perhaps--are worth taking a break from)

May we enjoy the excitement of these days to come; but may we not fail to pause and to simply be with God. May we all turn once more to Christ and rediscover him as our "first love." May all of our efforts be received and met by the love of God the Father, the Grace of our Lord Jesus Christ, and the Communion of the Holy Spirit, who promises to sanctify us in these sacred days.

Asking Your Forgiveness and in the Love of Jesus Christ, Priest David Galloway

May 1 Holy Wednesday

- ◆ 4:00pm **Liturgy of the Presanctified Gifts** (*service lasts ~1 & 1/2 hours*)

This is the final Presanctified Liturgy for this Paschal cycle and also when we pray the Prayer of St. Ephrem for the last time this year. After the Liturgy, we will share a short Lenten Meal before Matins.

- ◆ 6:00pm **Bridegroom Matins w/Anointing** (*service lasts 1 & 1/2 hours*)

On Holy Wednesday evening, the theme of Bridegroom Matins shifts dramatically to the person of Judas at the Last Supper, who is sharing the Lord's Table and, yet, is preparing to betray Him. Afterwards. The priest will anoint all present with blessed oil reserved from the Vigil of Palm Sunday.

May 2 Holy Thursday (fast with wine/oil)

- ◆ 10am **Vespertal Liturgy** (*2 hour service*)

On Holy Thursday, we celebrate a Vespertal Liturgy that is sometimes called the Liturgy of the Mystical Supper. At this time, we commemorate the Last Supper and enter into the eternal mystery of it, which is the Eucharist. After the Liturgy, we will share a Lenten Meal.

- ◆ 6:00pm **12 Passion Gospels Matins** (*3 hour service*)

On the evening of Holy Thursday, we enter into Great and Holy Friday and encounter Christ Crucified. This is one of the most powerful services in all of Orthodox Holy Week.

May 3 Holy Friday (strict fast day)

- ◆ 9:00am **Royal Hours** (*1 & 1/2 hour service*)

On the morning of great and Holy Friday, we revisit the cross. We hear the hymns of the previous evening and find Jesus hanging on the Cross for salvation. If you cannot be at the Thursday evening service, know that this service of the Royal Hours covers much of the same content. Royal Hours offers a powerful meditation on the Cross and its meaning.

- ◆ 4:00pm **Entombment Vespers** (*1 hour service, especially child friendly*)

During this service we remember the taking down of the Lord's body from the Cross and his entombment by the Noble Joseph.

- ◆ 6:00pm **Matins w/Lamentations & Procession** (*2 1/2 hour service*)

Sometimes called the "service of Lamentation" this Matins for Holy Saturday shows us that our lamentation of Christ's death will soon blossom forth into tremendous rejoicing! During the service our lamentations around the tomb of Christ begin to morph into praises to Him who is about to rise from the dead!

- ◆ 9pm **All-night Reading of the Psalter** (thru 9am Saturday)

The all-night reading begins right after the Funeral Matins and continues until the Saturday morning Liturgy. There will be an online signup for this round-the-clock vigil.

The End of Lent and Feast of Palms

April 26, Friday End of Lent

- ◆ 6:00pm **End of Lent Vespers** (service lasts ~45 min)
- ◆ 7:00pm **Final Adult Confessions**

At this service we say goodbye to Lent and prepare to celebrate the dual Feasts of Lazarus Saturday and Palm Sunday. Note: All adult Lenten confessions should be completed by this evening. If you plan on partaking of the Eucharist during Holy Week and Bright Week, you need to make a Lenten confession prior to Lazarus Saturday.

April 27 Lazarus Saturday (fast with w/o/caviar)

- ◆ 9:30am **Lazarus Liturgy**

As a prelude to the Great Feast of the Entry of our Lord into Jerusalem (Palm Sunday), we remember the Lord's raising of Lazarus from the dead. After Liturgy and a Lenten pancake breakfast the priest is available to hear the children's confessions (while others are making palm crosses).

- ◆ 6:00pm **Palm Sunday Vigil** (service lasts ~ 1 & 3/4 hours)

This is our evening service in preparation for the Great Feast of the Entry of our Lord in Jerusalem. During this service, the palms are blessed for the Feast.

April 28, Sunday Feast of Palms (f/w/o) (service lasts ~2 hours)

- ◆ 9:30am **Festal Divine Liturgy**

This Liturgy commemorates the Great Feast of the Entry of our Lord into Jerusalem. This Feast of Palms, paired gloriously with Lazarus Saturday, offers us a triumphal foretaste of Christ's Passion and resurrection; yet, also signals the sad truth the many who at first hail Jesus as Lord turn from His teaching and forsake Him.

Holy Week

April 28, Sunday

- ◆ 6:00pm **Bridegroom Matins for Holy Monday**
(service lasts ~1 & 1/2 hours)

The service of Bridegroom Matins introduces us to Holy Week. Each evening from Sunday thru Wednesday, we are challenged to ponder the coming of the Lord and our lack of preparation to meet Him.

April 29, Holy Monday

- ◆ 6:00pm **Bridegroom Matins for Holy Tuesday**

April 30, Holy Tuesday

- ◆ 6:30pm **Bridegroom Matins for Holy Wednesday** (in Nicholasville, but possibly also in Berea, location TBA)

General Lenten Fasting Guidelines

1. No meat or dairy products—essentially a vegan diet—thru the end of Holy Week.
2. Wine & olive oil is allowed on weekends and on certain feast days (refer to calendar).
3. Fish/wine/olive oil may be eaten on Annunciation and Palm Sunday.
4. Shellfish is allowed during Lent, but try to save for the weekends and feast days. Some Orthodox will eat canned fish on occasion.
5. Increase prayer life, church attendance, and spiritual reading.
6. Increase almsgiving.
7. Limit entertainment e.g. watching TV, recreational computer use, etc.
"keeping a spirit of quiet."
8. Intense guard of heart and tongue.

Eucharistic Fasting Guidelines

1. If a Liturgy is earlier than noon, fast from midnight on.
2. If a Liturgy is in the afternoon, fast, if possible, completely from food and water for 6-8 hours before receiving Communion.
3. If you arrive late to an evening Liturgy because of work or traffic, but have prepared yourself by fasting, prayer, and recent confession, receive Holy Communion despite arriving late.

Children should be included in Lenten meals. Parents may need to supplement "fast" appropriate foods with non-Lenten foods, but our children can and should participate in the lifestyle changes that Lent brings. If in doubt about how to modify these guidelines, please see the priest.

Clean Week, March 18-23, follows these strict fasting guidelines:

- Eating extremely simple foods (*xerophagy* or "dry-eating") such as nuts, vegetables, fruits, bread. Xerophagy helps us spend less time on food prep, yet keep up our strength for prayer and labors.
- Mid-week on Wednesday and Friday evenings we have a cooked meal such as soup & salad. On Wed March 20 we begin our weekly soup & salad meal after evening Liturgy.
- Be as strict as you can **w/o** causing sickness or endangering self or others.
- Because of easier food prep, we have more time for prayer and worship.
- During Clean Week there are morning and evening services with confessions being heard after each service. Try to attend as many as your schedule allows.

Holy Week, April 29-May 4 fasting guidelines

1. Similar to Clean Week (*xerophagy* and simple foods).
2. Holy Friday is the strictest fast of the entire year.
3. After Liturgy on Holy Saturday, we break our fast with blessed bread & wine (and other "dry" foods), but afterwards continue with Eucharistic Fasting.
4. Morning and evening services are offered each day of Holy Week. Description and length of service is offered on pages 6-8.

3/17 <i>Forgiveness Sunday</i> 9:30am <u>Divine Liturgy</u> 11:30am <u>Forgiveness Sunday Vespers</u> 12:00pm Cheesefare Coffee Hour 12:00pm Children's SS	3/18 Clean Monday 6:00pm <u>Great Compline w/ St. Andrew Canon</u> 7:30pm Confessions	3/19 Clean Tuesday 6:00pm <u>Great Compline w/ St. Andrew Canon</u> 7:30pm Confessions	3/20 Clean Wednesday 6:00pm <u>Reader Compline w/ St. Andrew Canon</u>	3/21 Clean Thursday 6:00pm <u>Great Compline w/ St. Andrew Canon</u> 7:30 Confessions	3/22 Clean Friday 6:00pm <u>Presanctified Liturgy</u>	3/23 St. Theodore Saturday (w/o) 4:00pm Orthodoxy 101 Class 6:00pm <u>Great Vespers</u> 7:00pm Confessions
3/24 <i>Sunday of Orthodoxy Forefeast Annunciation</i> (w/o) 9:30am <u>Divine Liturgy</u> 11:30am Children's SS 6:30pm <u>Vigil for Annunciation</u>	3/25 <i>Annunciation of The Theotokos</i> (f/w/o) 9:30am <u>Divine Liturgy</u>	3/26	3/27 6:00pm <u>Presanctified Liturgy</u> 7:20pm Soup & Salad Meal	3/28	3/29	3/30 Memorial Saturday (w/o) 4:00pm Orthodoxy 101 Class 6:00pm <u>Great Vespers</u> 7:00pm Confessions
3/31 <i>St. Gregory Palamas</i> (w/o) 9:30am <u>Divine Liturgy</u> 11:30am Children's SS	4/1	4/2	4/3 6:00pm <u>Presanctified Liturgy</u> 7:20pm Soup & Salad Meal	4/4	4/5	4/6 Memorial Saturday (w/o) 4:00pm Orthodoxy 101 Class 6:00pm <u>Great Vespers</u> 7:00pm Confessions
4/7 <i>Veneration of Cross</i> (w/o) 9:30am <u>Divine Liturgy</u> 11:30am Children's SS	4/8	4/9	4/10 6:00pm <u>Presanctified Liturgy</u> 7:20pm Soup & Salad Meal	4/11	4/12	4/13 Memorial Saturday (w/o) 4:00pm Orthodoxy 101 Class 6:00pm <u>Great Vespers</u> 8:30pm Confessions
4/14 <i>St. John Climacus</i> (w/o) 9:30am <u>Divine Liturgy</u> 11:30am Children's SS	4/15	4/16	4/17 6:00pm <u>Presanctified Liturgy</u> 7:20pm Soup & Salad Meal	4/18 6:00pm <u>Compline w/ Canon & Reading Life of St. Mary of Egypt</u>	4/19	4/20 Akathist Saturday (w/o) 4:00pm Orthodoxy 101 Class 6:30pm <u>Great Vespers</u> 7:30pm Confessions
4/21 <i>St. Mary of Egypt</i> (w/o) 9:30am <u>Divine Liturgy</u> 11:30am Children's SS	4/22	4/23	4/24 6:00pm <u>Presanctified Liturgy</u> 7:20pm Soup & Salad Meal	4/25	4/26 6:00pm <u>End of Lent Vespers</u> 7:15pm FINAL Adult Confessions	4/27 Lazarus Saturday (w/o/caviar) 9:30am <u>Lazarus Liturgy</u> 11am Pancake B'fast & Children's Confessions 6:00pm <u>Palm Sunday Vigil</u>
4/28 <i>Feast of Palms</i> (f/w/o) 9:30am <u>Divine Liturgy</u> 11:30am Fellowship Hour 6:00pm <u>Bridegroom Matins</u>	4/29 Holy Monday 6:00pm <u>Bridegroom Matins</u>	4/30 Holy Tuesday 6:00pm <u>Bridegroom Matins</u>	5/1 Holy Wednesday 4:00pm <u>Presanctified Liturgy</u> 5:20pm Soup & Salad Meal 6:00pm <u>Bridegroom Matins</u>	5/2 Holy Thursday (w/o) 9:30am <u>Vesperal Liturgy</u> 6:00pm <u>Matins w/ 12 Passion Gospels</u>	5/3 Holy Friday (strict fast day) 9:30am <u>Royal Hours</u> 4:00pm <u>Vespers w/ Deposition</u> 6:00pm <u>Matins w/Lamentation</u>	5/4 Holy Saturday (wine) 9:30am <u>Holy Saturday Vesperal Liturgy</u> 7:30-11:30pm Reading Acts of Apostles (Online signup) 11:30pm <u>Paschal Nocturnes</u>
5/5 HOLY PASCHA 12am <u>Paschal Procession & Matins</u> 1am <u>Paschal Divine Liturgy</u> 2:45am Blessing of Food / Paschal Meal 1pm <u>Agape Vespers & Picnic</u>	5/6 Bright Monday 9:00am <u>Paschal Liturgy at St. Stephen's/Longwood</u>	5/7 Bright Tuesday 9:30am <u>Paschal Liturgy</u>	5/8 Bright Wednesday <i>John the Theologian</i> 6:00pm <u>Paschal Vespers</u> 7:00pm <u>Festal Fellowship</u>	5/9 Bright Thursday	5/10 Bright Friday	5/11 Bright Saturday 6:00pm <u>Great Vespers</u> 7:00pm Confessions