



LET ME MAKE A GOOD BEGINNING...

IF YOU WISH to save your soul and win eternal life, arise from your lethargy, make the sign of the Cross and say: *In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*

Faith comes not through pondering but through action. We never reach a goal by just sitting in comfort and waiting, say the Holy Fathers. Let the Prodigal Son be our example. *He arose and came* (LK 15:20).

Through His incarnation God gave us the model for a holy life and recalled us from our ancient fall. In addition to many other things, He taught us, feeble as we are, that we should fight against the demons with humility, fasting, prayer and watchfulness.

~ St Hesychios the Priest, *On Watchfulness, The Philokalia*

In baptism you received the command to wage the invisible warfare against the enemies of your soul; take it up now. You must begin again from the beginning: for you have let the purity you received in baptism be sullied in dire fashion.

This moment, the instant you make your resolution, you will show by your action that you have taken leave of your old self and have now begun a new life, with a new destination and a new way of living. Arise, therefore, without fear and say: *Lord, let me begin now. Help me!* For what you need above all is God's help . . .

The new life you have just entered has often been likened to that of a gardener. The garden we have undertaken to tend and watch over is the field of our own heart; the harvest is

eternal life. Night and day the heavenly seed sprouts in your heart and grows, you know not how. The earth produces of itself — your heart's soil — first the blade, then the ear, then the full grain in the ear (MK 4:27-28) . . .

The more the rain falls on the earth, the softer it makes it; similarly, Christ's holy name gladdens the earth of our heart the more we call upon it.

~ St Hesychios the Priest, *On Watchfulness, The Philokalia*

The narrow way has no end: its quality is eternity. There every moment is a beginning — the present includes the future, the day of judgment; the present includes the past: creation; for Christ is timelessly present everywhere, both in hell and in heaven... now and here and everywhere, in the depths of your heart. There you meet what you sought: the depth and height and breadth of the Cross: the Saviour and Salvation.



Therefore, arise moment by moment, bless yourself with the sign of the Cross and say: *'Let me, Lord, make a good beginning'*, in the name of the Father, and of the Son, and of the Holy Spirit.

Amen.

~ From *Way of the Ascetics*,
by Tito Colliander

LOVE, AS MUCH AS YOU ARE ABLE,

the desert [of Great Lent] and throw, as much as you can, your material possessions into the courtyards of the poor. Simplify your life, as much as you can, in order to be free from worldly stress, in order that your life may have meaning.

~ **St. Paisios the Athonite** (†1994)

For more articles and helps for Great Lent, visit our website.

GREAT LENT 2024

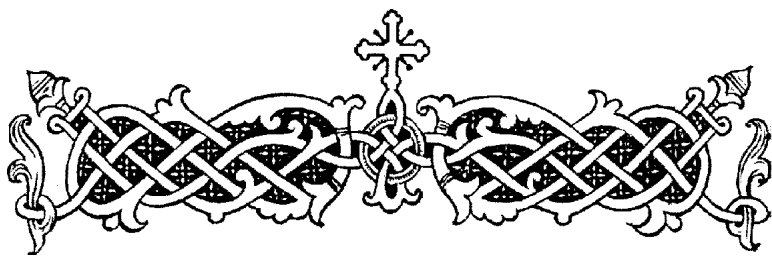
The Journey to Pascha



CHRIST THE SAVIOR-HOLY SPIRIT ORTHODOX CHURCH

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HOLY WEEK

the crucifixion

PALM SUNDAY, APRIL 28 (Fish, Wine, Oil)

Hours ~ 9:10am
Divine Liturgy ~ 9:30am
Bridegroom Matins ~ 7:00pm

HOLY MONDAY, APRIL 29

Bridegroom Matins ~ 7:00pm

HOLY TUESDAY, APRIL 30

Bridegroom Matins ~ 7:00pm

HOLY WEDNESDAY, MAY 1

Matins & Anointing w/Oil ~ 7:00pm

HOLY THURSDAY, MAY 2 (Wine, Oil)

Vesperal Divine Liturgy ~ 9:30am (*Institution of the Eucharist*)
Matins (*12 Passion Gospels*) ~ 7:00pm

GREAT & HOLY FRIDAY, MAY 3 (STRICT FAST)

Royal Hours: 9am, 10am, 11am, Noon
Vespers (*Descent from the Cross*) ~ 3:00pm
Matins (*w/Procession*) ~ 7:30pm

GREAT & HOLY SATURDAY, MAY 4 (Wine)

Vesperal Divine Liturgy ~ 9:30am (*15 OT Prophecies*)
Nocturns ~ 11:30pm
Paschal Procession, Matins, Divine Liturgy ~ Midnight

GREAT & HOLY PASCHA, SUNDAY, MAY 5

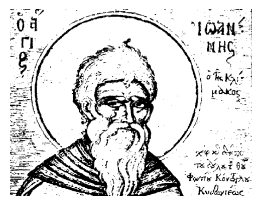
Agape Vespers ~ 2:00pm (*Gospel read in many languages*)

BRIGHT MONDAY, MAY 6

Paschal Divine Liturgy ~ 9:30am



GREAT LENT 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 17 Cheesefare 9:30 Divine Liturgy Forgiveness Vespers (after Liturgy)	GREAT LENT 18 BEGINS 7pm Great Canon of St Andrew	19 7pm Great Canon of St Andrew	20 7pm Great Canon of St Andrew	21 7pm Great Canon of St Andrew	22 6pm Presanctified Liturgy	W/O 23 6pm Great Vespers & Confessions
W/O 24 Sunday of Orthodoxy 9:10 Hours 9:30 Divine Liturgy of St Basil	F/W/O 25 ANNUNCIATION 9:30 Divine Liturgy	W/O 26	27 6pm Presanctified Liturgy	28	29 7pm Akathist Hymn	W/O 30 6pm Great Vespers & Confessions
W/O 31 St Gregory Palamas 9:10 Hours 9:30 Divine Liturgy of St Basil	APRIL 1	2	3	4	5	W/O 6 6pm Great Vespers & Confessions
W/O 7 Veneration of the Cross 9:10 Hours 9:30 Divine Liturgy of St Basil	8	9	10 6pm Presanctified Liturgy	11	12 7pm Akathist Hymn	W/O 13 6pm Great Vespers & Confessions
W/O 14 St John Climacus 9:10 Hours 9:30 Divine Liturgy of St Basil	15	16	17	W/O 18	19	W/O 20 6pm Great Vespers & Confessions
W/O 21 St Mary of Egypt 9:10 Hours 9:30 Divine Liturgy of St Basil	22	23	24 6pm Presanctified Liturgy	25	26 7pm Vespers of Lazarus Saturday	W/O/Caviar 27 Lazarus Saturday 9:30 Divine Liturgy 6:00pm Vigil for Palm Sunday

View and subscribe to our website calendar for updates and additional services: www.christthesavioroca.org

F = FISH ALLOWED • W = WINE • O = OIL