

*Saint George Greek Orthodox Church*

# **PRESANCTIFIED LITURGY AND LENTEN POTLUCK**

**Please come with your families to the Lenten Potluck dinner  
immediately following Presanctified Liturgy on:**

**MARCH 5 (WEDNESDAY) 6:00 PM**

Please bring the following Lenten food item according to the  
beginning letter of your last name:

## **A-G: Main Entrée**

(examples: lentil/bean soup, shrimp & rice, spaghetti)

## **H-N: Dessert**

(examples: halva, Lenten cake, Lenten cookies, fruit)

## **O-Z: Side dish or salad**

(examples: hummus, tabbouli, three-bean salad)



*“A true Fast is alienation from the Evil One, the holding of one’s  
tongue, the laying aside of all anger, the removal of all sensuality, the  
casting aside of accusations, lies and sins of swearing.*

*The dissipation of these makes the Fast true  
and acceptable.”*

*(St. John Climacus)*