

Great Lent 2023 at Holy Transfiguration Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 19 Cheesefare Sunday 9:15a Orthros 10:30a Divine Liturgy 6:30p Forgiveness Vespers	20 6:30p Presanctified Liturgy	21 6:30p Vespers	22 6:30p Presanctified Liturgy	23 6:30p Great Compline	24 6:30p Akathist 1	St. Theodore 25 10:30a Divine Liturgy 6p Vespers
26 Sunday of Orthodoxy 9:15a Orthros 10:30a Divine Liturgy	27 6:30p Presanctified Liturgy	28 6:30p Vespers	March 1 6:30p Presanctified Liturgy	2 6:30p Great Compline	3 6:30p Akathist 2	4 10:30a Divine Liturgy 6p Vespers
5 Gregory Palamas 9:15a Orthros 10:30a Divine Liturgy	6 6:30p Presanctified Liturgy	7 6:30p Vespers	8 6:30p Presanctified Liturgy	9 Forty Martyrs 6:30p Presanctified Liturgy (Wine & oil allowed)	10 6:30p Akathist 3	11 10:30a Divine Liturgy 6p Vespers
12 Holy Cross 9:15a Orthros 10:30a Divine Liturgy	13 6:30p Presanctified Liturgy	14 6:30p Vespers	15 6:30p Presanctified Liturgy	16 6:30p Great Compline	17 6:30p Akathist 4	18 10:30a Divine Liturgy 6p Vespers
19 St. John Climacos 9:15a Orthros 10:30a Divine Liturgy	20 6:30p Presanctified Liturgy	21 6:30p Vespers	22 6:30p Presanctified Liturgy	23 6:30p Great Kanon of St. Andrew (Wine & oil allowed)	24 6:30p Akathist 5	25 Holy Annunciation 10:30a Divine Liturgy 6p Vespers
26 St. Mary of Egypt 9:15a Orthros 10:30a Divine Liturgy	27 6:30p Presanctified Liturgy	28 6:30p Vespers	29 6:30p Life of Saint Mary of Egypt	30 6:30p Presanctified Liturgy	31 6:30p Presanctified Liturgy	April 1 Lazarus Saturday 10:30a Divine Liturgy 6p Vespers
2 Palm Sunday 9:15a Orthros 10:30a Divine Liturgy 6:30p Bridegroom Service	3 Great Monday 6:30p Presanctified Liturgy	4 Great Tuesday 6:30p Bridegroom Service	5 Great Wednesday 6:30p Anointing Service	6 Great Thursday 10:30a Divine Liturgy 6:30p Service of 12 Gospels	7 Great Friday 3p Vespers & Descent from the Cross 7:30p Lamentations Service	8 Great Saturday 10:30a Divine Liturgy 10p Hajmat, Orthros & Divine Liturgy for Pascha

Fasting Guidelines: The Holy Canons specify the following from sundown of Cheesefare Sunday to Holy Pascha: Abstinence of meat (including poultry, meat products, dairy products, fish, olive oil and wine. No Abstinence of shellfish, fruit, vegetables, and vegetable products. During this time, Orthodox Christians regulate both the amount of food they eat and the number of times they eat each day. In other words, no food should be eaten between meals and at mealtime only a small portion of food should be eaten.

There will be no divine services during the daylight hours of Pascha (Sunday, April 9).