

GREAT FAST AND PASCHA 2021 AT THE CATHEDRAL OF ST MICHAEL THE ARCHANGEL

Lenten Matins with homily are celebrated Monday through Thursday (except Monday, March 22) at the Cathedral at 9:00am, beginning on Clean Monday, February 15.

Please note the many opportunities for sacramental confession on Saturdays.

Sunday, February 14	3:30pm	Forgiveness Vespers (Cathedral)
Wednesday, February 17	7:00pm	Liturgy of the Presanctified (Chapel)
Friday, February 19	11:45am	Liturgy of the Presanctified (Cathedral)
Saturday, February 20	8:00am <i>9am-10:00</i>	Divine Liturgy <i>Confessions (Cathedral)</i>
Sunday February 21 Sunday of the Holy Icons	8:15am/9:00am 11:00am	Matins / Divine Liturgy (Cathedral) Divine Liturgy (Chapel)
Wednesday, February 24	7:00pm	Liturgy of the Presanctified (Chapel)
Friday, February 26	11:45am	Liturgy of the Presanctified (Cathedral)
Saturday, February 27	<i>8 - 8:45am</i> 9:00am	<i>Confessions (Cathedral)</i> Second All Souls' Saturday (Cathedral)
Sunday, February 28	8:15am/9:00am 11:00am	Matins / Divine Liturgy (Cathedral) Divine Liturgy (Chapel)
Wednesday, March 3	7:00pm	Liturgy of the Presanctified (Chapel)
Friday, March 5	11:45am	Liturgy of the Presanctified (Cathedral)
Saturday, March 6	<i>8 - 8:45am</i> 9:00am	<i>Confessions (Cathedral)</i> Third All Souls' Saturday (Cathedral)
Sunday, March 7 Holy Cross Sunday	8:15am/9:00am 11:00am	Matins / Divine Liturgy (Cathedral) Divine Liturgy (Chapel) <i>Relic of the True Cross exposed for all services this week</i>
Wednesday, March 10	7:00pm	Liturgy of the Presanctified (Chapel)
Friday, March 12	11:45am	Liturgy of the Presanctified (Cathedral)
Saturday, March 13	<i>8 - 8:45am</i> 9:00am	<i>Confessions (Cathedral)</i> Fourth All Souls' Saturday (Cathedral)
Sunday, March 14 St John Climacus	8:15am/9:00am 11:00am	Matins / Divine Liturgy (Cathedral) Divine Liturgy (Chapel)
Wednesday, March 17	7:00pm	Great Canon of St Andrew of Crete (Chapel)
Friday, March 19	11:45am 7:00pm	Liturgy of the Presanctified (Cathedral) Akathist Hymn to the Mother of God (Cathedral)
Akathist Saturday March 20	7:30am	Divine Liturgy (Cathedral)
SUNDAY, March 21 St Mary of Egypt	8:15am/9:00am 11:00am	Matins / Divine Liturgy (Cathedral) Divine Liturgy (Chapel)
Monday, March 22	XXXXXXXXXXXXXX	No Divine Services
Wednesday, March 24	7:00pm	Liturgy of the Presanctified (Chapel)
Thursday, March 25 Annunciation	9:00am 7:00pm	Matins of the Annunciation Vespers with Divine Liturgy (Chapel)

Friday, March 26	11:45am	Liturgy of the Presanctified (Cathedral)
Saturday, March 27 Lazarus Saturday	9:00am <i>10am-11am</i>	Divine Liturgy (Cathedral) <i>Confessions (Cathedral)</i>
FLOWERY SUNDAY March 28	8:15am/9:00am 11:00am	Matins / Divine Liturgy (Cathedral) Divine Liturgy (Chapel) <i>Blessing and Distribution of branches</i>
GREAT MONDAY March 29	9:00am	Bridegroom Matins (Cathedral)
GREAT TUESDAY March 30	9:00am	Bridegroom Matins (Cathedral)
GREAT WEDNESDAY March 31	9:00am 7:00pm	Office of Holy Oil for Spiritual Healing (Cathedral) Liturgy of the Presanctified with Anointing (Chapel)
GREAT THURSDAY April 1	7:00pm	Vespers and Liturgy of St Basil (Cathedral)
GREAT AND HOLY FRIDAY April 2	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 3	10:00am 12noon	Jerusalem Matins at the Grave (Cathedral) Blessing of Paschal Foods (Cathedral Lower Hall)
PASCHA April 4 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 5	9:00am 7:00pm	Divine Liturgy with Paschal Procession (Cathedral) Divine Liturgy with Paschal Procession (Chapel)
BRIGHT TUESDAY April 6	9:00am	Divine Liturgy (Cathedral) <i>See bulletin for additional Bright Week schedule</i>
ST THOMAS SUNDAY April 11	8:15am/9:00am 11:00am	Matins / Divine Liturgy (Cathedral) Divine Liturgy (Chapel)

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 (February 15) and Great and Holy Friday (April 2). This is the minimum requirement.

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.

In addition to fasting, a Lenten lifestyle includes intensified daily prayer, sacramental confession, and an increased active practice of charity with our time, attention, and material resources.

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