

From Spiritual Life Ministry (SLM)

The Pascha Lenten days and weeks approaching Great and Holy Week are a great opportunity to learn more about our Orthodox Faith. Pascha becomes a time of increased introspection when many ask questions about the Orthodox Faith and their spiritual journey.

Our committee is here to help you find answers to your questions, provide reminders about prayers you may have forgotten about, and introduce you to new materials, new translations and anything that can help you grow in your faith.

Here are a Few Ideas:

The Psalms:

The SLM will again set up a *Sign-Up Genius* link [ON OUR WEBSITE](#). For those of you who prefer to read and pray with others, the goal will be to read all 150 Psalms—the complete Psalter every day.

Lenten Prayer of St. Ephraim:

Add [THIS PRAYER](#) to your daily prayer life during Lent.

Akathist Prayer to the Virgin Mary:

Add [THIS PRAYER](#) to your daily prayer life during Lent.

Learn to Chant The Akathist Service:

Listen to Audio as you follow along in English [HERE](#).

Learn to Chant The Akathist Hymn:

Listen to Audio as you follow along in English [HERE](#).

O Champion General, * I, your City, now ascribe to you * triumphant anthems * as the tokens of my gratitude, * being rescued from the terrors, O Theotokos. * Inasmuch as * you have power unassailable, * from all kinds of perils free me so that unto you * I may cry aloud: * Rejoice, O unwedded Bride.

Learn to Chant Hymn to the Virgin Mary:

Listen to the Audio [HERE](#) as you follow along below.

Seeing the beauty of your virginity, * and how resplendently shone forth your chastity, * amazed was Gabriel who cried to you thus, O Theotokos: * What shall I present to you * as a worthy encomium? * What shall I address you as? * At a loss and perplexed am I. * As ordered, therefore, thus do I shout to you: * Rejoice, O Maiden who are full of grace.

Read a Book:

Add a Chapter to your daily prayer life. Or [Listen Here](#).

The Lenten Spring by Fr. Thomas Hopko.



It is a very easy-to-read book; chapters are very short, with only 3-5 pages per chapter. Fr. Hopko talks about the joy and happiness that The Pascha Lent brings us. Summarizing the parables, fasting, and repentance in just a few pages, he gives you a very good idea of what Pasha is about and, at the same time, tells you to go and learn more. I have read this book twice and am about to read it again. **We do have it in the Resource Center.**