

OUR JOURNEY THROUGH LENT

St. Nicholas Greek Orthodox Church

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| 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