

THE ORTHODOX ETHOS | 2024 TRIODION EORTOLOGION

PRAYER OF
ST. EPHRAIM THE SYRIAN

O Lord and Master of my life, a spirit of idleness, curiosity, ambition, and idle talking; give me not. †

But a spirit of chastity, humility, patience, and love, bestow upon me, Thy slave. †

Yea, O Lord King; grant me to see mine own failings, and not to condemn my brother; for blessed art Thou unto the ages of ages. Amen. †

BEGINNING OF THE TRIODION		SUN February 25 <small>NO FASTING WEEK</small>	Publican and Pharisee	Epistle: 2 Tim. 3:10-15 Gospel: Luke 18:10-14	The Publican is our example in prayer: self-reproach, contrition of heart, standing for a long time, continuously praying, asking for mercy, and especially humility.
		SUN March 3 <small>NORMAL FAST WEEK</small>	The Prodigal Son	Epistle: 1 Cor. 6:12-20 Gospel: Luke 15:11-32	The Prodigal Son is our example in repentance: change of nous, remorse for passionate living, and repentance towards God, who awaits to embrace us at our return.
		SAT March 9	Soul Saturday	Epistle: Heb. 12:1-10 Gospel: Matt. 20:1-16	This first of Soul Saturdays is set aside, particularly, for all the faithful who had no memorial due to untimely deaths, out of need, or in dire straits.
		SUN March 10 <small>MEATFARE</small>	The Last Judgement	Epistle: 1 Cor. 8:8-9:2 Gospel: Matt. 25:31-46	At the end of all things, Christ is Judge. His return ends all vain and worldly pleasures (today, we give up meat). His invitation or rejection depends on the mercy we show others.
		SAT March 16	Ascetic Fathers and Mothers	Epistle: Rom. 14:19-23, 16:25-27 Gospel: Matt. 6:1-13	These lives are held up as examples to rouse eagerness within our souls as we enter into the arena of virtue.
		SUN March 17 <small>FORGIVENESS SUNDAY CHEESEFARE</small>	Expulsion from Paradise	Epistle: Rom. 13:11-14:4 Gospel: Matt. 6:14-21	Adam breaking the command to fast meant mankind left God, so God exiled us from Paradise. Now that command leads us back to God, i.e., forgiveness. The Fall continues when we disobey Christ's commandments.
GREAT AND HOLY LENT		MON March 18	Clean Monday <small>TOTAL FAST*</small>	Readings: Isa. 1:1-20, Gen. 1:1-3, Prov. 1:1-20	Great Compline with First Reading of the Great Canon of St. Andrew of Crete
		TUE March 19	Clean Tuesday <small>TOTAL FAST*</small>	Readings: Isa. 1:19-2:3, Gen. 1:4-2:1, Prov. 1:20-3:3	Great Compline with Second Reading of the Great Canon of St. Andrew of Crete
		WED March 20	Clean Wednesday <small>STRICT FAST*</small>	Readings: Isa. 2:3-11, Gen. 1:24-2:3, Prov. 2:1-2:2	Great Compline with Third Reading of the Great Canon of St. Andrew of Crete
		THU March 21	Clean Thursday <small>STRICT FAST*</small>	Readings: Isa. 2:11-22, Gen. 2:1-19, Prov. 3:1-18	Great Compline with Final Reading of the Great Canon of St. Andrew of Crete
		FRI March 22	Clean Friday <small>STRICT FAST*</small>	Readings: Isa. 3:1-14, Gen. 2:20-3:20, Prov. 3:19-3:4	First Salutations to the Theotokos**
		SAT March 23	Miracle of Kollyva by St. Theodore the Recruit (Tyro) <small>WINE & OIL ALLOWED</small>		Epistle: Heb. 9:11-14 Gospel: Mark 10:32-45 The initiation of Kollyva
		SUN March 24 <small>WINE & OIL</small>	Triumph of Orthodoxy	Epistle: Heb. 11:24-26, 32-40 Gospel: John 1:43-51	The first theme in repentance the Church presents for the Great Fast is that true faith is needed for true godly living and salvation. We process with icons and read the Synodikon today.
		MON March 25 <small>FISH, WINE & OIL</small>	Annunciation of the Theotokos	Epistle: Heb. 2:11-18 Gospel: Luke 1:24-38	Like daylight begins overtaking darkness after the Spring Equinox: the Sun of Righteousness enters the dark world, and begins recreating all things.
		SUN March 31 <small>WINE & OIL</small>	St. Gregory Palamas	Epistle: Heb. 1:30-2:3 Gospel: Mark 2:1-12	The second theme in repentance is the teachings of St. Gregory Palamas. <i>Hesyhia</i> is the practice in which we all must grow under an experienced spiritual father.
		SUN April 7 <small>WINE & OIL</small>	Veneration of the Holy Cross	Epistle: Heb. 4:14-5:6 Gospel: Mark 8:34-9:1	The third theme in repentance is at the center of the days of the Great Fast. We venerate the Cross and put it also at the center of our lives. By crucifying our self-will or ego, we can then participate in its glory.
		SUN April 14 <small>WINE & OIL</small>	St. John of the Ladder	Epistle: Heb. 6:13-20 Gospel: Mark 9:17-31	The fourth theme in repentance presents a great father and shepherd of monastics who gives us a guide to ascend to heaven. He teaches that monastics are a light for men in the world to approximate.
		THU April 18 <small>STRICT FAST*</small>	Great Canon of St. Andrew of Crete	Readings: Isa. 42:5-16, Gen. 18:20-33, Prov. 16:17-17:17	No canon compares to this one in analyzing the Old and New Testament through the lens of repentance. Today, this canon is executed in its fullness.
		SAT April 20 <small>WINE & OIL</small>	Akathist Hymn	Epistle: Heb. 9:1-7 Gospel: Luke 1:39-49, 56	Our Lady saved Constantinople many times, providing impossible victories to its people. Today, we remember all Her salvific acts towards the faithful.
		SUN April 21 <small>WINE & OIL</small>	St. Mary of Egypt	Epistle: Heb. 9:11-14 Gospel: Mark 10:32-45	The fifth theme in repentance holds up St. Mary of Egypt to demonstrate that one may be in the lowest mires of gross sins but through repentance rise to a highest angelic way of life.
	SAT April 27 <small>WINE & OIL</small>	Lazarus Saturday	Epistle: Heb. 12:28-13:8 Gospel: John 11:1-45	The Lord reveals the cosmic work of His divine economy. People reacted by believing Him or seeking to kill and bury Him. We also face this choice.	
	SUN April 28 <small>PALM SUNDAY WINE & OIL*</small>	Entry of Our Lord into Jerusalem	Epistle: Phil. 4:4-9 Gospel: John 12:1-18	Today, the Lord fulfills the prophecies revealing Him as King. The feast's couplet states: "The Logos, having sat upon a foal, extendeth the celestial sphere. Mortals seek to be loosed of irrationality."	
HOLY WEEK		MON April 29	Righteous Joseph <small>STRICT FAST*</small>	Readings: Matthew 21:38-43, 24:3-35	Joseph the All-Comely and Cursing of the Fig Tree
		TUE April 30	Ten Virgins <small>STRICT FAST*</small>	Readings: Matthew 22:15-23:39, 24:36-26:2	The Parable of the Ten Virgins
		WED May 1	Anointing of the Lord <small>STRICT FAST*</small>	Readings: John 12:17-50, Matthew 26:6-16	ΕΦΧΕΛΑΙΟΝ ΟΡ SERVICE OF HOLY OIL The Anointing of the Lord with Myrrh by the Harlot
		THU May 2	Mystical Supper <small>WINE & OIL ALLOWED*</small>	Readings: 1 Cor. 11:23; Mt. 26:2-40; Jn. 13:3-17; Mt. 26:21-39; Lk. 22:43-44; Mt. 26:40-27:2	The Sacred Washing, the Mystical Supper, the Lord's Lofly Prayer, and the Betrayal
		FRI May 3	Holy Passion <small>TOTAL FAST*</small>	Readings: 12 Passion Gospels	The Holy and Saving Passion of Our Lord
		SAT May 4	Christ's Descent into Hades <small>WINE ALLOWED*</small>		Readings: Romans 6:3-11; Matthew 28:1-20 The Burial of the Divine Body of the Lord and His Descent into Hades
PASCHA		SUN May 5 <small>FAST FREE</small>	Holy and Great Pascha	Resurrection of the Lord Jesus Christ. <small>CHRIST IS RISEN!</small>	Epistle: Acts 1:1-8 Gospel: John 1:1-7
		BRIGHT WEEK Renewal Week <small>FAST FREE WEEK</small>		After Vigil: Agape Vespers Pascha service chanted all week. Fri: Life-Giving Spring	

† Prostration. *These fasting rules for Great Lent are the traditional practice but are observed according to ability and circumstance. Let each one struggle with *phibosimo* to approach the ideal. Guidance from one's spiritual father is needed. **CLEAN WEEK:** M-T: No food or water; W: One strict fasting meal after Presanctified; Th: Xenophagy and water after Great Compline; F: One strict fasting meal after Akathist. **LENTEN WEEKDAYS:** One strict fasting meal in the evening after services. **LENTEN WEEKENDS:** wine, oil, and shellfish allowed. **PALM SUNDAY:** Some traditions allow fish. **HOLY WEEK:** M-W: One strict fasting meal in the evening after services; Th: One fasting meal (wine, oil, and shellfish allowed) in the evening after services; F: No food or water; Sat: One fasting meal (wine, but not oil or shellfish) allowed after Liturgy. **Salutations repeat each Friday until Saturday of the Akathist Hymn.