

Brethren, our good God who gives us life and brings us from year to year, has brought us also with love for mankind to this present time of fasting, in which each of the eager, as their choice directs, enters the contest; one devoting himself to self-mastery, eating only every two or three days, another to vigil, keeping vigil for so long or so long, another spending even longer in prostrations, and others in other ascetic actions. Quite simply during these holy days it is possible to see great zeal and attention. But the true subject behaves with obedience not at any particular time, but keeps up the struggle always. What is the struggle? Not to walk according to one's own will, but to let oneself be ruled by the disposition of the superior. This is better than the other works of zeal and is a crown of martyrdom; except that for you there is also change of diet, multiplication of prostrations and increase of psalmody are in accord with the established tradition from of old. And so I ask, let us welcome gladly the gift of the fast, not making ourselves miserable, as we are taught, but let us advance with cheerfulness of heart, innocent, not slandering, not angry, not evil, not envying; rather peaceable towards each other, and loving, fair, compliant, full of mercy and good fruits; breathing in seasonable stillness, since hubbub is damaging in a community; speaking suitable words, since too unreasonable stillness is profitless, yet above all unsleepingly keeping watch over our thoughts, not opening the door to the passions, not giving place to the devil. If the spirit of the powerful one, it says, rise up against you, do not let it find your place. So that the enemy has power to suggest, but in no way to enter. We are lords of ourselves; let us not open our door to the devil; rather let us keep guard over our soul as a bride of Christ, not set about with tumult, unwounded by the arrows of the thoughts; for thus we are able to become a dwelling of God in Spirit. Thus we may be made worthy to hear, "Blessed are the pure in heart, for they shall see God."

-St. Theodore the Studite



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## Great Lent 2026

Confessions are heard 30 minutes before every service. Beat the last minute rush and don't wait until the last days of Great Lent!

|          | Sunday   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|----------|--|---|---|---|---|---|--|
| February | Forgiveness Sunday 22<br><b>10a</b> Divine Liturgy<br><b>7p</b> Forgiveness Vespers  | Clean Monday 23<br><b>7p</b> Canon of St Andrew | 24<br><b>9a</b> Lenten Matins<br><b>7p</b> Canon of St Andrew | 25<br><b>6p</b> Presanctified Liturgy<br>Communal Meal          | 26<br><b>9a</b> Lenten Matins<br><b>7p</b> Canon of St Andrew | 27<br><b>7p</b> Akathist to Our Sweetest Lord Jesus | 28<br><b>5p</b> Parish Vigil                                 |
|          | Triumph of Orthodoxy 1<br><b>10a</b> Divine Liturgy<br><b>4p</b> Pan-Orthodox Vespers<br><i>All Saints GO Church<br/>Canonsburg PA</i>           | 2<br><b>5p</b> Lenten Vespers                   | 3<br><b>9a</b> Lenten Matins                                  | 4<br><b>6p</b> Presanctified Liturgy<br>Communal Meal           | 5<br><b>9a</b> Lenten Matins                                  | 6<br><b>7p</b> Akathist to St Nicholas              | 7<br><b>9:30a</b> Memorial Liturgy<br><b>5p</b> Parish Vigil |
| March    | St Gregory Palamas 8<br><b>10a</b> Divine Liturgy  | 9<br><b>5p</b> Lenten Vespers                   | 10<br><b>9a</b> Lenten Matins                                 | 11<br><b>6p</b> Presanctified Liturgy<br>Communal Meal          | 12<br><b>9a</b> Lenten Matins                                 | 13<br><b>7p</b> Panikhida for All Departed          | 14<br><b>5p</b> Parish Vigil                                 |
|          | Veneration of the Precious Cross 15<br><b>10a</b> Divine Liturgy<br><b>5p</b> Diocesan Vespers<br><i>St Alexander Nevsky<br/>Allison Park PA</i> | 16<br><b>5p</b> Lenten Vespers                  | 17<br><b>9a</b> Lenten Matins                                 | 18<br><b>6p</b> Presanctified Liturgy<br>Communal Meal          | 19<br><b>9a</b> Lenten Matins                                 | 20<br><b>7p</b> Akathist to the Passion of Christ   | 21<br><b>5p</b> Parish Vigil                                 |
|          | St John of "The Ladder" 22<br><b>10a</b> Divine Liturgy  | 23<br><b>5p</b> Lenten Vespers                  | 24<br><b>9a</b> Lenten Matins                                 | Annunciation 25<br><b>6p</b> Vespersal Liturgy<br>Communal Meal | 26<br><b>9a</b> Lenten Matins                                 | 27<br><b>7p</b> Akathist to the Mother of God       | 28<br><b>9a</b> Church Clean Up<br><b>5p</b> Parish Vigil    |
|          | St Mary of Egypt 29<br><b>10a</b> Divine Liturgy<br><b>5p</b> Deanery Unction<br><i>St Mary Church<br/>Southside Pittsburgh</i>                  | 30<br><b>5p</b> Lenten Vespers                  | 31<br><b>9a</b> Lenten Matins                                 | <p><b>Expulsion of Adam and Eve from Paradise</b></p>           |   |   |  |
|          |  |   |   |   |   |   |  |

Saint Paul maintains this about Christ's body, when he says of all spiritual Christians, "therefore, from now on, we regard no one according to the flesh" (2 Cor 5:16). Henceforth, he says, we begin to experience the resurrection in Christ, since the time when in Him, Who died for all, all our hopes were guaranteed to us. Let God's people then recognize that they are a new creation in Christ, and with all vigilance understand by Whom they have been adopted and Whom they have adopted. Let not the things, which have been made new, return to their ancient instability; and let not him who has put his hand to the plow (Lk 9:62) forsake his work, but rather attend to that which he sows than look back to that which he has left behind. Let no one fall back into that from which he has risen, but, even though from bodily weakness he still languishes under certain maladies, let him urgently desire to be healed and raised up. For this is the path of health through imitation of the Resurrection begun in Christ, whereby, notwithstanding the many accidents and falls to which in this slippery life the traveler is liable, his feet may be guided from the quagmire on to solid ground, for, as it is written, the steps of a man are directed by the Lord, and He will delight in his way. When the just man falls he shall not be overthrown, because the Lord will stretch out His hand. These thoughts, dearly-beloved, must be kept in mind not only for the Paschal festival, but also for the sanctification of the whole life, and to this our present exercise ought to be directed, that what has delighted the souls of the faithful by the experience of a short observance may pass into a habit and remain unalterably, and if any fault creep in, it may be destroyed by speedy repentance. And because the cure of old-standing diseases is slow and difficult, remedies should be applied early, when the wounds are fresh, so that rising ever anew from all downfalls, we may deserve to attain to the incorruptible Resurrection of our glorified flesh in Christ Jesus our Lord, Who lives and reigns with the Father and the Holy Spirit for ever and ever. Amen.

- St Leo the Great



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## Great Lent/Pascha 2026

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One Person of the Holy Trinity, namely the Son and Word of God, having become incarnate, offered Himself in the flesh as a sacrifice to the Divinity of the Father, and of the Son Himself, and of the Holy Spirit, in order that the first transgression of Adam might be benevolently forgiven for the sake of this great and fearful work, that is, for the sake of this sacrifice of Christ, and in order that by its power there might be performed another new birth and re-creation of man in Holy Baptism, in which we also are cleansed by water mingled with the Holy Spirit. From that time people are baptized in water, are immersed in it and taken out from it three times, in the image of the three-day burial of the Lord, and after they die in it to this whole evil world, in the third bringing out from it they are already alive, as if resurrected from the dead, that is, their souls are brought to life and again receive the Grace of the Holy Spirit as Adam had it before the transgression. Then they are anointed with Holy Myrrh, and by means of it are anointed with Jesus Christ, and are fragrant in a way above nature. Having become in this way worthy of being associates of God, they taste His Flesh and drink His Blood, and by means of the sanctified bread and wine become of one Body and Blood with God Who was incarnate and offered Himself as a sacrifice. *St Symeon the New Theologian*

|       | Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |  |
|-------|--|--|--|--|--|---|---|--|
| April |  |  |  |  | 1<br>6p Presanctified Liturgy<br>Communal Meal                     | 2<br>9a Matins w/ Canon of St Andrew of Crete   | 3<br>7p Moleben for the Sick  | 4<br>Lazarus Saturday<br>9:30a Divine Liturgy<br>5p Festal Vigil |
|       | Palm Sunday 5<br>10a Festal Liturgy w/ procession<br>7p Bridegroom Matins          | Great Monday 6<br>7p Bridegroom Matins                 | Great Tuesday 7<br>9a Vespers<br>7p Bridegroom Matins  | Great Wednesday 8<br>6p Presanctified Liturgy<br>No Meal | Great Thursday 9<br>9:30a Vespers Liturgy<br>7p 12 Passion Gospels | Great Friday 10<br>9a Royal Hours<br>3p Great Vespers<br>7p Burial Matins w/ procession | Great Saturday 11<br>9a Vespers Liturgy<br>10p Nocturn w/ procession<br>Paschal Matins and Liturgy Fellowship following |  |
|       | Holy Pascha 12<br>12p Paschal Vespers w/ procession                                | Bright Monday 13<br>9:30a Divine Liturgy w/ procession | Bright Tuesday 14<br>9a Pilgrimage to Holy Transfiguration Monastery Ellwood City PA<br>Divine Liturgy | Bright Wednesday 15                                      | Bright Thursday 16<br>9a Paschal Matins                            | Bright Friday 17<br>5p Paschal Reception at Soroka Residence                            | Bright Saturday 18<br>5p Parish Vigil   |  |
|       | Antipascha St Thomas Sunday 19<br>10a Divine Liturgy                               | 20   | 21<br>9a Daily Matins  | 22   | 23<br>9a Daily Matins  | 24  | 25<br>5p Parish Vigil   |  |
|       | Myrrhbearing Women 26<br>10a Divine Liturgy  | 27   | 28<br>9a Daily Matins  | 29   | 30<br>9a Daily Matins  |    |   |  |