

Lent & Pascha Schedule 2023

Notes for Lent

Weekday Services: Matins/Vespers/Wednesday Mass continue to be held at the regular times unless noted otherwise on the schedule. Weekday Offices are preceded by the Penitential Preface (Psalm 51 and General Confession).

Sunday Litany: added after Matins until Palm Sunday. It is found at the back of the Liturgy booklet.

Wednesdays: the Mass will be followed by a Lenten Potluck with a spiritual reading during the meal until Holy Week

Fridays: Stations of the Cross are observed at 6:30 pm followed by Benediction.

Fasting: Monday through Saturday are fast days, meaning one full meal per day not taken before noon. Sundays are observed with Abstinence, but no fasting, except for the customary Eucharistic fast. In addition a collation (about half a meal) may be taken. No meat or animal juices are eaten (*many Western Orthodox also restrict fish, dairy, eggs, oil and wine by choice*). Ash Wednesday and Holy Friday (Good Friday) are strict fast days when nothing is eaten until after the evening service. Talk to Fr. Alban about alterations to the guidelines adapted to your needs.

Service Schedule

March 1 – Ash Wednesday

Penitential Office, Matins, Blessing & Imposition of Ashes– 7:45 am
Litany, Penitential Office, Imposition of Ashes, Mass – 6:00 pm

March 5 – First Sunday in Lent

March 12 – Second Sunday in Lent

March 19 – Third Sunday in Lent

March 25 – The Annunciation

Mass at 10:00 am

March 26 – Fourth Sunday in Lent

April 2 – Fifth Sunday in Lent / Passion Sunday

April 9 – Palm Sunday

Matins, Blessing of Palms, Procession & Mass

April 18 – Holy Monday

Matins - 7:45 am – Mass 6:30 pm

April 19 – Holy Tuesday

Mass– 6:30 pm (No Vespers today)

April 12 – Holy Wednesday

Mass & Holy Unction 6:30 pm

April 13 – Maundy Thursday

Mass of the Institution 6:30 pm

Procession to Altar of Repose (Lady Chapel) Stripping of the Altar,
Vigil at Altar of Repose

April 14 – Good Friday

Matins - 7:45 am

Stations of the Cross - 12 Noon

Liturgy of Good Friday - 6:30 pm

Passion of St. John, Solemn Collects, Veneration of the Cross, Pre-Sanctified Liturgy

April 15 – Holy Saturday

Paschal Vigil beginning at 9:00 pm

Lighting of the New Fire, Blessing of the Paschal Candle, Prophecies,
Blessing of the Font, Litany of the Saints, Holy Baptism & Chrismation,
Mass of the Resurrection; breaking of the Lenten Fast follows.

April 16 – Pascha – The Resurrection of our Lord

Paschal Matins - 11:00 am - followed by Paschal feast

April 17 – Paschal Monday

Matins 7:45 am – Mass 6:00 pm

April 18 – Paschal Tuesday

Vespers & Mass 5:30 pm