

Renew Return Rejoice



GREAT LENT 2021
ST. JOHN THE BAPTIST GREEK ORTHODOX CHURCH
TAMPA, FL



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**The cover icon of the Crucifixion is from the iconostasion of
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INTRODUCTION TO THE JOURNEY OF GREAT LENT

And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, Who was crucified. He has risen!" Mark 16:5-6

The Orthodox Church provides the season of Great Lent as a structured period of fasting, increased number of services, solemnity, personal repentance and inward spiritual growth. It requires a personal decision by each individual to look deep within themselves and commit to the Christian journey, to a deeper relationship with Christ and following Him. We know that together, as a church family, we can do infinitely more to make this journey enriching. This year, perhaps more than ever, the journey of Great Lent also provides us an even greater opportunity to **Renew Return Rejoice** as a community.

Great Lent and Holy Week give us seven weeks to prepare for Pascha: the Feast of Feasts, the Festival of Festivals. Pascha commemorates the Resurrection of our Lord and Savior Jesus Christ, His triumph over death, and His granting of life to those in the tombs. The Feast of Pascha is not just a one-day event in the Orthodox Church. Pascha is followed by forty days of celebrating, beginning with Bright Week, with each day having the same joy as Pascha itself.

It is our hope that you will use this journal, which includes Lenten prayers, the powerful words of Lenten Hymns that can be found on our church app, as well as weekly themes and daily verses of scripture. You are encouraged to write down your thoughts so they will guide you in your personal repentance and recommitment of your life to Christ our God.

We believe that this journal will help you mark a more reflective and purposeful period of the Great Lent and Holy Week, and bring you to Pascha and the ensuing Bright Week with more spiritual joy. We also hope and pray this season brings us together and leads our community to **Renew Return Rejoice** as a church family.

We wish you a blessed period of the Great Lent, in anticipation of Holy Week and the Resurrection of Christ. Kali Sarakosti and Kali Anastasi! Have a blessed Lent and a joyful celebration of Pascha!

With love in the Crucified and Risen Lord,
+Fr. Stavros N. Akrotirianakis



A GUIDE TO USING THIS BOOK

This guidebook contains an introduction to fasting, a schedule of our Lenten services, Orthodox prayers, an explanation of the Lenten Sundays and the days of Holy Week, lyrics to Lenten hymns and a journal with weekly and daily Scripture verses for reflection, along with weekly, daily, and even blank and bullet pages. Questions have been included to encourage you as you reflect on the verses. Use these as discussion with your family, roommates, small group, or use them as journal prompts. There is a theme for each week of Lent, which corresponds to one of our Core Values. The daily Scripture verses were chosen to reflect that weekly word. For Holy Week, there is a daily theme with a separate page to journal. The journal concludes with Scripture verses for each day of Bright Week.

You can find the audio recordings of our St. John choir singing the Lenten Hymns on our app, under the "media" heading.

This booklet was planned for those who love to journal and for those who would love to start. Be creative and enjoy the process of recording your thoughts and experiences. You are invited and encouraged to bring this book with you to all of our Lenten services.

We pray that it enhances your Lenten journey individually and as part of our community and allows you to ***Renew Return Rejoice!***



FASTING GUIDELINES

The word “passion” means something that is really attractive to us. We may have a “passion” for cooking or sports or lawn mowing. These are examples of good things that people do to fill their time and to find joy. In spiritual terms, “passions” are things we are attracted to that do not serve us well, in fact they take us farther from God. Examples include things like lust, power, greed, avarice, and anger. The most basic of all “passions” is hunger, because we can go several hours or even days without a greedy thought or an angry thought. However we can’t go more than a couple of hours without a hungry thought.

The purpose of fasting is to practice *askesis* or discipline over filling our bodies with food. If we can learn to abstain from certain kinds of food, if we can tame our passion for eating, then hopefully we can calm passions for the aforementioned things that take us away from God. When we fast, we fast from products that contain blood, recognizing the blood shed by Christ on the Cross. Fasting should be combined with receiving Holy Communion. We abstain from the blood of animals and are sustained by the Body and Blood of Christ.

The Orthodox Church year consists of periods of fasts and feasts. Preceding the Resurrection of Christ, there is a 48-day period of fasting - 40 days of Lent and 8 days of Holy Week. This is followed by a week of no fasting called Bright Week or Renewal Week. The strictest Lenten fast is a fast from meat and fish, dairy product and wine and oil.

The Lenten fast calls for the following guidelines:

1. Abstain from meat, fish, dairy products, every day from Clean Monday through Holy Saturday.
2. Oil and wine are allowed on Saturdays and Sundays, except for Holy Saturday.
3. Fish is allowed on March 25 (Annunciation), Saturday of Lazarus and Palm Sunday.

Here are a few suggestions for fasting. If you’ve never fasted before, don’t try level nine. Try a level that is challenging but not impossible. Once you’ve mastered that level, move up a level.

- Level One-Fast from meat on Wednesdays and Fridays and Holy Week
- Level Two-Fast from meat and fish on Wednesdays and Fridays and Holy Week
- Level Three-Fast from meat the entirety of Lent and Holy Week
- Level Four-Fast from meat and fish the entirety of Lent and Holy Week
- Level Five-Level Four plus eliminate dairy products during Holy Week
- Level Six-Level Four plus eliminate dairy products on Wednesdays and Fridays and during Holy Week
- Level Seven-Level Four plus eliminate dairy products during all of Lent and Holy Week
- Level Eight-Level Seven plus eliminate oil and wine during Holy Week
- Level Nine-The Strict Fast-no meat, fish, dairy products, wine or oil during the entirety of Lent and Holy Week

*If a person is sick, pregnant or nursing, they should not fast. Fasting should be done in a way that does not conflict with medications one is taking.

**Note - alcohol should be consumed at a very minimum during Lent, and abstained from totally if possible. Also, activities should be curtailed, socializing a little more sedate, no dancing and loud music. During Holy Week, all unnecessary activities aside from work and school should be curtailed, so that we can focus on the Holy Days of the Passion of Christ.



SCHEDULE OF SERVICES

Saturday, March 13	Second Saturday of the Souls	Orthros 9:00 am Divine Liturgy 10:00 am
Sunday, March 14	Forgiveness Sunday	Orthros 8:30 am Divine Liturgy 10:00 am
Sunday, March 14	Forgiveness Vespers	6:00 pm
Monday, March 15	Clean Monday - Canon of St. Andrew	10:00 am
Monday, March 15	Sacrament of Holy Unction	6:00 pm
Wednesday, March 17	9th Hour, Pre-Sanctified Liturgy	5:30 pm, 6:00 pm
Friday, March 19	9th Hour, Pre-Sanctified Liturgy	9:30 am, 10:00 am
Friday, March 19	Salutations to the Virgin Mary	6:30 pm
Saturday, March 20	Third Saturday of the Souls	Orthros 9:00 am Divine Liturgy 10:00 am
Sunday, March 21	Sunday of Orthodoxy	Orthros 8:30 am Divine Liturgy 9:45 am
Monday, March 22	Great Compline	5:30 pm
Wednesday, March 24	Paraklesis Service of Supplication	6:00 pm
Thursday, March 25	Annunciation to the Virgin Mary	Orthros 8:45 am Divine Liturgy 10:00 am
Friday, March 26	9th Hour, Pre-Sanctified Liturgy	9:30 am, 10:00 am
Friday, March 26	Salutations to the Virgin Mary	6:30 pm
Saturday, March 27		Orthros 9:00 am Divine Liturgy 10:00 am
Sunday, March 28	St. Gregory Palamas	Orthros 8:30 am Divine Liturgy 9:45 am
Monday, March 29	Great Compline	5:30 pm
Wednesday, March 31	9th Hour, Pre-Sanctified Liturgy	5:30 pm, 6:00 pm
Friday, April 2	9th Hour, Pre-Sanctified Liturgy	9:30 am, 10:00 am
Friday, April 2	Salutations to the Virgin Mary	6:30 pm
Saturday, April 3		Orthros 9:00 am Divine Liturgy 10:00 am
Sunday, April 4	Veneration of the Holy Cross	Orthros 8:30 am Divine Liturgy 9:45 am
Monday, April 5	Great Compline	5:30 pm
Wednesday, April 7	9th Hour, Pre-Sanctified Liturgy	5:30 pm, 6:00 pm
Friday, April 9	9th Hour, Pre-Sanctified Liturgy	9:30 am, 10:00 am
Friday, April 9	Salutations to the Virgin Mary	6:30 pm
Saturday, April 10		Orthros 9:00 am Divine Liturgy 10:00 am
Sunday, April 11	St. John of the Ladder	Orthros 8:00 am Divine Liturgy 9:45 am
Monday, April 12	Great Compline	5:30 pm
Wednesday, April 14	Paraklesis Service of Supplication	10:00 am
Wednesday, April 14	9th Hour, Pre-Sanctified Liturgy	5:30 pm, 6:00 pm
Friday, April 16	9th Hour, Pre-Sanctified Liturgy	9:30 am, 10:00 am
Friday, April 16	Akathist Hymn	6:30 pm
Saturday, April 17		Orthros 9:00 am Divine Liturgy 10:00 am



SCHEDULE OF SERVICES

Sunday, April 18	St. Mary of Egypt	Orthros 8:30 am Divine Liturgy 10:00 am
Monday, April 19	Great Compline	5:30 pm
Wednesday, April 21	Paraklesis	10:00 am
Wednesday, April 21	9th Hour, Pre-Sanctified Liturgy	5:30 pm, 6:00 pm
Friday, April 23	9th Hour, Pre-Sanctified Liturgy	9:30 am, 10:00 am

SERVICES OF HOLY WEEK

Saturday, April 24	Saturday of Lazarus	Orthros 8:30 am Divine Liturgy 10:00 am
Palm Sunday	Palm Sunday	Orthros 8:30 am Divine Liturgy 9:45 am
Sunday, April 25	Vespers	5:00-6:00 pm
	Service of the Bridegroom	6:30 - 8:00 pm
Holy Monday	9th Hour, Pre-Sanctified Liturgy	9:00 am, 9:30-11:00 am
Monday April 26	Service of the Bridegroom	6:30 - 8:00 pm
Holy Tuesday	9th Hour, Pre-Sanctified Liturgy	9:00 am, 9:30-11:00 am
Tuesday, April 27	Service of the Bridegroom	6:30-8:30 pm
Holy Wednesday	9th Hour, Pre-Sanctified Liturgy	9:00 am, 9:30-11:00 am
Wednesday, April 28	Holy Unction	3:00 - 4:00 pm
	Service of the Bridegroom	5:15 - 7:00 pm
	Holy Unction	7:00 - 8:30 pm
Holy Thursday	Vesperal Divine Liturgy	9:15 - 11:00 am
Thursday, April 29	Service of the Passion of Christ	6:30 - 10:00 pm
Holy Friday	Royal Hours	9:00 - 11:00 am
Friday, April 30	Vespers of Descent from the Cross	3:00 - 4:30 pm
	Lamentations	7:00 - 10:30 pm
Holy Saturday	Vesperal Liturgy	8:30 - 11:00 am
Saturday, May 1	Great Canon	11:00 pm
	Resurrection Service	11:45 pm
Pascha	Paschal Divine Liturgy	12:30 am - 2:00 am
Sunday, May 2	Agape Vespers	11:00 am - 12:15 pm
Monday, May 3	St. George	Orthros 9:00 am Divine Liturgy 10:00 am
Wednesday, May 5	St. Irene	Orthros 9:00 am Divine Liturgy 10:00 am
Wednesday, May 5	Paraklesis	6:00 pm
Friday, May 7	Life Giving Fountain of Virgin Mary	Orthros 9:00 am Divine Liturgy 10:00 am
Saturday, May 8	St. John the Theologian	Orthros 9:00 am Divine Liturgy 10:00 am



PRAYERS

TRISAGION PRAYERS

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Glory to You, our God, glory to you!

Heavenly King, Comforter, the Spirit of Truth, present in all places and filling all things, the treasury of blessings and Giver of life: come and abide in us. Cleanse us from all impurity and save our souls, gracious Lord.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Glory to the Father and to the Son and to the Holy Spirit; now and forever and to the ages of ages. Amen.

All Holy Trinity have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for the glory of Your name.

Lord have mercy. Lord have mercy. Lord have mercy.

Glory to the Father and to the Son and to the Holy Spirit; now and forever and to the ages of ages.

Our Father, Who art in heaven, hallowed be Thy name. Thy Kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For Thine is the kingdom, the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever, and to the ages of ages. Amen.

PRAYER OF THANKSGIVING

I praise, bless and thank You, Almighty God, the Father of Light, that You have again shown to me the light of this day. I entreat You: forgive my sins and accept my prayer in Your great mercy, for I seek refuge in You, the merciful and Almighty God. Shine in my heart the Light of Christ, the Sun of Righteousness. Enlighten my mind and my whole being that I may live according to Your commandments and serve You in all that I do and say. For You are the source of life and light, and to You I give praise and thanksgiving, to the Father and to the Son and to the Holy Spirit, now and forever and to the ages of ages. Amen.



PRAYERS

MORNING PRAYERS

Having risen from sleep, I worship You, blessed God, and sing to You mighty Lord, the angelic hymn: Holy, Holy, Holy are You, O God; through the intercessions of the Theotokos have mercy on me.

Glory to the Father and to the Son and to the Holy Spirit.

Having awakened me from sleep, Lord, enlighten my mind and heart. Open my lips to praise You, Holy Trinity: Holy, Holy, Holy, are You, O God; through the intercessions of the Theotokos have mercy on me.

Now and forever and to the ages of ages. Amen.

Suddenly the Judge will come and the deeds of all will be revealed. Therefore, early in the morning let us cry out in awe: Holy, Holy, Holy are You, O God; through the intercessions of the Theotokos have mercy on us.

EVENING PRAYERS

Now that the day has come to a close I thank You, Lord, and entreat that the evening with the night may be sinless; grant this to me, Savior, and save me.

Glory to the Father and to the Son and to the Holy Spirit.

Now that the day has passed I glorify You, Master, and entreat that the evening with the night may be free of stumbling; grant this to me, Savior, and save me.

Now and forever and to the ages of ages. Amen.

Now that the day has run its course I praise You, Holy One, and entreat that the evening with the night may be undisturbed by evil; grant this to me, Savior, and save me.



PRAYERS

PRAYER TO CHRIST

Christ our God, Who at all times and in every hour are worshipped and glorified in heaven and on earth; long-suffering, generous in mercy, and rich in compassion; loving to the righteous and merciful to the sinner; You call all to salvation through the promise of blessings to come: Lord, in this hour accept our prayers and direct our lives in the way of Your commandments. Sanctify our souls, purify our bodies, correct our thoughts, cleanse our minds and deliver us from all affliction, evil and distress. Encompass us with Your holy angels, so that guided and guarded by their company we may reach the unity of the faith and the knowledge of Your unapproachable glory, for You are blessed unto the ages of ages. Amen.

PRAYER OF METROPOLITAN PHILARET OF MOSCOW

Lord, I know not what to ask of You. You alone know what my true needs are. You love me more than I myself know how to love. Help me to see my real needs which may be hidden from me. I dare not ask for either a cross or a consolation. I only wait upon You; my heart is open to You. Visit and help me in Your steadfast love. Strike me and heal me; cast me down and raise me up. I worship in silence Your holy will. I offer myself to You as a living sacrifice. I put all my trust in You. I have no other desire than to fulfill Your will. Teach me to pray. Pray Yourself in me. Amen.

PRAYER BEFORE READING SCRIPTURE

Shine in my heart, loving Master, the pure light of Your divine knowledge and open the eyes of my mind to comprehend the message of Your Gospel. Instill in me also reverence for Your holy commandments, so that having conquered sinful desires I may pursue a more spiritual life, thinking and doing only those things that are pleasing to You. For You, Christ our God, are the Light of our souls and bodies, and to You I send up glory, with Your Father who is from everlasting, and Your all-Holy, Good, and Life-giving Spirit, now and forever, and to the ages of ages. Amen.

**Adapted from "My Orthodox Prayer Book"*



PRAYERS

PRAYER OF MANASSEH (FROM THE GREAT COMPLINE)

O Lord, Almighty, the God of our Fathers, of Abraham and Isaac and Jacob and of their righteous seed; who created the heaven and the earth with all their adornment; who bound the sea by the word of Your command; who shut up the abyss and sealed it with your awesome and glorious Name; Whom all things dread and before Whose power they tremble, because the majesty of Your glory is unbearable and the threat of Your anger against the sinners unendurable; yet the mercy of Your promise is both, immeasurable and unfathomable, for You are the Lord most high, compassionate, long-suffering and all merciful, and relent on the wickedness of man. You, Lord, in the multitude of Your goodness promised repentance and forgiveness to those who have sinned against You, and in Your infinite compassion appointed repentance for sinners that they may be saved. Therefore, Lord, the God of the powers, You have not appointed repentance for the righteous, Abraham, Isaac and Jacob, who have not sinned against You, but You appointed repentance for me the sinner, for I have committed more sins than the grains of the sand of the sea. My transgressions have multiplied, Lord; my transgressions have multiplied, and I am not worthy to look up and see the height of the sky from the multitude of my iniquities, being weighted down by many iron chains, so that I cannot raise my head; there is no respite left for me because I provoked Your anger and committed evil before You not having done Your will and not having kept Your commandments. And now I bend the knee of my heart, beseeching Your goodness. I have sinned, Lord, I have sinned and I acknowledge my transgressions; but I beg and ask of You: Forgive me, Lord, forgive me and do not destroy me with my transgressions; do not be angry with me forever and keep my evils in me, and do not condemn me to the depths of the earth; for You are God, the God of those who repent, and in me You shall show all Your goodness; for even though I am unworthy, You shall save me according to the multitude of Your mercy, and I shall praise You without ceasing all the days of my life. For every heavenly power sings Your praises, and Yours is the glory unto the ages of ages. Amen.

Translated by +Fr. Evagoras Constantinides+



LENTEN PRAYER OF ST. EPHRAIM

O Lord and Master of my life,
do not permit the spirit of laziness and meddling,
the lust for power and idle talk to come into me.

Instead, grant me, Your servant, the spirit of
prudence, humility, patience and love.

Yes, Lord and King, give me the power to see my own
faults and not to judge my brother.

For You are blessed unto the ages of ages. Amen.

THE JESUS PRAYER

Lord Jesus Christ, Son of God,
have mercy on me, a sinner.



PSALM 50 (51)

A PSALM OF REPENTANCE

HAVE MERCY ON ME, O GOD, ACCORDING TO YOUR GREAT MERCY, AND ACCORDING TO THE MULTITUDE OF YOUR COMPASSIONS, BLOT OUT MY TRANSGRESSIONS. WASH ME THOROUGHLY FROM MY INIQUITY AND CLEANSE ME FROM MY SIN. FOR I KNOW MY TRANSGRESSIONS AND MY SIN IS BEFORE ME ALWAYS. AGAINST YOU ONLY HAVE I SINNED AND DONE EVIL BEFORE YOU, THAT YOU MIGHT BE JUSTIFIED IN YOUR WORDS, AND EMERGE VICTORIOUS WHEN YOU ARE JUDGED. FOR BEHOLD, I WAS CONCEIVED IN INIQUITIES, AND IN SINS DID MY MOTHER CARRY AND BEAR ME. FOR BEHOLD, YOU HAVE LOVED THE TRUTH; YOU REVEALED TO ME THE HIDDEN AND SECRET PARTS OF YOUR WISDOM. YOU SHALL SPRINKLE ME WITH HYSSOP AND I SHALL BE CLEANSED; YOU SHALL WASH ME AND I WILL BE WHITER THAN SNOW. YOU SHALL MAKE ME HEAR JOY AND GLADNESS; THE AFFLICTED BONES SHALL REJOICE. TURN AWAY YOUR FACE FROM MY SINS, AND BLOT OUT ALL MY INIQUITIES. CREATE IN ME A CLEAN HEART, O GOD, AND RENEW A RIGHT SPIRIT, IN THE DEPTHS OF ME. DO NOT CAST ME AWAY FROM YOUR PRESENCE, AND DO NOT TAKE AWAY YOUR HOLY SPIRIT FROM ME. RESTORE TO ME THE JOY OF YOUR SALVATION, AND STRENGTHEN ME WITH A GUIDING SPIRIT. I WILL TEACH TRANSGRESSORS YOUR WAYS, AND THE UNGODLY SHALL RETURN TO YOU. DELIVER ME FROM BLOOD-GUILTINESS, O GOD, THE GOD OF MY SALVATION; AND MY TONGUE WILL JOYFULLY SING YOUR JUSTICE. O LORD, YOU SHALL OPEN MY LIPS, AND MY MOUTH SHALL DECLARE YOUR PRAISE. FOR IF YOU DESIRED SACRIFICE, I WOULD HAVE OFFERED IT; YOU WILL NOT BE PLEASED WITH WHOLE BURNT OFFERINGS. SACRIFICE TO GOD IS A CONTRITE SPIRIT; A CONTRITE AND HUMBLED HEART GOD WILL NOT DESPISE. DO GOOD, LORD, TO ZION IN YOUR GOOD PLEASURE, THAT THE WALLS OF JERUSALEM MAY BE BUILT. THEN YOU WILL BE PLEASED WITH A SACRIFICE OF JUSTICE, OFFERING AND WHOLE-BURNT SACRIFICES. THEN SHALL THEY OFFER CALVES UPON YOUR ALTAR.



THE SUNDAYS OF THE LENTEN SEASON

FORGIVENESS SUNDAY

Great Lent begins with the setting of the sun on the evening of Forgiveness Sunday. This Sunday commemorates the Fall of Adam and Eve and their banishment from Paradise. The theme of this Sunday is forgiveness. As part of the forgiveness vespers, the faithful ask one another for forgiveness, so that we can enter the period of Great Lent unencumbered by anger towards one another. Christ teaches us that before we can be reconciled to God, we must be reconciled to one another and this happens with forgiveness. If we expect God to forgive us, then we must forgive one another.

SUNDAY OF ORTHODOXY

The first Sunday of Lent is known affectionately as the “Sunday of Orthodoxy.” It is a day we remember the historical event of the returning of the icons to the churches in 843 AD. The Church spent nearly 150 years arguing about whether icons constituted a violation of the second commandment that we are not to worship graven images. The Seventh Ecumenical Council decreed in 787 AD that icons were in fact not a heresy but a help. And then it took nearly sixty more years until the matter was finally laid to rest. In most Orthodox Churches, there is a beautiful procession of icons on this Sunday. Following the procession, there is a reading of a Synodic Statement, read every year on the Sunday of Orthodoxy since the year 843 AD. The statement boldly proclaims Orthodoxy as the true expression of the faith:

As the prophets beheld, as the apostles have taught, as the Church has received, as the teachers have declared, as the world has agreed, as grace has shown forth, as truth has been revealed, as falsehood has been dispelled, as wisdom has become manifest, as Christ awarded; Thus we declare; thus we affirm; thus we proclaim Christ our true God, and honor His saints in words, writings, thoughts, sacrifices, churches and holy icons; on the one hand worshipping and reverencing Christ as God and Lord, and on the other, honoring the saints as true servants of the same Lord of all, and offering them proper veneration.

This is the faith of the apostles. This is the faith of the fathers. This is the faith of the Orthodox. This is the faith on which the world is established.

Therefore with fraternal and filial love we praise the heralds of the faith, those who with glory and honor have struggled for the faith, and we say: to the champions of Orthodoxy, faithful emperors, most-holy patriarchs, hierarchs, teachers, martyrs and confessors: May your memory be eternal!

Let us beseech God that we may be instructed and strengthened by the trials and struggles of these saints, which they endured for the faith even unto death, and by their teachings, entreating that we may to the end imitate their Godly life. May we be deemed worthy of obtaining our requests through the mercy and grace of the Great and First Hierarch, Christ our God, through the intercession of our glorious Lady, the Theotokos and Ever-Virgin Mary, the divine angels and all the Saints. Amen.



ST. GREGORY PALAMAS

St. Gregory Palamas was born in 1296 AD. He was a monk, then became a priest, and eventually became the Archbishop of Thessaloniki. He was a renowned writer who wrote about the essence and energies of God, writing that we could experience the energies of God but not the essence of God. He died peacefully in 1359 AD and when he died, his countenance was radiant with a light similar to the light that had shined on St. Stephen at his martyrdom (Acts 6:15). He was made a saint in 1368 AD. He is commemorated on the second Sunday of Great Lent.

VENERATION OF THE HOLY CROSS

The third Sunday of Lent marks the mid-point of the Lenten journey. This Sunday is dedicated to the Veneration of the Holy Cross, and is a reminder to the faithful where the Lenten journey will end - at the Cross and Resurrection of Christ. The Gospel lesson from Mark 8:34-9:1 reminds us that we are to take up our cross and follow after Christ. At the conclusion of the Divine Liturgy, a procession is made with the cross on a tray traditionally covered in daffodils, the sign that spring has arrived, and with it new life.

ST. JOHN OF THE LADDER (CLIMACUS)

On the fourth Sunday of Lent, we celebrate the Feast of St. John Climacus. St. John authored a book in the 7th century called *The Ladder of Divine Ascent*, a series of thirty virtues used to attain salvation and entrance into the Kingdom of Heaven. A popular icon of the ladder shows clergy ascending the ladder from earth to Christ. Along the rungs of the ladder, we see the devil and his angels trying to snatch people through temptation. Many are falling, even some who are high up on the ladder, those who are spiritually accomplished. We must work to ascend towards Christ by becoming more committed to the Christian life. We must know that the closer we get to Christ, the harder the devil tries to discourage us.

ST. MARY OF EGYPT

On the fifth Sunday of Lent, we commemorate Saint Mary of Egypt. Saint Mary lived in the late fifth and early sixth centuries, reposing in the year 522 AD. She lived as a harlot for seventeen years. One day in Jerusalem, she wanted to go into the church to venerate the Holy Cross but was prevented from entering by an unseen force. She promised the Panagia that if she could be allowed to venerate the Cross, she would go wherever the Panagia directed her to go. After this, she fled into the desert for forty-seven years, where she lived as an ascetic. At the end of her life, a priest named Zosimos was called by God to find her and offer her Holy Communion. The lesson of St. Mary of Egypt is that anyone can become a saint through repentance. As we make the final turn towards Holy Week this week, it is not too late to repent.



HOLY WEEK

SATURDAY OF LAZARUS

Saturday of Lazarus commemorates the raising of Lazarus from the dead by Jesus in Bethany. The Gospel shows the two natures of Christ. He was human, in that He wept for His friend Lazarus. He is God, as He raised Lazarus from the dead.

PALM SUNDAY

Palm Sunday commemorates the triumphal entry of Christ into Jerusalem, seated on a donkey. Palm Sunday night begins the descent into the dark sadness of Holy Week, and the themes include the cursed fig tree and the noble Joseph, who prefigured Christ by being unjustly punished, and while doing so, saved the world from famine. The Bridegroom Service includes the procession of the icon of Christ the Bridegroom.

HOLY MONDAY

Holy Monday commemorates the signs of the end times, the hypocrisy of the temple leadership, and in the evening's Bridegroom Service, we commemorate the parable of the Talents.

HOLY TUESDAY

Holy Tuesday commemorates the repentance of a sinful woman, contrasted to the treachery and betrayal of Judas. The Bridegroom Service includes the Hymn of Kassiane.

HOLY WEDNESDAY

Holy Wednesday brings the theme of healing, as the faithful participate in the sacrament of Holy Unction. The Bridegroom Service also includes an account of the Last Supper and the washing of the feet of the Disciples.



HOLY THURSDAY

Holy Thursday morning commemorates the Last Supper and the Institution of the Eucharist. Holy Thursday evening commemorates the Passion of Christ, with twelve Gospel readings. The First Gospel is the farewell discourse of Christ told in John 13-17. The remaining eleven readings tell the story of the Passion of Christ, from His betrayal, to trial, to Crucifixion and burial.

HOLY FRIDAY

Holy Friday commemorates the death and burial of Christ. The Royal Hours include the account of the Crucifixion from each of the four Gospels. The Apokathelosis, or Descent from the Cross, commemorates the death and burial of Christ. The Lamentations Service is the funeral of Christ, and also a service that begins the transition out of the solemnity of Great Lent into the joy of the Resurrection.

HOLY SATURDAY

Holy Saturday commemorates the first announcement of the Resurrection to those in Hades. Leaves are spread around the church as a sign of Christ's victory over death.

PASCHA

Pascha commemorates the Resurrection of Christ. The Fast ends and the Feast begins. At midnight, the Light of Christ is distributed to the faithful, who sing the Paschal Hymn "Christ is Risen" or "Christos Anesti." The Paschal Divine Liturgy is then celebrated with great joy. In the afternoon, the Agape Vespers service proclaims the Gospel in many languages, reminding us to take the news of the Resurrection and spread it to all.

BRIGHT WEEK

Bright Week, also called Renewal Week, is a time of feasting and rejoicing. The Lenten journey has been successfully completed and we bask in the bright glow of the Resurrection of Christ.



HYMNS OF THE LENTEN SEASON

You can find the audio recordings of our St. John choir singing the Lenten Hymns on our app, under the "media" heading.

1. VICTORIOUS LADY/TI IPERMACHO - KONTAKION FOR GREAT LENT

Victorious Lady, mighty champion, defending us, we your servants, now inscribe to you this hymn of thanks, for you rescued us from suffering and tribulation. Theotokos, with your power that can never fail, keep us safe from every danger our whole life long. That we may cry to you: Rejoice, O Bride unwedded.

Ti I-per-ma-cho stra-ti-go ta ni-ki-ti-ri-a, os li-tro-hi-sa ton di-non ef-cha-ri-sti-ri-a, a-na-gra-fo si i po-lis sou The-o-to-ke. A'pos e-chu-sa to kra-tos a-pro-sma-chi-ton ek pan-di-on me kin-di-non e-lef-the-ro-son i-na kra-zo si: He-re nim-fi a-nim-fef-te.

2. LORD OF THE POWERS/KYRIE TON DYNAMEON - FROM THE GREAT COMPLINE SERVICE

Lord of the Powers, be with us; for in times of distress, we have no other help but You, Lord of the Powers, have mercy on us.

Ky-ri-e ton Dy-na-me-on, meth' i-mon ye-nou. Al-lon gar ex-tos Sou vi-o-thon, en thli-pse-sin ouk e-xo-men, Ky-ri-e ton Dy-na-me-on, e-le-i-son i-mas.

3. ALL OF CREATION/EPI SI HERI - MEGALINARION FOR THE LITURGY OF ST. BASIL

All of creation rejoices, O Lady full of grace, the order of angels and the human race together, a hallowed temple, a spiritual paradise. God became incarnate from you, the pride of the virgins, and became a child, He Who is God from all ages. For He made your womb a throne for Himself broader than the heavens. In you O Lady full of grace, all of creation rejoices in you! Glory to you!

E-pi si He-ri Ke-ha-ri-to-me-ni pa-sa i kti-sis an-gel-on to si-sti-ma ke an-thro-pon to ye-nos i-yi-a-sme-ne na-e ke Pa-ra-di-se lo-gi-ke par-the-ni-kon kaf-hi-ma, ex is The-os e-sar-ko-thi ke pe-di-on ye-go-nen o pro-e-o-non i-par-hon The-os i-mon. Tin gar sin mi-tran thro-non e-pi-i-se ke tin sin ga-ste-ra pla-ti-te-ran ou-ra-non a-pir-ga-sa-to. E-pi si He-ri Ke-ha-ri-to-me-ni, pa-sa i kti-sis, do-xa si.

4. SAVE O LORD/SOSON KYRIE - APOLYTIKION FOR SUNDAY OF HOLY CROSS

Save O Lord, save Your people and bless Your inheritance. Give victory to those who battle evil and protect us all by Your Holy Cross.

So-son Ky-ri-e ton la-on Sou ke ev-lo-gi-son tin kli-ro-no-mi-an Sou ni-kas tis va-si-lef-si ka-ta var-va-ron do-ru-me-nos ke to son fi-la-ton di-a tou Stav-rou Sou po-li-tev-ma.

5. LET THE LIGHT/ESIMIOTHI - COMMUNION HYMN FOR SUNDAY OF HOLY CROSS

Let the Light of Your face shine on us, O Lord. Alleluia.

E-si-mi-o-thi ef i-mas to Fos tou pro-so-pou Sou, Ky-ri-e. Alliluia.

6. BLESSED IS HE WHO COMES/EVLOGIMENOS O ERCHOMENOS - COMMUNION HYMN FOR PALM SUNDAY

Ev-lo-gi-me-nos o er-ho-me-nos en o-no-ma-ti Ky-ri-ou, va-si-lefs tou I-sra-il. Alliluia.

Blessed is He who comes in the name of the Lord, blessed is He who comes in the name of the Lord, the King of Israel. Alleluia.

7. BEHOLD THE BRIDEGROOM COMES/IDOU O NIMFIOS - APOLYTIKION FOR THE BRIDEGROOM SERVICE

Behold the Bridegroom comes in the midst of the night, and blessed is the servant whom He shall find vigilant. Unworthy is the servant whom He shall find heedless. Beware, o my soul lest you be born down with sleep, lest you be given up to death and be shut out from the Kingdom wherefore raise yourself crying out: Holy, Holy, Holy are You our God through the Theotokos have mercy on us.

I-dou o Nim-fi-os er-che-te en to me-so tis nik-tos, ke mar-ka-ri-os o dou-los, on ev-ri-si gri-go-round-ta. A-na-xi-os de pa-lin, on ev-ri-si ra-thi-moun-ta.

Vle-pe oun psi-chi mou, mi to ip-no ka-te-nech-this, i-na mi to tha-na-to pa-ra-do-this, ke tis Va-si-li-as e-xo klis-this. A-la, a-na-nip-son kra-zou-sa: A-gi-os, A-gi-os, A-gi-os i o The-os i-mon. Di-a tis The-o-to-kou e-le-i-son i-mas.

8. I SEE YOUR BRIDAL CHAMBER/TON NIMFONA SOU - EXAPOSTILARION FOR BRIDEGROOM SERVICE

I see Your bridal chamber adorned o my Savior. And I have no wedding garment that I may enter therein. Make radiant the vesture of my soul, giver of Light, and save me.

Ton nim-fo-na Sou vle-po, So-tir mou ke-kos-mi-me-non, ke en-thi-ma ouk e-cho, i-na i-sel-tho en af-to. Lam-bri-non-mou tin stlo-tin tis psi-chis, Fo-to-do-ta, ke so-son me.



9. HYMN OF KASSIANE - HOLY TUESDAY BRIDEGROOM SERVICE

Glory to the Father and to the Son and to the Holy Spirit; now and ever, and to the Ages of Ages. Amen.

The woman who had fallen into many sins, perceiving Your Divinity, O Lord, assumes the role of a myrrh-bearer; and lamenting, she brings the myrrh before Your burial. "Woe to me!" she said; "for me, night is an ecstasy of excess, dark and moonless, and full of sinful desire. Receive the sources of my tears, You, Who gathers into clouds the water of the sea. Incline the groanings of my heart, You Who in Your ineffable condescension, bowed down the heavens. I will embrace and kiss Your sacred feet, and wipe them again with the tresses of the hair of my head. Your feet at whose sound Eve hid herself in fear, when she heard Your footsteps while You were walking in Paradise in the twilight. O my Savior and soul-saver! Who can ever track down the multitude of my sins, and the depths of Your judgement? Do not disregard me Your servant, You, Whose mercy is boundless.

Do-xa Pa-tri ke I-o ke A-gi-o Pnev-ma-ti, ke nin ke a-i, ke is tous e-o-nas, ton e-o-non. A-min. Ky-ri-e, i en po-les, a-mar-ti-es Pe-ri-pe-sou-sa gi-ni, tin Sin es-tho-me-ni The-o-ti-ta, mi-ro-fo-rou a-na-la-vou-sa taksin, o-di-ro-me-ni mi-ra Si pro tou en-ta-fi-as-mou ko-mi-zi. I-mi! le-gou-sa, o-ti nix mi i-par-chi is-tros a-ko-la-si-as, zo-fo-dis te ke a-se-li-nos e-ros tis a-mar-ti-as. De-xe mou tas pi-gas ton da-kri-on, o ne-fe-les di-e-xa-gon tis tha-la-sis to i-dor. Kam-fthi-ti mi pros tous ste-nag-mous tis kar-di-as, o kli-nas tous oura-nous ti a-fa-to Sou ke-no-si. Ka-ta-fi-li-so tous a-chran-tous Sou po-das, a-pos-mi-xo tou-tous de palin, tis tis ke-fa-lis mou vo-stri-chis, on en to Pa-ra-thi-so E-va ton di-li-non kro-ton tis o-sin i-chi-thi-sa, to fo-vo e-kri-vi. A-mar-ti-on mou ta pli-thi ke kri-ma-ton Sou a-vi-sous tis e-xi-chni-a-si, psi-cho-sos-ta So-tir mou; mi me tin Sin dou-lin pa-ri-dis, o a-me-tri-ton e-chon to e-le-os.

10. TODAY IS SUSPENDED/SIMERON KREIMATE - FROM HOLY THURSDAY SERVICE OF THE PASSION OF CHRIST

Today is suspended on the cross Who suspended the earth amidst the waters. (3) A crown of thorns crowns Him Who is the king of angels. He is clothed with purple of mockery He who wrapped in clouds the heavens. He received buffetings He Who in the Jordan set Adam free. He was transfixed with nails He Who is the Bridegroom of the Church. He is pierced with a spear Who is the Son of the Virgin. We worship Your passion O Christ. (3) Show us also Your glorious Resurrection.

Si-me-ron kre-ma-te e-pi xi-lou, o en i-tha-si tin yin kre-ma-sas. (3) Ste-fa-non ex a-kan-thon pe-ri-ti-the-te, o ton an-ge-lon va-si-lefs. Psev-di por-fi-ran pe-ri-va-le-te, o pe-ri-va-lon ton ou-ra-non en ne-fe-les. Ra-pi-sma ka-te-de-xa-to, o en I-or-da-ni e-lef-the-ro-sas ton A-dam. I-lis pro-si-lo-thi, o Nim-fi-os tis Ek-li-si-as. Log-chi e-ken-ti-thi, o I-os tis Par-the-nou. Pro-ski-nou-men Sou ta pa-thi Chri-ste. (3) Thi-xon i-min, ke tin en-do-xon Sou A-na-sta-sin.

11. CHRIST IS RISEN/CHRISTOS ANESTI - APOLYTIKION FOR THE PASCHAL SEASON

Christ is risen from the dead. By death, trampling down upon death and to those in the tombs, He has granted life.

Chri-stos a-ne-sti ek ne-kron, tha-na-to tha-na-ton pa-ti-sas, ke tis en tis mni-ma si, zo-in ha-ri-sa-me-nos.

12. EVEN THOUGH YOU DESCENDED/I KE EN TAFO - KONTAKION FOR THE PASCHAL SEASON

Even though You descended into the grave You destroyed the Power of Hades and You rose as a Victor, O Christ our God, saying to the myrrh bearing women: Rejoice! And to Your Apostles granting peace and to the fallen, You also grant Resurrection.

I ke en ta-fo ka-til-thes a-tha-na-te al-la tou A-dou ka-thi-les tin thi-na-min ke a-ne-stis os ni-ki-tis Chri-ste o The-os yi-ne-xi Mi-ro-fo-ris fthe-xa-me-nos: He-re-te. Ke tis Sis Apo-sto-lis i-ri-nin tho-rou-me-nos o tis pe-sou-si pa-re-hon A-na-sta-sin.

13. THE ANGEL CRIED/O ANGELOS EVOA - MEGALINARION FOR THE PASCHAL SEASON

The angel cried to her who is full of grace: Rejoice Holy Virgin and again I say rejoice, for your Son has risen from the tomb on the third day.

Shine, shine, O New Jerusalem, for the glory of the Lord has arisen over you. Dance now for joy O Zion and exult. Rejoice and be glad O pure Theotokos at the Resurrection of your Child.

O an-ge-los e-vo-a ti ke-ha-ri-to-me-ni, Ag-ni par-the-ne he-re ke pa-lin e-ro he-re, o sos I-os a-ne-sti, tri-i-me-ros ek ta-fou.

Fo-ti-zou, fo-ti-zou i Ne-a I-e-ru-sa-lim i gar do-xa Ky-ri-ou e-pi se a-ne-ti-le. Ho-re-ve nin ke a-ga-lou Si-on, si de ag-ni ter-pu The-o-to-ke, en ti e-ger-si tou To-kou sou.

14. RECEIVE THE BODY OF CHRIST/SOMA CHRISTOU - COMMUNION HYMN FOR THE PASCHAL SEASON

Receive the Body of Christ and partake ye of Him. He is an Immortal Fountain. Alleluia.

Sof-ma Chris-tou me-ta-la-ve-te Pi-gis A-tha-na-tou yef-sas-the. Allilulia.



WEEKLY THEME

Renew

*Create in me a clean heart and renew a steadfast spirit within me.
Psalm 51:10*

GOALS

INSPIRATION

FORGIVENESS SUNDAY

For if you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Matthew 6:14-15



FIRST WEEK OF LENT

CLEAN MONDAY

So we do not lose heart. Though our outer nature is wasting away, our inner nature is being renewed every day. 2 Corinthians 4:16

TUESDAY

*and be renewed in the spirit of your minds
Ephesians 4:23*

WEDNESDAY

let the peoples renew their strength; Isaiah 41:1

THURSDAY

Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect. Romans 12:2

FRIDAY

*and have put on the new nature, which is being renewed in knowledge after the image of its Creator.
Colossians 3:10*

SATURDAY

but they who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. Isaiah 40:31





WEEKLY THEME AND REFLECTION

Worship

Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe; Hebrews 12:28

GOALS

INSPIRATION

FIRST SUNDAY OF LENT
SUNDAY OF ORTHODOXY

Now Philip was from Beth-sa'ida, the city of Andrew and Peter. Philip found Nathan'ael, and said to him, "We have found Him of Whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." John 1:44-45



SECOND WEEK OF LENT

MONDAY

*O come, let us worship and bow down, let us kneel
before the Lord, our Maker! Psalm 95:6*

TUESDAY

*Ascribe to the Lord the glory due His name; bring an
offering, and come before Him! Worship the Lord in
holy array; 1 Chronicles 16:29*

WEDNESDAY

*I appeal to you therefore, brethren, by the mercies of
God, to present your bodies as a living sacrifice, holy
and acceptable to God, which is your spiritual
worship. Romans 12:1*

THURSDAY - ANNUNCIATION

*And the angel said to her, "The Holy Spirit will come upon
you, and the power of the Most High will overshadow you;
therefore the Child to be born will be called holy, the Son of
God." Luke 1:35*

FRIDAY

*Because Thy steadfast love is better than life, my lips
will praise Thee. So I will bless Thee as long as
I live; I will lift up my hands and call on Thy name.
Psalm 63:3-4*

SATURDAY

*Let everything that breathes praise the Lord! Praise
the Lord! Psalm 150:6*





WEEKLY THEME AND REFLECTION

Community

*For where two or three are gathered in My name, there am I in the midst of them.
Matthew 18:20*

GOALS

INSPIRATION

SECOND SUNDAY OF LENT
ST. GREGORY PALAMAS

And they came, bringing to Him a paralytic carried by four men. And when they could not get near Him because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "My son, your sins are forgiven." Mark 2:3-5



THIRD WEEK OF LENT

MONDAY

Behold, how good and pleasant it is when brothers dwell in unity! Psalm 133:1

TUESDAY

For as in one body we have many members, and all the members do not have the same function, so we, though many, are one body in Christ, and individually members one of another. Romans 12:4-5

WEDNESDAY

Iron sharpens iron, and one man sharpens another. Proverbs 27:17

THURSDAY

Bear one another's burdens, and so fulfil the law of Christ. Galatians 6:2

FRIDAY

I appeal to you, brethren, by the name of our Lord Jesus Christ, that all of you agree and that there be no dissensions among you, but that you be united in the same mind and the same judgment. 1 Corinthians 1:10

SATURDAY

and let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. Hebrews 10:24-25





WEEKLY THEME AND REFLECTION

Love

Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things. 1 Corinthians 13:4-7

GOALS

INSPIRATION

THIRD SUNDAY OF LENT
VENERATION OF THE HOLY CROSS

*And He called to Him the multitude with His disciples, and said to them, "If any man would come after Me, let him deny himself and take up his cross and follow Me."
Mark 8:34*



FOURTH WEEK OF LENT

MONDAY

A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another. John 13:34

TUESDAY

For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. John 3:16

WEDNESDAY

And he answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." Luke 10:27

THURSDAY

Above all hold unfailing your love for one another, since love covers a multitude of sins. 1 Peter 4:8

FRIDAY

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and he who fears is not perfected in love. We love, because He first loved us. 1 John 4:18-19

SATURDAY

Let all that you do be done in love. 1 Corinthians 16:14





WEEKLY THEME AND REFLECTION

Learning

Take My yoke upon you, and learn from Me; for I am gentle and lowly in heart, and you will find rest for your souls. Matthew 11:29

GOALS

INSPIRATION

FOURTH SUNDAY OF LENT
ST. JOHN OF THE LADDER

*And Jesus said to him, "If you can! All things are possible to him who believes."
Immediately the father of the child cried out and said, "I believe; help my unbelief!"
Mark 9:23-24*



FIFTH SUNDAY OF LENT

MONDAY

Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge Him, and He will make straight your paths.
Proverbs 3:5-6

TUESDAY

learn to do good; seek justice, correct oppression; defend the fatherless, plead for the widow. Isaiah 1:17

WEDNESDAY

Thy hands have made and fashioned me; give me understanding that I may learn Thy commandments.
Psalm 119:73

THURSDAY

And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. Titus 3:14

FRIDAY

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory both now and to the day of eternity. Amen. 2 Peter 3:18

SATURDAY

What you have learned and received and heard and seen in me, do; and the God of peace will be with you.
Philippians 4:9





WEEKLY THEME AND REFLECTION

Service

As each has received a gift, employ it for one another, as good stewards of God's varied grace. 1 Peter 4:10

GOALS

INSPIRATION

FIFTH SUNDAY OF LENT
ST. MARY OF EGYPT

For the Son of Man also came not to be served but to serve, and to give His life as a ransom for many. Mark 10:45



SIXTH WEEK OF LENT

MONDAY

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Ephesians 2:10

TUESDAY

You will be enriched in every way for great generosity, which through us will produce thanksgiving to God; for the rendering of this service not only supplies the wants of the saints but also overflows in many thanksgivings to God. 2 Corinthians 9:11-12

WEDNESDAY

*Beloved, it is a loyal thing you do when you render any service to the brethren, especially to strangers, who have testified to your love before the church. You will do well to send them on their journey as befits God's service.
3 John 1:5-6*

THURSDAY

Let your light so shine before men, that they may see your good works and give glory to your Father Who is in heaven. Matthew 5:16

FRIDAY

Serve the Lord with gladness! Come into His presence with singing! Psalm 100:2

GOALS FOR HOLY WEEK





BRIGHT WEEK

MONDAY

Be glad in the Lord, and rejoice, O righteous, and shout for joy, all you upright in heart! Psalm 32:11

TUESDAY

So you have sorrow now, but I will see you again and your hearts will rejoice, and no one will take your joy from you. John 16:22

WEDNESDAY

Rejoice in your hope, be patient in tribulation, be constant in prayer. Romans 12:12

THURSDAY

But rejoice in so far as you share Christ's sufferings, that you may also rejoice and be glad when His glory is revealed. 1 Peter 4:13

FRIDAY

And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior" Luke 1:46-47

SATURDAY

Rejoice in the Lord always; again I will say, Rejoice. Philippians 4:4





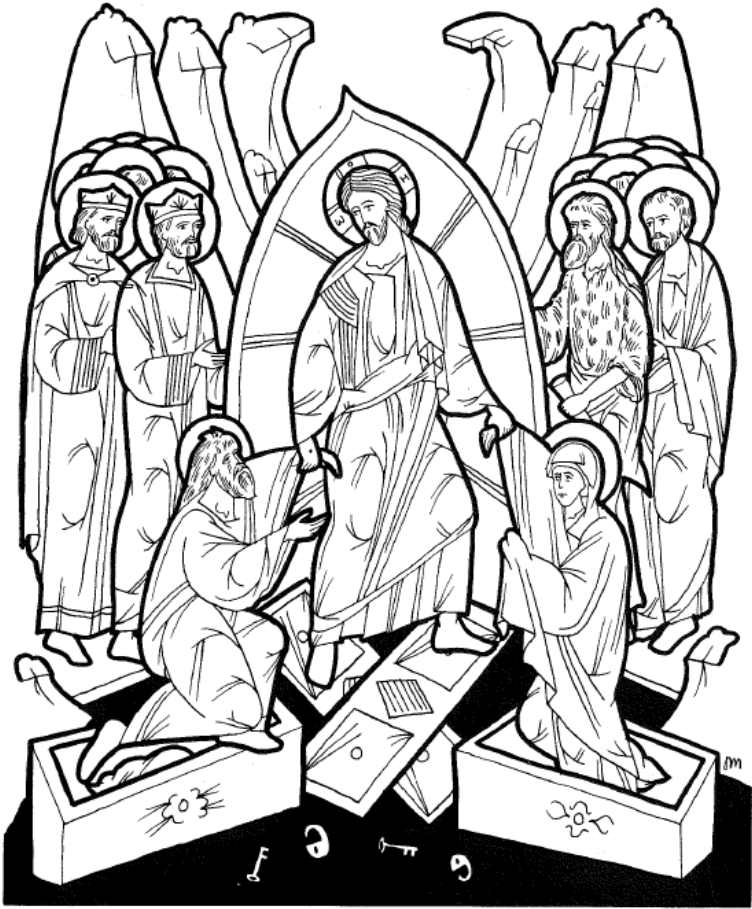
PASCHAL HOMILY OF ST. JOHN CHRYSOSTOM **(TRANSLATION BY FR. GEORGE PAPADEAS)**

WHOSOEVER IS A DEVOUT LOVER OF GOD, LET HIM ENJOY THIS BEAUTIFUL BRIGHT FESTIVAL. AND WHOSOEVER IS A GRATEFUL SERVANT, LET HIM JOYOUSLY ENTER INTO THE JOY OF HIS LORD. AND IF ANY BE WEARY WITH FASTING, LET HIM NOW RECEIVE HIS REWARD. IF ANY HAS TOILED FROM THE FIRST HOUR LET HIM RECEIVE HIS JUST DEBT. IF ANY CAME AFTER THE THIRD LET HIM GRATEFULLY CELEBRATE. IF ANY ARRIVED AFTER THE SIXTH, LET HIM NOT DOUBT; FOR HE TOO SHALL SUSTAIN NO LOSS. IF ANY HAVE DELAYED TO THE NINTH, LET HIM COME WITHOUT HESITATION. IF ANY ARRIVED ONLY AT THE ELEVENTH HOUR, LET HIM NOT BE AFRAID BY REASON OF HIS DELAY; FOR THE MASTER IS GRACIOUS AND RECEIVES THE LAST, EVEN AS THE FIRST. HE GIVES REST TO HIM WHO ARRIVES AT THE ELEVENTH HOUR, AS WELL AS HIM, WHO HAS LABORED FROM THE FIRST. HE IS MERCIFUL TO THE ONE WHO DELAYS AND NOURISHES THE FIRST. HE GIVES ALSO TO THE ONE, AND TO THE OTHER HE IS GRACIOUS. HE ACCEPTS THE WORKS, AS HE GREETES THE ENDEAVOR, HE HONORS THE DEED, AND THE INTENT HE COMMENDS.

LET ALL OF YOU THEN ENTER INTO THE JOY OF YOUR LORD. THE FIRST AND SECOND ENJOY YOUR REWARD. YOU RICH AND POOR, REJOICE TOGETHER. YOU TEMPERATE AND YOU HEEDLESS, HONOR THE DAY. YOU WHO FASTED, AND YOU WHO DID NOT, REJOICE TODAY. THE TABLE IS RICHLY LADEN. ALL OF YOU, FARE SUMPTUOUSLY ON IT. THE CALF IS A FATTED ONE; LET NO ONE GO AWAY HUNGRY. ALL OF YOU ENJOY THE BANQUET OF FAITH. ALL OF YOU ENJOY THE RICHES OF HIS GOODNESS. LET NO ONE GRIEVE POVERTY; FOR THE UNIVERSAL KINGDOM HAS BEEN REVEALED.

LET NO ONE GRIEVE OVER SINS; FOR FORGIVENESS HAS DAWNED FROM THE TOMB. LET NO ONE FEAR DEATH; FOR THE DEATH OF OUR SAVIOR HAS SET US FREE. HE HAS DESTROYED IT BY ENDURING IT. HE DESPOILED HADES, WHEN HE DESCENDED THERETO. HE EMBITTERED IT, HAVING TASTED OF HIS FLESH. ISAIAH FORETOLD THIS WHEN HE CRIED OUT: "YOU, O HADES, HAVE BEEN EMBITTERED BY ENCOUNTERING HIM BELOW." IT WAS EMBITTERED, FOR IT WAS ABOLISHED. IT WAS EMBITTERED, FOR IT WAS MOCKED. IT WAS EMBITTERED, FOR IT WAS SLAIN. IT WAS EMBITTERED, FOR IT WAS ANNIHILATED. IT WAS EMBITTERED, FOR IT IS NOW MADE CAPTIVE. IT TOOK A BODY, AND, LO, IT DISCOVERED GOD. IT TOOK EARTH AND, BEHOLD! IT ENCOUNTERED HEAVEN. IT TOOK WHAT IT SAW, AND WAS OVERCOME BY WHAT IT COULD NOT SEE. O DEATH, WHERE IS YOUR STING? O HADES, WHERE IS YOUR VICTORY? CHRIST IS RISEN, AND YOU ARE ANNIHILATED. CHRIST IS RISEN, AND THE DEMONS HAVE FALLEN. CHRIST IS RISEN, AND THE ANGELS REJOICE. CHRIST IS RISEN, AND LIFE IS LIBERATED. CHRIST IS RISEN, AND THE TOMB IS EMPTIED OF THE DEAD; FOR CHRIST, HAVING RISEN FROM THE DEAD, HAS BECOME THE FIRST FRUITS OF THOSE WHO FALL ASLEEP.

TO HIM BE THE GLORY AND THE DOMINION TO THE AGES OF AGES. AMEN.





CHRISTOS ANESTI
ALITHOS ANESTI (GREEK)
CHRISTOS VOSKRESE
VOITSINO VOSKRESE (SLAVONIC)
AL MASSIEH KAM
HAKAN KAM (ARABIC)
CHRISTI U NGAL
VERTET U UNGAL (ALBANIAN)
CHRISTOS A INVIAT
ADEVARAT INVIAT (ROMANIAN)
CHRISTOS HARIAVE I MERELOTZE
ORTNIALE E HAROUTOUN CHRISTOSI (ARMENIAN)
CHRISTO AMEFUFUKA
AMEFUFUKA KWELI (SWAHILI)
CHRISTO HA RESUCITADO
EN VERDAD HA RESUCITADO (SPANISH)
CHRISTOS VOSKRES
VOYEASTINO VOSKRES (UKRANIAN)
LE CHRIST EST RESUCITEE
VRAIMENT EST RESUCITEE (FRENCH)



Christ

is

Risen!

Truly He

is

Risen!



AS WE CELEBRATE THE RESURRECTION OF
CHRIST THIS PASCHAL SEASON,
WE REMAIN COMMITTED TO OUR CORE
VALUES OF LOVE, WORSHIP, COMMUNITY,
LEARNING, AND SERVICE
WITH RENEWED JOY!

WE INVITE YOU TO WORSHIP WEEKLY AND
TO ENGAGE WITH OUR PARISH THROUGH
OUR MANY MINISTRIES AND GROUPS,
WHETHER IN PERSON OR ONLINE.

