



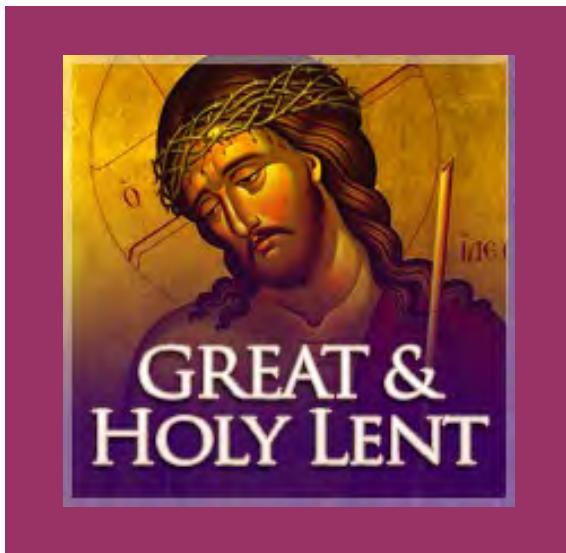
NATIVITY OF THE VIRGIN MARY GREEK ORTHODOX CHURCH

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WELCOME TO GREAT LENT



*Your guide to opportunities
offered at Nativity to help you
prepare for the Passion and
Resurrection of Our Lord*

About Great Lent, Holy Week, and Pascha

There is a 19 Sunday (18 week) period of time each year in the Orthodox Christian Church that surrounds the Feast of Pascha (Easter). The first three weeks, including four Sundays, are called the Triodion, or pre-Lenten period. The next forty days, which includes nearly six weeks and five Sundays, is called Great Lent. In the Orthodox Church, Great Lent begins on a Monday called Clean Monday, rather than Ash Wednesday, as it does in other churches. Great Lent ends on a Friday.

Holy Week follows, along with the Great and Holy Week.

The Feast of the Resurrection is called Pascha and it begins a forty-day period of celebration. After forty days, the church celebrates the Feast of the Ascension. Ten days later (fifty days after the Resurrection), the church celebrates the Feast of Pentecost. The Sunday after Pentecost is the Feast of All Saints. This ends this cycle of "movable feasts" (called this because their date moves every year), which surround the feast of Pascha.

OUR JOURNEY TO PASCHA! 2026

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 1st	TRIODION WEEKS Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14 	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 8th	The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32 	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 15th FAREWELL TO MEAT TODAY	The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46 	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 22nd FAREWELL TO CHEESE TODAY	Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21 	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 1st	GREAT LENT BEGINS WITH FORGIVENESS VESPERS SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51 	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 8th	ST GREGORY PALAMAS Epistle: 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 MARCH 15th	VENERATION OF THE HOLY CROSS HALF WAY TO PASCHA! Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1 	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 22nd	ST JOHN of the LADDER Epistle: 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 MARCH 29th	ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45 	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 5th GREAT WEEK BEGINS	GREAT AND HOLY WEEK ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18 	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 10th	GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE 	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 12th NO FASTING!	BRIGHT WEEK HOLY PASCHA! (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!

2026 LENTEN SERVICES

Sunday, February 1	Publican and the Pharisee (TRIODION BEGINS)	
Fast Free Week	8:45am Orthros, 10:00am Divine Liturgy	
Monday, February 2	The Presentation of Our Lord and Savior in the Temple	
	9:00am Orthros, 10:00am Divine Liturgy	
Sunday, February 8	Sunday of the Prodigal Son	
	8:45am Orthros, 10:00am Divine Liturgy	
Saturday, February 14	FIRST SATURDAY OF SOULS	
	9:00am Orthros, 10:00am Divine Liturgy	
Sunday, February 15	Judgement Sunday (Meatfare Sunday)	
	8:45am Orthros, 10:00am Divine Liturgy	
Saturday, February 21	SECOND SATURDAY OF SOULS	
	9:00am Orthros, 10:00am Divine Liturgy	
Sunday, February 22	Forgiveness Sunday (Cheesefare Sunday)	
	8:45am Orthros, 10:00am Divine Liturgy	
	6:00pm Forgiveness Service	
Monday, February 23	CLEAN MONDAY	
	6:00pm	Great Compline
		Lenten Meal following compline - bring a fasting dish to share
Tuesday, February 24	11:00am	Bible Study and Tuesday Lunch
	6:00pm	Great Compline
Wednesday, February 25	6:00pm	Presanctified Liturgy, Meal & Lenten Talk
Thursday, February 26	6:00pm	Great Compline
Friday, February 27	7:00pm	Salutations to the Theotokos
Saturday, February 28	THIRD SATURDAY OF SOULS	
	9:00am Orthros, 10:00am Divine Liturgy	
Sunday, March 1	SUNDAY OF ORTHODOXY/CHILDREN'S SUNDAY	
	8:45am Orthros, 10:00am Divine Liturgy	
	6:00pm COCC Lenten Vespers	
Tuesday, March 3	11:00am	Bible Study and Tuesday Lunch
	7:00pm	Bible Study
Wednesday, March 4	6:00pm	Presanctified Liturgy, Meal & Lenten Talk
Thursday, March 5	7:00pm	Great Compline
Friday, March 6	7:00pm	Salutations to the Theotokos
Saturday, March 7	11:00am	GOYA Lenten Retreat
Sunday, March 8	SUNDAY OF ST GREGORY PALAMAS	
	8:45am Orthros, 10:00am Divine Liturgy	
	6:00pm COCC Lenten Vespers	
Tuesday, March 10	11:00am	Bible Study and Senior Lunch
	7:00pm	Bible Study
Wednesday, March 11	6:00pm	Presanctified Liturgy, Meal & Lenten Talk
Thursday, March 12	7:00pm	Great Compline
Friday, March 13	7:00pm	Salutations to the Theotokos

The Akathist Hymn or Salutations to the Theotokos

"Rejoice, unfading rose.

Rejoice, the only one who budded forth the unfading apple.

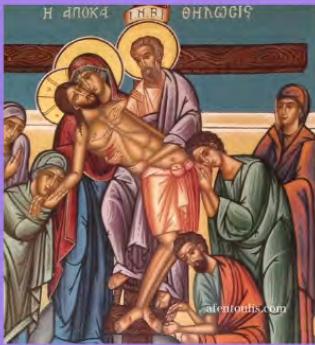
Rejoice, birth-giver of the aromatic balm of the King of all.

Rejoice, O Bride unwedded, the world's salvation."

- The Akathist Hymn is a profound, devotional poem, which sings the praises of the Holy Mother and Ever-Virgin Mary.
- The word "akathistos" means "not sitting," i.e., standing;
- The hymn is comprised of 24 stanzas, alternating between long and short. Each short stanza is written in prose and ends with the singing of "Alleluia." Each longer stanza ends with the refrain: "Rejoice, O Bride Unwedded."
- The Hymn is sung in part on first four Fridays of Great Lent, and in full on the fifth Friday.

Saturday, March 14	11am	YAL Retreat at Holy Trinity Monastery
Sunday, March 15		SUNDAY OF THE HOLY CROSS
		8:45am Orthros, 10:00am Divine Liturgy
		6:00pm COCC Lenten Vespers
Tuesday, March 17	11:00am	Bible Study and Tuesday Lunch
	7:00pm	Bible Study
Wednesday, March 18	6:00pm	Presanctified Liturgy, Meal & Lenten Talk
Thursday, March 19	7:00pm	Great Compline
Friday, March 20	7:00pm	Salutations to the Theotokos
Sunday, March 22		SUNDAY OF ST JOHN CLIMACUS
		8:45am Orthros, 10:00am Divine Liturgy
		6:00pm COCC Lenten Vespers
Tuesday, March 24		Forefeast of the Annunciation
	11:00am	Bible Study and Tuesday Lunch
	7:00pm	Great Vespers for the Annunciation at Annunciation Cathedral Detroit
Wednesday, March 25		Annunciation of the Theotokos
		9:00 am Orthros, 10 am Divine Liturgy
	6:00pm	Presanctified Liturgy, Meal & Lenten Talk
Thursday, March 26	6:00pm	GREAT CANON OF ST. ANDREW & READING OF ST. MARY OF EGYPT
Friday, March 27	7:00pm	The Akathist Hymn
Sunday, March 29		SUNDAY OF ST MARY OF EGYPT
		8:45am Orthros, 10:00am Divine Liturgy
		6:00pm COCC Lenten Vespers
Tuesday, March 31	11:00am	Bible Study and Tuesday Lunch
	7:00pm	Bible Study
Wednesday, April 1	6:00pm	Presanctified Liturgy, Meal & Lenten Talk
Thursday, April 2	7:00pm	Great Compline

HOLY WEEK AND PASCHA



Holy Week Schedule

Lazarus Saturday April 4	9:00am 10:00am 11:30am	Orthros Divine Liturgy Pancake Breakfast and Service Projects: Church and Grounds Clean-up, Palm Crosses, Food prep for Plaki Luncheon
Palm Sunday April 5	8:45am 10:00am 12:00pm 7:00pm	Orthros Divine Liturgy Plaki Luncheon Bridegroom Matins
Holy Monday April 6	10:00 am 7:00pm	Presanctified Liturgy Bridegroom Matins
Holy Tuesday April 7	10:00 am 7:00pm	Presanctified Liturgy Bridegroom Matins
Holy Wednesday April 8	7:00pm	Holy Unction
Holy Thursday April 9	6:00am 6:30pm	Vesperal Liturgy of St. Basil Twelve Gospels of the Crucifixion
Holy Friday April 10	9:00am 12:30pm 3:00pm 7:00pm	Holy Hours Holy Friday Retreat Vespers of Apokathelosis Lamentation Service
Holy Saturday April 11	8:30am 11:00pm	Vesperal Liturgy of St. Basil Matins and Resurrection: Divine Liturgy of Holy Pascha
Pascha Sunday April 12	11:00am	Agape Service Easter Egg Hunt