



## **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**









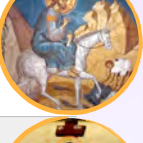


There is a 19 Sunday (18 week) period of time each year in the Orthodox Christian Church that surrounds the Feast of Pascha (Easter). The first three weeks, including four Sundays, are called the Triodion, or pre-Lenten period. The next forty days, which includes nearly six weeks and five Sundays, is 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 <b>FEBRUARY 1st</b>		<i>TRIODION WEEKS</i> <b>Publican and the Pharisee</b> 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 <b>FEBRUARY 8th</b>		<b>The Prodigal Son Returns!</b> 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 <b>FEBRUARY 15th</b> FAREWELL TO MEAT TODAY		<b>The Last Judgement</b> 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 <b>FEBRUARY 22nd</b> FAREWELL TO CHEESE TODAY		<b>Adam and Eve are cast from Paradise!</b> <i>FORGIVENESS SUNDAY</i> 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 <b>MARCH 1st</b>		<i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> <b>SUNDAY of ORTHODOXY</b> 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 <b>MARCH 8th</b>		<b>ST GREGORY PALAMAS</b> 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 <b>MARCH 15th</b>		<b>VENERATION OF THE HOLY CROSS</b> <i>HALF WAY TO PASCHA!</i> 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 <b>MARCH 22nd</b>		<b>ST JOHN of the LADDER</b> 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 <b>MARCH 29th</b>		<b>ST MARY of EGYPT</b> 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! <b>APRIL 5th</b> GREAT WEEK BEGINS		<i>GREAT AND HOLY WEEK</i> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> 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 <b>APRIL 10th</b>		<b>GREAT AND HOLY FRIDAY</b> <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>APRIL 12th</b> NO FASTING!		<i>BRIGHT WEEK</i> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> 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	<b>Publican and the Pharisee (TRIODION BEGINS)</b>	
Fast Free Week	8:45am Orthros, 10:00am Divine Liturgy	
Monday, February 2	<b>The Presentation of Our Lord and Savior in the Temple</b>	
	9:00am Orthros, 10:00am Divine Liturgy	
Sunday, February 8	<b>Sunday of the Prodigal Son</b>	
	8:45am Orthros, 10:00am Divine Liturgy	
Saturday, February 14	<b>FIRST SATURDAY OF SOULS</b>	
	9:00am Orthros, 10:00am Divine Liturgy	
Sunday, February 15	<b>Judgement Sunday (Meatfare Sunday)</b>	
	8:45am Orthros, 10:00am Divine Liturgy	
Saturday, February 21	<b>SECOND SATURDAY OF SOULS</b>	
	9:00am Orthros, 10:00am Divine Liturgy	
Sunday, February 22	<b>Forgiveness Sunday (Cheesefare Sunday)</b>	
	8:45am Orthros, 10:00am Divine Liturgy	
	6:00pm Forgiveness Service	
Monday, February 23	<b>CLEAN MONDAY</b>	
	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	<b>THIRD SATURDAY OF SOULS</b>	
	9:00am Orthros, 10:00am Divine Liturgy	
Sunday, March 1	<b>SUNDAY OF ORTHODOXY/CHILDREN'S SUNDAY</b>	
	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	<b>SUNDAY OF ST GREGORY PALAMAS</b>	
	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.*

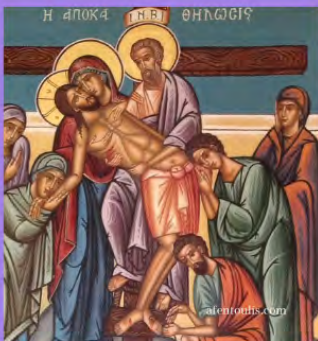
*Rejoice, O Bride unwedded, the world's salvation."*

- 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	<b>SUNDAY OF THE HOLY CROSS</b>	
	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	<b>SUNDAY OF ST JOHN CLIMACUS</b>	
	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	<b>GREAT CANON OF ST. ANDREW &amp; READING OF ST. MARY OF EGYPT</b>
Friday, March 27	7:00pm	The Akathist Hymn
Sunday, March 29	<b>SUNDAY OF ST MARY OF EGYPT</b>	
	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

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