

**THE GREAT FAST AND PASCHA AT THE CATHEDRAL OF  
ST. MICHAEL THE ARCHANGEL**

**All services at the Cathedral unless otherwise noted**

Sunday, Feb. 15	3:00 pm	Forgiveness Vespers
Monday, Feb. 16	8:00 am 6:30 pm	Matins on the Day of Alleluia Compline with Great Canon of St. Andrew of Crete
Tuesday, Feb. 17	8:00 am 6:30 pm	Matins on the Day of Alleluia Compline with Great Canon of St. Andrew of Crete
Wednesday, Feb. 18	8:00 am 6:30 pm	Matins on the Day of Alleluia Liturgy of the Presanctified Gifts (Chapel)
Thursday, Feb. 19	8:00 am	Matins on the Day of Alleluia
Friday, Feb. 20	8:00 am 6:30 pm	Matins on the Day of Alleluia Liturgy of the Presanctified Gifts
Saturday, Feb. 21	8:00 am 9:00 am 7:00 pm	Matins Divine Liturgy Great Vespers
<b>1<sup>st</sup> Sunday of the Great Fast - Orthodox February 22</b>	8:00 am 9:00 am 11:00 am	Matins Divine Liturgy Divine Liturgy (Chapel)
Wednesday, Feb. 25	8:00 am 6:30 pm	Matins on the Day of Alleluia Liturgy of the Presanctified Gifts (Chapel)
Thursday, Feb. 26	8:00 am	Matins on the Day of Alleluia
Friday, Feb. 27	8:00 am	Matins on the Day of Alleluia NO PRESANCTIFIED LITURGY
Saturday, Feb. 28 2 <sup>nd</sup> All Souls	8:00 am 9:00 am 7:00 pm	Matins Divine Liturgy with Hramoty Great Vespers
<b>2<sup>nd</sup> Sunday of the Great Fast - Gregory Palamas March 1</b>	8:00 am 9:00 am 11:00 am	Matins Divine Liturgy Divine Liturgy (Chapel)
Wednesday, March 4	8:00 am 6:30 pm	Matins on the Day of Alleluia Liturgy of the Presanctified Gifts (Chapel)
Thursday, March 5	8:00 am	Matins on the Day of Alleluia
<b>Friday, March 6 Eastern Catholic Mission 1</b>	8:00 am 7:30 pm	Matins on the Day of Alleluia <i>Sacred Heart Armenian Catholic Church 155 Long Hill Road, Little Falls</i>
Saturday, March 7 3 <sup>rd</sup> All Souls	8:00 am 9:00 am 7:00 pm	Matins Divine Liturgy with Hramoty Great Vespers
<b>3<sup>rd</sup> Sunday of the Great Fast - Veneration of the Holy Precious Cross March 8</b>	9:00 am 10:00 am	Matins Divine Liturgy <i>Closing of the Year of Hope Social to follow</i>
<b>Wednesday, March 11 Eastern Catholic Mission 2</b>	8:00 am 6:30 pm	Matins on the Day of Alleluia Liturgy of the Presanctified Gifts (Chapel) <i>Lenten Reception to follow in Hall</i>
Thursday, March 12	8:00 am	Matins on the Day of Alleluia
<b>Friday, March 13 Eastern Catholic Mission 3</b>	8:00 am 7:30 pm	Matins on the Day of Alleluia <i>St. Ann Melkite Church 802 Rifle Camp Road, Woodland Park</i>
Saturday, March 14 4 <sup>th</sup> All Souls	8:00 am 9:00 am 7:00 pm	Matins Divine Liturgy with Hramoty Great Vespers
<b>4<sup>th</sup> Sunday of the Great Fast - John Climacus March 15</b>	8:00 am 9:00 am 11:00 am	Matins Divine Liturgy Divine Liturgy (Chapel)
Wednesday, March 18	8:00 am 6:30 pm	Matins on the Day of Alleluia Liturgy of the Presanctified Gifts (Chapel)
Thursday, March 19	8:00 am	Great Canon of St. Andrew of Crete
Friday, March 20	8:00 am 6:30 pm	Matins on the Day of Alleluia Liturgy of the Presanctified Gifts

Akathist Saturday March 21	8:00 am 9:00 am 7:00 pm	Matins with Akathist to the Theotokos Divine Liturgy Great Vespers
<b>5<sup>th</sup> Sunday of the Great Fast – Mary of Egypt March 22</b>	8:00 am 9:00 am 11:00 am	Matins Divine Liturgy Divine Liturgy (Chapel)
Wednesday, March 25 ANNUNCIATION	6:30 pm	Vespers with Divine Liturgy (Chapel)
Thursday, March 26	8:00 am	Matins on the Day of Alleluia
Friday, March 27	8:00 am 3:00 pm 4:00 pm	Matins on the Day of Alleluia Liturgy of the Presanctified Gifts (Chapel) Lenten Fish Fry (Chapel)
Saturday, March 28 Lazarus Saturday	8:00 am 9:00 am 10-11 am 7:00 pm	Matins Divine Liturgy Confessions Great Vespers with Litija
<b>FLOWERY SUNDAY MARCH 29</b>	8:00 am 9:00 am 11:00 am	Matins Divine Liturgy <i>Blessing of Palms</i> Divine Liturgy (Chapel) <i>Blessing of Palms</i>
GREAT MONDAY March 30	8:00 am 6:30 pm	Bridegroom Matins Liturgy of the Presanctified Gifts
GREAT TUESDAY March 31	8:00 am 6:30 pm	Bridegroom Matins Liturgy of the Presanctified Gifts
GREAT WEDNESDAY April 1	9:00 am 10:00 am 6:30 pm	Confessions Office of Holy Oil for Healing Liturgy of the Presanctified Gifts with Holy Anointing (Chapel)
GREAT THURSDAY April 2	8:00 am 6:30 pm	Matins Vespers and Liturgy of St. Basil followed by Washing of Feet
GREAT AND HOLY FRIDAY April 3	9:00 am 3:00 pm	Matins with Twelve Passion Gospels Entombment Vespers with procession around the church followed by guarding the Grave – All Night Vigil
GREAT AND HOLY SATURDAY April 4	10:00 am 12 noon	Jerusalem Matins at the Grave <i>Blessing of Paschal Foods (Cathedral Auditorium)</i>
<b>PASCHA-RESURRECTION OF OUR LORD April 5</b>	8:00 am 11:00 am	<b>Procession around the church, Resurrection Matins and Divine Liturgy</b> <b>Divine Liturgy (Chapel)</b> <b><i>Blessing of Paschal Foods after both Liturgies</i></b>
BRIGHT MONDAY April 6	8:00 am 7:00 pm	Matins & Divine Liturgy of Pascha Divine Liturgy of Pascha (Chapel)
Bright Tuesday through Saturday April 7-11	8:00 am 7:00 pm	Matins & Divine Liturgy of Pascha Saturday evening Great Vespers
<b>THOMAS SUNDAY April 12</b>	8:00 am 9:00 am 11:00 am	Matins Divine Liturgy and Breaking of Artos Divine Liturgy and Breaking of Artos (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 16) and Great and Holy Friday (April 3).

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.

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