**His Eminence Metropolitan SABA**

|  |  |
| --- | --- |
| **RT. Rev. Archimandrite Fadi Rabbat** | Rev. Dcn. Miguel ‘Michael’ Sifuentes |
| Pastor | Deacon |

**“And the Disciples were first called Christians in Antioch”. Acts 11:26**

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| **Tel.: 915-584-9100** | [**www.stgeorge-elpaso.org**](http://www.stgeorge-elpaso.org) | **office@stgeorge-elpaso.org** |

**“My house shall be called a house of prayer for all nations.” Mark 11:17**

**MARCH 31, 2024**

**Second Sunday of Great Lent**

**Commemoration of Gregory Palamas, archbishop of Thessalonica**

Hypatios the wonderworker, bishop of Gangra; Prophet Joel

**\*\*Divine Liturgy of St. Basil the Great\*\***

**Tone 2 / Eothinon 10**

**Saturday Vespers Service:** **5:00 PM**

**Sunday Service:** **Orthros (Matins)** **at 9:15 AM, followed by Divine Liturgy at 10:30 AM**

**Sunday Epistle Reader:** **Dr. Heidi Baine**

**RESURRECTIONAL APOLYTIKION IN TONE TWO**

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

**APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT**

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

**APOLYTIKION OF ST. GEORGE IN TONE FOUR**

Since thou art a liberator and deliverer of captives, a help and support of the poor and needy, a healing physician of the sick, a contender and fighter for kings, O great among Martyrs, the victory-clad George; intercede with Christ God for the salvation of our souls.

**KONTAKION FOR SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY)**

**IN TONE EIGHT**

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

**THE EPISTLE**

*The Lord is my strength and my song. The Lord has chastened me severely.*

**The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)**

Thou, “O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail.” But to which of the angels did He say at any time, “Sit on My right hand, until I make thine enemies a footstool for thy feet?” Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

**THE GOSPEL**

**The Reading from the Holy Gospel according to St. Mark. (2:1-12)**

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven.” Now, some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, “Why do you reason thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? But that you may know that the Son of Man has authority on earth to forgive sins” – He said to the paralytic – “I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, “We never saw anything like this!”

**THE SYNAXARION**

On March 31 in the Holy Orthodox Church, we commemorate Hypatios the wonderworker, bishop of Gangra; and the Prophet Joel.

On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica.

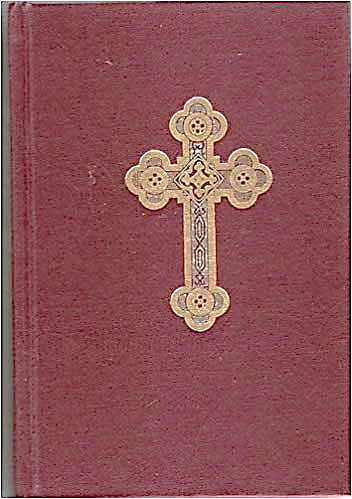
**Verses**

*The Spring of Light now leadeth to light unwaning*

*The Light’s own truly great and resplendent herald.*

This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a theologian, a hierarch and a miracle-worker, who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times.

Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.

**Please note for Orthros, please turn to page 44 in the Red Service Book, and to**

**page 91 to follow along with the Divine Liturgy.**

**ONLINE LITURGICAL GUIDE FOR THIS WEEKEND**

**Please click on the following link to access the liturgical services for Saturday Vespers, Sunday Orthros and Sunday Divine Liturgy:** [**https://www.antiochian.org/liturgicday**](https://www.antiochian.org/liturgicday)

**Click on the SELECT DATE in the top calendar. The services will appear under the DAILY LITURGICAL TEXT on the right column. Click on the service you need. You can follow the service using your cell phone or print a copy for your use.**

**WHO CAN RECEIVE COMMUNION IN AN ORTHODOX CHURCH?**

**Only Orthodox Christians who prepared for Communion through confession, prayer, and fasting can go up to the chalice to receive Communion from the priest. All visitors are welcomed to worship with us, however, non-Orthodox Christians may not partake of the Holy Eucharist but rather wait till the Dismissal of the Divine Liturgy and partake of the blessed bread (called antidoron) placed in front of the Solea.**

**We hope this will provide a clear understanding that the unity of the Orthodox faith is the required condition to partake in the Holy Eucharist.**

**A round object with a logo

Description automatically generated with medium confidence HOLY BREAD ON SUNDAY IS OFFERED BY:**

Samih, Catherine, Diana and Vanessa Salloum in loving memory of Jean-Marc for his 5 year memorial service. May his memory be eternal.

Paul and Laila Ferris will offer the Holy Bread which is used for the Eucharist on Wednesday’s Presanctified Divine Liturgies in memory of Peter and Skee Rizk, Tom and Regina Jacobs, as well as for the health of the Rizk, Ferris, Cass, Samore, Al-Hanna, and Nasser families.

**DONATIONS**

Raed and Sylvana Aldouri for the health of Annette and Bryan Haddad.

Jamie Isaac for the health of Vanessa Salloum.

Hassan and Maha Salloum for the health of Annette and Bryan Haddad.

James and Martha Shaheen for the health of our family and brothers and sisters.

Donation from the family of Michael Davis, Jr. to Teen SOYO in memory of Michael Davis, Jr. and Joyce Davis.

**FOOD FOR THE HUNGRY PEOPLE & CHARITABLE OUTREACH**

Dalal Young

**MESSAGE FROM THE CHURCH TEASURER**

To parishioners who pledged and/or donated in 2023 to St. George Church, **Giving Statements** were emailed to the parishioners on the 2nd week of January. If you did not receive your Giving Statement and would like to have it or if you have any questions, please contact Tony Dayoub at (915) 799-9250 or email him at **tdayoub@aol.com**. Thank you!

 **SUNDAY SCHOOL**

Every Sunday students should be present at 9:25 AM to be with Fr. Fadi for the opening prayers.

**STUDENT ATTENDANCE ROSTER FOR SUNDAY, March 24, 2024 – 20 students**

**Pre-School (ages 3 and 4 years old)** **Doris Shaheen**

Zyla Aldouri, Martha Gemchuck, Jack Horton & Seth Meza

**Grades Kinder/1st** **Jehan Al-Hanna**

Georgia Comerci & Knight Joudi

**Grades 2/3** **Geoffrey Borschow**

Andi Comerci &Christina Sarah

**Grades 4/5**  **Patricia Borschow**

Dani Comerci, Caleb Crawford & Anne Gemchuck

**Grades 6/7**  **Allen Borschow**

Nia Isaac & Sofia Meza

**Grades 8-12** **Jameelie Dayoub**

Christiana Crawford, Annabelle Horton, Julia Encarnación, Andrea Meza, Anthony Meza, Nige Rangel & Brook Wik

**Sunday School Director** **Laila Ferris**

**Special Projects** **Jaclyn Ferris**

**Staff Assistant** **James Shaheen, Sr.**

**Staff Assistant Adriana Anzaldo**

 **ST. GEORGE LADIES SOCIETY MONTH FOR MARCH**

Each year, the Antiochian Archdiocese’s recognizes our ladies for love and dedication to the church with Ladies Month in March. Here is the schedule for March:

**Sunday, March 31, 2024 (Sunday of St. Gregory Palamas/Lent)**

Epistle: Dr. Heidi Baine

Message: Jameelie Dayoub

Refreshments: Jameelie Dayoub, Jennifer Dayoub and Laila Ferris



**MOCK BIBLE BOWL**We wish to inform you that Teen SOYO will be holding their Mock Bible event on Sunday, April 7th. The winners will have an opportunity to participate in the Bible Bowl at the 2024 PLC in Beaumont, Texas.  
  
The Teens will begin selling tickets for the Mock Bible Bowl after church beginning this coming Sunday, March 24th. The luncheon tickets will be $12 for adults and $6 for children 10 and under. The luncheon and Mock Bible Bowl will be held in the main Summit Hall on April 7th immediately following church.

A warm thank you to Jamie Isaac for preparing the questions from the **Book of Romans** in preparation for the Mock Bible Bowl.

Should you have any questions, please contact Anne Thomas, Teen SOYO Advisor at (915) 373-225 or Kyle Horton, Assistant, at (575) 640-2208.  
  
Thank you for supporting out Teens with this very important event.

 **TEACHINGS FROM METROPOLITAN SABA**

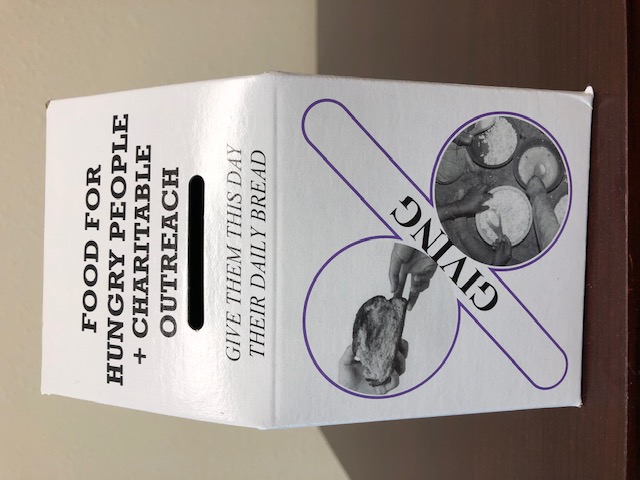
Dear parishioners and friends, you will periodically be receiving teachings by His Eminence Metropolitan **SABA** as we receive them from the Archdiocese Office. The teachings will be sent under a separate church email.

**THE ADULT STUDY GROUP**

As we enter the Great Lent, the Adult Study Group takes on a review of some of the words of Christ as He prepares His disciples for what will await Him after they enter Jerusalem.  Our first meditation is based on the words in **John 5:2-9**.

Please read the lessons associated with the Adult Study Group topic which will be sent under a separate church email.

Dr. Sandra Edwards

**FOOD FOR HUNGRY PEOPLE & CHARITABLE OUTREACH**

**CAMPAIGN 2024 50TH ANNIVERSARY**

Many challenges are still being experienced within our families and our parishes across the country. One thing that never changes, however, is the power of Great Lent to strengthen us through prayer, fasting, and almsgiving. Let us again embrace our Lenten struggles and demonstrate how strong we are in our faith.

This year the Archdiocese is encouraging you to design your own **FAMILY LENTEN COLLECTION BOX**, to be used in your own home. Be creative and decorate your own donation box or a Alms Box with a variety of sweets or craft decorations. When the box is filled, the children can make their donation and enjoy their yummy treats. We will take a picture of the boxes and send them when we submit the collected donations to the Food for Hungry People & Charitable Outreach program. The pics will then be posted on the Food for Hungry People & Charitable Outreach website.

We too have the customary **PARISH ALMS BOXES** available at the narthex (entrance) of the church.

All **ALMs BOXES** or donations need to be submitted to Tony Dayoub, Church Treasurer, by Sunday, April 14th. St. George will submit one check in the amount of the collected donations to the Food for Hungry People & Charitable Outreach Program.

Great Lent draws near! Let us renew our resolve to respond to the needs of those all around us and, in the process, renew our own faith.

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**FINANCIAL DONATIONS TO PURCHASE PALMS & FLOWERS TO DECORATE**

**FOR GOOD FRIDAY & PASCHA**

Financial donations received will be used to buy palms for Palm Sunday and flowers to decorate the Bier for Good Friday, and lilies for Pascha. Please donate in the health of your family or in memory of a loved one. Please make the check payable to the St. George. In the purpose line indicate ‘Donation for Palms & Flowers’. Thank you for your gift of love.

**LENT SERVICES SCHEDULE**

The Lent and Holy Week services schedule is located at the end of the church bulletin. Please note that Rev. Dcn. Michael will notify you should there be any changes to the schedule.

Each Sunday, Rev. Dcn. Michael will email the **Resources for the Lent Evening Services** page that will provide the online site, as provided by the Antiochian Archdiocese, to link to each week’s services. In so doing, parishioners may either print or view the services from their cell phones to follow along when attending the services.

A picture containing indoor, decorated, altar, several

Description automatically generated **ST GEORGE ICON PROJECT**

## *“*…*sanctify those who love the beauty of Thy house*.”

## **From the Prayer behind the Ambon from the Divine Liturgy of St. John Chrysostom**

Icons are representations of the Heavenly. They are expressions of Orthodox faith, teaching, and worship. The Orthodox Church uses icons to assist in worship. Icons are a 'window to heaven' and they help us to focus on the divine things.

Fr. Fadi is overseeing the Icon Project to have icons written on the interior walls that are bare in the church. This project is to continue beautifying the Church for the glory of God. **If you wish to make a monetary donation towards the Icon Project in memory of a loved one(s) and/or the health of your family, please contact Fr. Fadi at (973) 780-0221.** Please address your check to St. George Church, earmarked Icon Project Donation.

A warm thank you to all who have donated toward the Icon Project. Based on your gifts from the heart there will be more to come.

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Please join us after church on Sundays for Coffee Hour in the small conference room in the Summit Hall.

**2024 MEMBERSHIP PLEDGE TO ST. GEORGE ANTIOCHIAN ORTHODOX CHURCH**

The minimum financial contribution of at least **$250.00 pledge per Baptized or Chrismated Orthodox person, ages 18 and older is required or $500 per family (or more from the gift of the heart).** This pledge is for the maintenance of the church. You can either pay your pledge immediately, or make payments throughout the year, however, the final amount must be met by December 31 of each year. **The met pledge of $250.00 makes you eligible to vote at the Annual General Assembly of Voting Members in January 2025.** Please make check payable to St. George Church in the donated amounts. In the purpose line indicate **Church Pledge**.

In addition, a yearly payment of thirty-five **($35.00) per Baptized or Chrismated Orthodox person** to the Antiochian Archdiocese of North America is required. Please make check payable to St. George Church in the required amount. In the purpose line indicate ‘**Archdiocese Dues.’**

If you have financial difficulties, please see the priest for available options.



**PRAYER FOR THE SICK**

Please let us know if you are ill and/or hospitalized by contacting Fr. Fadi Rabbat. We too will add your name to the prayer list for Sunday’s Divine Liturgy.

ivine Liturgy.

**CONTACT INFORMATION**

**For Pastoral needs and/or emergencies, visitation to hospital and/or homes during the year, contact Fr. Fadi Rabbat.**

**Confessions** are by appointment with Fr. Fadi Rabbat. **PLEASE contact Fr. Fadi TWO days in advance to ensure his schedule is free.**

**Fr. Fadi Rabbat at:**

***Cell phone***: **973.780.0221**

***Email***: **[fadi.rabbat@icloud.com](mailto:fadi.rabbat@icloud.com)**

Rev. Dcn. Michael Sifuentes at:

***Cell Phone:*** (915)309-1511 ***Email:*** [**deacon@stgeorge-elpaso.org**](mailto:deacon@stgeorge-elpaso.org)

**Resources for the Evening Service**

For Great Compline, Liturgy of the Presanctified Gifts, and Friday Akathist services for the next five weeks, you'll want to key the following Antiochian Archdiocese site:  https://www.antiochian.org/liturgicday  
  
The link will take you to the Liturgics page. Scroll down to the very bottom of the page for 'Seasonal Liturgy Resources.' The section provides several services; however, the specific services you'll want are the following:   
  
1 - Great Compline on Monday, Tuesday and Thursday:  
[Great Compline in Great Lent - Full Text (PDF)](https://u26938825.ct.sendgrid.net/ls/click?upn=u001.I1QWnEUjRQZmeILWJHEKPXmBuho39wD6gJFg1E-2BNfQDkLy5VovW5jPLuVUNp5K5qJas2Ex4MmrE8b932ccxKz7y0T-2Bqe9QUVFv1Y5Xq19VX-2BpC3WDC9nOerltPGZ7g3r-vB4_sqYTeZKtTpkUBxG9axnipbk-2FodxnNjn3QshBmnJ3VeE4e87GIVAuKkkj6HLH9BRIwjeKzVjB67KCda96HZOCEMmbks5V2XKncDNY7RB5FyjYzkBZYh7duWhzP2PydiSAFYfJzstg9YTjG-2FXuhtCDmaSNMBCmHLsB8GfPDTHnv1nVwwzbrpdHZAEc-2BLhRVwMdIVk9SLaaXtZZhrRjXIIEqHJpL5CyfnzmNQs3npOmc2Qtp0YJJeMqZBCG7opRDtmxvXqX4vlorBPE-2FgOa7QxhuQwGGYjJojvM1QsbHRfrOGY-3D)&  
For the Great Canon of Repentance, you'll want to scroll to the top of the page and key Select Date. A calendar will appear and you'll enter the date needed. The information will appear on the right side of the page under Daily Liturgical Text. You key the field 'Great Canon of Repentance (PDF)  
  
2. - Liturgy of the Presanctified Gifts on Wednesday evenings:  
[Presanctified Divine Liturgy - Full Text (PDF)](https://u26938825.ct.sendgrid.net/ls/click?upn=u001.I1QWnEUjRQZmeILWJHEKPXmBuho39wD6gJFg1E-2BNfQDkLy5VovW5jPLuVUNp5K5qPbejWj6nfZEdwZ3LUxRfPaUfWmtAPejHCOv9oEAew7aczJUrt902eZ0rGRwImc3eYM2s_sqYTeZKtTpkUBxG9axnipbk-2FodxnNjn3QshBmnJ3VeE4e87GIVAuKkkj6HLH9BRIwjeKzVjB67KCda96HZOCEMmbks5V2XKncDNY7RB5FyjYzkBZYh7duWhzP2PydiSAFYfJzstg9YTjG-2FXuhtCDmQ6KGOyGcbr7stH5TCAa4i1yKoyKXuknFimGNMgRCUOhaJoStEFBTQdvwXwNkYsTWL4j4GF0CVUP-2BcSR9Ebq-2F55picLb6-2FxxTQGMs3mDsudUSEsd6dTq-2BwcLiaw-2FmVgrTQOMhAS57zvN2jwP1PeZXXo-3D)However, there are some changes to hymns, prayers and gospel readings for each Wednesday Presanctified Liturgy. For the specifics, you'll want to scroll to the top of the page and key Select Date. A calendar will appear and you'll enter the Wednesday date. The information for the keyed Wednesday will appear on the right side of the page under Daily Liturgical Text. You key the field 'Presanctified Divine Liturgy (PDF).  
  
3. - Little Compline with the Akathist Canon and stasis of the Akathist Hymn on Friday evenings for the first four Akathist services:  
[Little Compline with Akathist Hymn: Fridays 1-4 in Great Lent (PDF)](https://u26938825.ct.sendgrid.net/ls/click?upn=u001.I1QWnEUjRQZmeILWJHEKPXmBuho39wD6gJFg1E-2BNfQDkLy5VovW5jPLuVUNp5K5qOqauu-2Be26SmGCpdmuhvXRgBKXYXw4ltEA0TrQflbViSp0jxUoKAOk5mLbbA3JVhG7Hjl_sqYTeZKtTpkUBxG9axnipbk-2FodxnNjn3QshBmnJ3VeE4e87GIVAuKkkj6HLH9BRIwjeKzVjB67KCda96HZOCEMmbks5V2XKncDNY7RB5FyjYzkBZYh7duWhzP2PydiSAFYfJzstg9YTjG-2FXuhtCDmUIgwdnlzlUii7s-2Br4EwGvpyDqHwn9i4qwoNY32fBzAHw3oXDzJ9-2BY5h-2FmvlxRVwBEQps-2FTiuguwE3FKvDext14qfKeQSUrAj3ujuls0MPVsvSrswvfpeJ0ZyUpj0xKeVwgmA59vpp3d7-2F7YAOhq6Qs-3D)The link for the fifth Little Compline with Akathist Hymn on Friday will be provided to you at a later date.

**LENT SERVICES SCHEDULE**

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| **SERVICE** | **DATE** | **TIME** |
| **Vesperal Divine Liturgy of St. John Chrysostom for the Annunciation to the Most-Holy Theotokos & Synaxis of the Holy Archangel Gabriel** | Monday, March 25 | 6:00 P.M. |
| Presanctified Divine Liturgy | Wednesday, March 27  (2nd Wed. of Lent) | 6:00 P.M. |
| Little Compline with Akathist | Friday, March 29  (2nd Fri. of Lent) | 6:00 P.M. |
| Great Compline | Monday, April 1  (3rd Mon. of Lent) | 6:00 P.M. |
| Presanctified Divine Liturgy | Wednesday, April 3  (3rd Wed. of Lent) | 6:00 P.M. |
| Little Compline with Akathist | Friday, April 5  (3rd Fri. of Lent) | 6:00 P.M. |
| **Veneration of the Cross & Procession** | Sunday, April 7 | Immediately following Divine Liturgy |
| Great Compline | Monday, April 8  (4th Mon. of Lent) | 6:00 P.M. |
| Presanctified Divine Liturgy | Wednesday, April 10  (4th Wed. of Lent) | 6:00 P.M. |
| Little Compline with Akathist | Friday, April 12  (4th Fri. of Lent) | 6:00 P.M. |
| Great Compline | Monday, April 15  (5th Mon. of Lent) | 6:00 P.M. |
| Presanctified Divine Liturgy | Wednesday, April 17  (5th Wed. of Lent) | 6:00 P.M. |
| Little Compline with the Full Great Canon of Repentance by St. Andrew of Crete and the life of St. Mary of Egypt. | Thursday, April 18  (5th Thursday of Lent) | 6:00 P.M. |
| Little Compline with ALL Akathist (5th Friday) | Friday, April 19  (5th Fri. of Lent) | 6:00 P.M. |
| Great Compline | Monday, April 22  (6th Mon. of Lent) | 6:00 P.M. |
| Presanctified Divine Liturgy | Wednesday, April 24  (6th Wed. of Lent) | 6:00 P.M. |
| Little Compline with the Canon of the Raising of Lazarus | Friday, April 26 | 6:00 P.M. |

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| **Lazarus Saturday, Palm Sunday, Holy Week, Pascha & Agape**  **Services Schedule** | | |
| **SERVICE** | **DATE** | **TIME** |
| Saturday April 27 **A.M.** | Divine Liturgy of St. John Chrysostom for **St. Lazarus Saturday** | **9:15 A.M. Orthros**  **&**  **10:30 A.M.**  **Liturgy** |
| Saturday April 27 **P.M.** | Great Vespers for Palm Sunday | 5:00 P.M. |
| Sunday April 28 **A.M.** | Palm Sunday (**Glorious Entrance of the Lord to Jerusalem**) | **9:15 A.M. Orthros &**  **10:30 A.M.**  **Liturgy** |
| Sunday April 28 **P.M.** | 1st Bridegroom Service for Holy Monday (**Hada Houwwa Al-Khatan**) | 6:00 P.M. |
| Monday April 29 **P.M.** | Presanctified Divine Liturgy  2nd Bridegroom Service for Holy Tuesday (**Hada Houwwa Al-Khatan**) | 5:00 P.M.  6:30 P.M. |
| Tuesday April 30 **P.M**. | Presanctified Divine Liturgy  3rd Bridegroom Service for Holy Wednesday (**Hada Houwwa Al-Khatan**) | 5:00 P.M.  6:30 P.M. |
| Wednesday, May 1 **P.M**. | Presanctified Divine Liturgy  Service for the Sacrament of the Holy Unction (Salat Al-Zeit) | 5:00 P.M.  6:30 P.M. |
| Thursday May 2 **A.M.** | Orthros for Holy Thursday  Vesperal Divine Liturgy of St. Basil (**Mystical Supper**) | **9:15 A.M.**  **10:30 A.M.** |
| Thursday May 2 **P.M**. | Service of the Twelve Passion Gospels for Holy Friday | 6:00 P.M. |
| Friday, May 3 **A.M. & P.M.** | The Great (Royal) Hours and Typika on Holy Friday  Great Vespers for Holy Saturday (**Taking Down of Christ from the Cross**) | **9:15 A.M.**  3:00 P.M. |
| Friday May 3 **P.M.** | Orthros with the Service of the Lamentations for Holy Saturday  **(Followed with the All-Night Vigil by Teen SOYO.)** | 6:00 P.M. |
| Saturday May 4 **A.M.** | Vesperal Divine Liturgy of St. Basil the Great (**Qum Ya Rab**) | **9:15 A.M.** |
| Saturday, May 4 **P.M**. | The Vigil of Pascha - The Resurrection Rush Procession, Paschal Orthros, and Paschal Divine Liturgy of St. John Chrysostom for Sunday of Great and All-Holy Paschal | **10:00 P.M.** |
| Sunday, May 5 **P.M.** | Agape Vespers (**Gospel Readings in Multiple Languages**) with hymns for the commemoration of St. George | 5:00 P.M. |

**GREAT LENT FASTING GUIDELINES**

**Excluded Foods During Great Lent:**

**Meat and Meat Products**:  
Chicken, turkey, beef, pork, lard, items with beef gelatin and lard (certain breads and crackers)

**Dairy Products**:  
Cheese, milk, butter, eggs, lard, items with by-products of these products

**Fish**:  
Sardines, tuna, trout, bass, shark, pike, i.e., fish with backbones

**Oils**:  
Olive Oil

**Alcoholic Beverages**:  
Wine, beer, whiskey, etc.

**Permitted Foods During Great Lent**

**Shellfish**:  
Lobster, shrimp, crab, oysters, clams, mussels, etc.

**Vegetable and Vegetable Products**:  
Grains such as rice and wheat, pasta (non-egg), flour, vegetable gelatins

**Fruits and Nuts**:  
All varieties

**Oils**:  
Vegetable, margarine, corn, safflower, canola

**Miscellaneous**:  
Honey, soy, mustard, peanut butter