





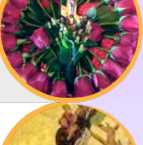

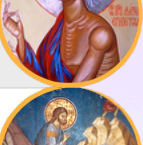
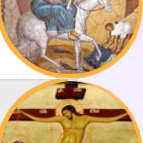
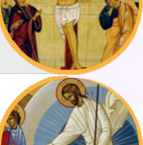



OUR JOURNEY TO PASCHA! 2025

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / READINGS	HOW TO PARTICIPATE
Fast - Free Week FEBRUARY 9th	 <i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, rather than yourself, and ask for His help before every task this week.
Normal Fast Week FEBRUARY 16th	 The Prodigal Son Returns Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule Confession. Every morning say, "Today I will be humble." Use up or freeze meats this week.
Meatfare FEBRUARY 23rd FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. We await Christ's return from the East! Use up or freeze dairy this week.
Cheesefare MARCH 2nd FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask one another for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 9th	 <i>GREAT LENT BEGINS W/ FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for the procession.
2nd Sunday of Lent MARCH 16th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Use a prayer rope and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 23rd	 VENERATION of the HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 30th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 6th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts this week.
PALM SUNDAY APRIL 13th	 <i>GREAT AND HOLY WEEK</i> ENTRY of our LORD into JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 18th	 GREAT and HOLY FRIDAY CHECK FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, internet and phones to honor Christ's death.
FEAST OF FEASTS! APRIL 20th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" and say it before "Good morning" and "Goodnight"!