## **OUR JOURNEY TO PASCHA! 2019**

SUNDAYS

THEMES / GOSPEL READING

HOW TO PARTICIPATE:

Fast - Free Week **FEBRUARY 17th** 



Publican and the Pharisee

2 Timothy 3: 10-15 Luke 18: 10-14 Gospel:

Trust in God, not yourself! Ask for His help before every task this week!

Normal Fast Week **FEBRUARY 24th** 



The Prodigal Son Returns!

1 Corinthians 6: 12-20 Reading: Luke 15: 11-32 Gospel:

Schedule a Confession. Use up/freeze meats this week.

Meatfare MARCH 3rd



The Last Judgment

1 Carinthians 8: 8-9: 2 Reading: Matthew 25: 31-46 Gospel:

Pray facing East this week. Christ is returning from the East and we wait for Himl Use up/freeze dairy this week.

Ask each other for

week before bed.

Cheesefare



Reading:

Romans 13: 11-14:4

Matthew 6: 14-21 eness vegrens

Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY forgiveness each evening this

1st Sunday of Lant MARCH 17th



Reading: Hebrews 11: 24-26, 32-12:2

John 1: 43-51

SUNDAY of ORTHODOXY

Gospel:

Bring an icon to church for a procession.

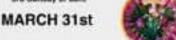
2nd Sunday of Lant. MARCH 24th



ST GREGORY PALAMAS Reading: Hebrews 1:10-2:3 Gospel Mark 2: 1-12

Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.

3rd Sunday of Lent



VENERATION OF THE HOLY CROSS

Hebrews 4: 14-5: 6 Reading: Gospel: Mark 8:349: 1

Wear your cross to church and kiss the cross each morning with a bawl

4th Sunday of Lent

APRIL 7th



ST JOHN of the LADDER Reading:

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 14th



ST MARY of EGYPT

Reading: Hebrews 9: 11-14 & Heb 2:11-18 Mark 10: 32-45 & LK 1:24-38 Gospel:

Ask the Theotokos to offer you and the world pure thoughts and ideas this week.



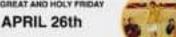
ENTRY OF OUR LORD INTO JERUSALEM

Reading: Philippians 4: 49 John 12: 1-18 Gospel:

Place your palm branches and pussywillows behind an icon at home

and in your carl

GREAT AND HOLY FRIDAY



GREAT AND HOLY FRIDAY

CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE

Refrain from TV, Internet, & Phones to honor Christ's Death.

PEAST OF PEASTS! APRIL 28th NO FASTING!

BRIGHT WEEK

HOLY PASCHAI (CHRIST IS RISEN!)

Epistle: Acts 1:1-8 Gospel: John 1: 1-17

Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!