

Let us observe the Fast acceptable and pleasing to the Lord.  
True Fasting is to put away all evil,  
To control the tongue, to forbear from anger,  
To abstain from lust, slander, falsehood and perjury.  
If we renounce these things, then is our fasting true and acceptable to God.  
*- Triodion for the first week of Lent*



## **FIRST WEEK OF LENT**

### **February 26th – March 4th, 2023**

- SUNDAY**            **9:30 AM** Divine Liturgy followed by a simple Agape meal  
                         **Noon** Forgiveness Vespers
- MONDAY**           **6:30 PM** Great Compline with the Canon of St. Andrew of Crete
- TUESDAY**         **6:30 PM** Great Compline with the Canon of St. Andrew of Crete
- WEDNESDAY**     **8:00 AM** Liturgy of the Pre-Sanctified Gifts  
                         **6:30 PM** Great Compline with the Canon of St. Andrew of Crete
- THURSDAY**       **6:30 PM** Great Compline with the Canon of St. Andrew of Crete
- FRIDAY**            **6:00 PM** Liturgy of Pre-Sanctified Gifts with Canon to St.  
                         Theodore the Tyro (Fasting from 1PM)
- SATURDAY**        **5:30 P.M.** Vigil for Sunday of Orthodoxy

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