

OUR JOURNEY THROUGH LENT

St. Nicholas Greek Orthodox Church

Sunday February 26	Forgiveness Vespers, following Divine Liturgy
Monday February 27	The First Day of Great Lent Great Compline, 6 PM; Followed by fitness workout
Wednesday March 1	Presanctified Divine Liturgy 6 PM; Followed by fitness workout
Friday March 3	Salutations to the Theotokos 6 PM Followed by Potluck and Theological Lecture by Fr. George Parsenios
Saturday March 4	***No Divine Liturgy for the Saturday of Souls
Monday March 6	Compline 6 PM; Followed by fitness workout
Wednesday March 8	***No Presanctified Liturgy
Friday March 10	Salutations to the Theotokos 6 PM Followed by Potluck and movie "Man of God" in St. Irene's Hall
Monday March 13	Compline 6 PM; Followed by fitness workout
Wednesday March 15	Presanctified Liturgy 6 PM; Followed by fitness workout
Friday March 17	Salutations to the Theotokos 6 PM Followed by Potluck and Theological Lecture by Dr. Demetri Katos
Monday March 20	Compline 6 PM; Followed by fitness workout
Wednesday March 22	Presanctified Liturgy 9 AM; Followed by fitness workout
Friday March 24	Salutations to the Theotokos 6 PM Followed by Potluck and Theological Lecture by Dr. Timothy Patitsas
Saturday March 25	Divine Liturgy for the Annunciation, Orthros, 8 AM, Liturgy, 9 AM
Monday March 27	Compline 6 PM; Followed by fitness workout
Wednesday March 29	Presanctified Liturgy 9 AM; Followed by fitness workout
Friday March 31	Akathist Hymn 6 PM; Followed by Potluck and Health Ministry: CPR Training

Lenten Services Explained

COMPLINE (Monday Evenings, 6PM)

Compline is a series of prayers that people offer sometimes privately, or in monasteries corporately before retiring to bed. Great Compline is done only Great Lent and is a series of Psalm readings and prayers of repentance. There is not much sensory input. There is very little chanting, very little movement, just stillness and the sound of one person reading. In the world these days we are overstimulated in our senses. Great Compline slows down our stimulation and brings more of a sense of peace.

PRE-SANCTIFIED DIVINE LITURGY (Wednesdays, 9AM/6PM)

Because the central thing we do in the Orthodox Church is receive the Eucharist in the context of the celebration of the Divine Liturgy, because this is even more important when we are fasting, and because the Church wants to reflect a more somber tone during Great Lent, the Divine Liturgy of the Pre-Sanctified Gifts (or Pre-Sanctified Liturgy) came into use. This service is not a full Divine Liturgy. It is a Vesper service with Holy Communion appended to the end, using Holy Communion that was “pre-sanctified” the previous Sunday and saved until the Pre-Sanctified Liturgy. This affords us an opportunity to receive Holy Communion more frequently during Great Lent—Pre-Sanctified Liturgy is held on Wednesdays (and some church on Fridays as well) and is more solemn than our Sunday Divine Liturgy. The priest vests in purple or dark vestments, the lighting is usually dim, the service is at the end of the day so that we can retire to our homes in peace and not have to jump back into work.

SALUTATIONS (Friday Evenings, 6PM)

On the first five Fridays of Great Lent, we offer a devotional service to her called the “Salutations”. Each of the first four Fridays, we read 6 stanzas of salutations and on the fifth Friday, we read all 24, in a service called the Akathist Hymn. These services of devotion to the Virgin Mary are actually not really Lenten services. They do not have a Lenten or penitential character to them. Most priests wear blue for them, instead of the more solemn purple and black. Most likely, these services are in Lent because the Feast of the Annunciation (March 25) falls in Lent and these services are placed in close proximity to that feast.

*Taken from the online Prayer Team by Fr. Stavros Akrotirianakis, St. John the Baptist Greek Orthodox Church, Tampa, Florida