

# Great Lent and Holy Week Schedule



**March 9 - May 5, 2024**

Sts. Constantine and Helen  
Antiochian Orthodox Church

# Schedule

## *Pre-Great Lent*

**Saturday, March 9:** *Saturday of Souls* **10:00 am**  
Trisagion Prayers for the Departed immediately following at Furneaux Cemetery.

## *Great Lent Begins*

**Monday, March 18:** *Great Compline with the Canon of St. Andrew* **6:00 pm**

**Tuesday, March 19:** *Great Compline with the Canon of St. Andrew* **6:00 pm**

**Wednesday, March 20:** *Presanctified Divine Liturgy* **6:00 pm**

**Thursday, March 21:** *Great Compline with the Canon of St. Andrew* **6:00 pm**

**Friday, March 22:** *Akathist* **6:00 pm**

**Monday, March 25:** *Annunciation Liturgy* **10:00 am**

**Wednesday, March 27:** *Presanctified Divine Liturgy* **6:00 pm**

**Friday, March 29:** *Akathist* **6:00 pm**

**Wednesday, April 3:** *Presanctified Divine Liturgy* **6:00 pm**

**Friday, April 5:** *Akathist* **6:00 pm**

**Wednesday, April 10:** *Presanctified Divine Liturgy* **6:00 pm**

**Friday, April 12:** *Akathist* **6:00 pm**

**Wednesday, April 17:** *Presanctified Divine Liturgy* **6:00 pm**

**Thursday, April 18:** *Life of St. Mary of Egypt* **6:00 pm**

**Friday, April 19:** *Akathist* **6:00 pm**

**Wednesday, April 24:** *Presanctified Divine Liturgy* **6:00 pm**

**Friday, April 26:** *Little Compline with the Canon of Raising of Lazarus* **6:00 pm**

# Schedule

## **Saturday, April 27:** *Lazarus Saturday*

*Orthros*

**9:00 am**

*Divine Liturgy of St. John Chrysostom*

**10:00 am**

*Great Vespers*

**5:00 pm**

## **Palm Sunday, April 28:** *Palm Sunday*

*Orthros*

**9:00 am**

*Divine Liturgy of St. John Chrysostom*

**10:00 am**

*Bridegroom Orthros for Holy Monday*

**7:00 pm**

In commemoration of the Ten Virgins from the Holy Gospel of Matthew 25:1-13

## **Holy Monday, April 29:**

*Presanctified Divine Liturgy*

**10:00 am**

*Bridegroom Orthros for Holy Tuesday*

**7:00 pm**

In commemoration of the Ten Virgins from the Holy Gospel of Matthew 25:1-13

## **Holy Tuesday, April 30:**

*Presanctified Divine Liturgy*

**10:00 am**

*Bridegroom Orthros for Holy Wednesday*

**7:00 pm**

In commemoration of the anointing of our Lord with myrrh by the woman in Bethany, in the house of Simon, the leper.

## **Holy Wednesday, May 1:**

*Presanctified Divine Liturgy*

**10:00 am**

*Holy Unction Service*

**7:00 pm**

The Sacrament of Holy Unction will be administered to all the Faithful present in preparation for receiving Holy Communion, especially for the next day, Holy Thursday. The Holy Oil is considered as the visible carrier of the Grace of God. *The Sacrament of Holy Unction will be administered only to those who are members of the Holy Orthodox Church. The faithful should fast after noon and make a confession during Lent.*

## **Holy Thursday, May 2:**

*Orthros*

**9:00 am**

Vesperal Liturgy in commemoration of the Last Supper, and the inauguration of the Holy Eucharist.

*Vesperal Divine Liturgy of St. Basil the Great*

**10:00 am**

In commemoration of the Institution of the Mystical Supper of Christ; the "Rite of the Washing of the Feet"

*Orthros with the Twelve Passion Gospels for Holy Friday*

**7:00 pm**

In commemoration of the Awful Passion of our Lord and God and Saviour Jesus Christ; and the confession on the cross of the penitent thief who was crucified with Him. The procession of the Cross with the Crucifix takes place. The spitting, the scourging, the buffeting, the scorn, the mocking, and the purple robe; the reed, the sponge, the vinegar, the nails, the spear, and above all, the Cross and Death.

# Schedule

## **Holy Friday, May 3:**

*The Great (Royal) Hours and Typika on Holy Friday*

**10:00 am**

*Great Vespers for Holy Saturday, Taking-down of Christ from the Cross*

**3:00 pm**

In commemoration of the unnailing of the body of Christ from the Cross, and wrapping of the Body of our Lord with a white sheet by Joseph of Arimathea, and placing Him in the tomb.

*Orthros with the Lamentations for Holy Saturday*

**7:00 pm**

In commemoration of the entombment of the Divine Body of our Lord Jesus Christ, during which, the Body of Christ represented on a costly material embroidered is carried in a procession around the Church. The entire congregation joins in singing the three parts of the "Lamentations".

*Holy Friday: Strict Fast. If necessary, we should eat only one meal for the day, and it should include vinegar.*

## **Saturday, May 4: Vespers Divine Liturgy of St. Basil the Great**

**10:00 am**

Baptisms and Chrismations. This service marks the transition from the deep sorrow of the Crucifixion to the Joy of the Resurrection, including Christ's descent into Hades, by which our race recalled from corruption.

## **Great and All-Holy Pascha**

### **Saturday, May 4**

*Matins (Orthros), Rush Service, Divine Liturgy*

**10:00 pm**

### **Sunday, May 5**

*Agape Vespers*

**1:00 pm**

The Holy Resurrection of our Lord, God, and Saviour Jesus Christ and the proclamation "*Christ is Risen from the Dead, trampling down death by death, and unto those in tombs bestowing life*". Bring your Pascha Baskets with meat and cheese for the blessing and stay to celebrate!

The faithful gather together singing "*Christ is Risen...*" and the Gospel of St. John is read in various languages, proclaiming the Good News of the Resurrection. Therefore, this day is called "*Sunday of Agape*" (love feast). Pasha Picnic to follow.

*Those wishing to receive Holy Communion on Pascha, should fast 6 hours before.*

If you can read the Gospel for the AGAPE Service on Easter Sunday at 1:00 pm, in any other language than English, please contact: Deacon George Mekhel at [deacongeorge@constantinehelen.com](mailto:deacongeorge@constantinehelen.com).

