

Holy Friday, April 14

7:00 PM.....Lamentation Service (Funeral procession of our Lord)

We lament Jesus' undeserved death for our salvation. With both sorrow and joy we sing the Lamentations to Him, who is symbolically buried, yet Who we already know is the Risen Lord. The Epitaphios is taken in a candlelight processing around the Church.

Holy Saturday, April 15

9:00 AM.....*Saint Basil Morning Vesperal Liturgy* (Arise O God!)

Today is a day of hope and waiting. We know that because Christ died, death is no longer the end of life. Today's Liturgy anticipates the Resurrection. It includes readings from the Old Testament and special hymns. The Scripture readings are from Romans 6:3-11 and Matthew 28:1-20

This service is a festive one! The Acolytes hand out bells and noise makers to the children in attendance. As the Priest showers the church with rose petals and bay leaves, rejoicing in the celebration of the resurrection the children are encouraged to make a "joyful" noise!

11:00 PM.....The Canon (Anticipating the coming Resurrection)

12:00 AM.....Resurrection / Anastasi Service

12:30 AM.....*Resurrectional Divine Liturgy*

Tonight we celebrate our Lord's glorious Resurrection. In a darkened Church, the faithful receive the Resurrection light from the priest. The congregation hears the good news of Christ's triumph from the Gospel. The joyous hymn of Christ's Resurrection is triumphantly changed – Christ is Risen! The Paschal Liturgy and sermon of Saint John Chrysostom invites us to take part in the feast of the Resurrection.

Holy Pascha / Easter Sunday, April 16

11:00 AM.....Agape Service – Vespers of Love
(The Good News of Jesus Christ joyously declared in different Languages)

Saint Sophia Cathedral Donation



SAINT SOPHIA

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SCHEDULE LENT AND HOLY WEEK 2023

The Lenten Prayer Of St. Ephraim The Syrian

O Lord and Master of my life
take from me the spirit of laziness
faint-heartedness, lust for power and idle talk.

But give rather give to me, your servant,
the spirit of chastity,
humility, patience, and love.

Yes, O Lord and King
grant me to see my own faults
and not to judge my brothers and sisters;
for You are blessed unto the ages of ages. Amen.

Hymn from The Bridegroom Service of Holy Week

Behold, the Bridegroom is coming in the middle of the night; and blessed is the servant He shall find awake and watching; unworthy is the other He shall find being lazy. So beware, O soul of mine, be not overcome by sleep, so that you not be handed over to death and be shut out from the Kingdom. Come to your senses and cry aloud: Holy, holy, holy are You our God. By the protection of the Bodiless Hosts have mercy on us.

Presanctified Liturgy will be conducted on:

In the Cathedral

Wednesday, March 8 at 6:00 pm

Friday, March 10 at 10:00 am

Wednesday, March 15 at 6:00 pm

Friday, March 17 at 10:00 am

Wednesday, March 22 at 6:00 pm

Friday, March 24 at 10:00 am

Wednesday, March 29 at 6:00 pm

Friday, March 31 at 10:00 am

Wednesday, April 5 at 6:00 pm

Friday, April 7 at 10:00 am

Salutations to the Theotokos

Celebrated at 7:00pm on Friday evenings:

March 3: 1st Salutations to the Theotokos

March 10: 2nd Salutations to the Theotokos

March 17: 3rd Salutations to the Theotokos

March 24: Great Vespers - Feast of the Annunciation

March 31: Akathist Hymn to the Theotokos

Holy Thursday, April 13

9:00 AM.....*Saint Basil Morning Vesperal Liturgy*

At this solemn service, we celebrate the meaning of what Christ said and did at the Last Supper. Before the great entrance, this special hymn is chanted: "At Thy mystical supper, O Son of God, accept me today a communicant, for I will not speak of Thy mystery to Thine enemies, neither like Judas will I give Thee a kiss, but like the thief will I confess Thee: Remember me, O Lord, in Thy kingdom." Holy Communion from the Lamb (The "Amnos") is consecrated at this Liturgy. It is used throughout the rest of the year for Communing the sick and homebound.

6:00 PM.....Reading of the 12 Gospels

(About the dramatic Passion & Crucifixion of our Lord)

On this day, our Lord went to the Cross and died to atone for our sins. The power of death and the reality of evil ruling the world is apparent on this dreadful day. Yet, Christ's death marks the beginning of His – and our – victory over death's power. This solemn service consists of 1) The Twelve Gospel Readings. These narratives from the four Gospels relaying the events of Jesus' Holy Passion, and His last instruction to His disciples; 2) The procession: the Cross is adorned with a flower wreath, and carried in procession. This symbolizes Christ's coming to Golgotha to offer Himself as sacrifice for the sins of the world.

Holy Friday, April 14

9:00 AM.....Reading of the Royal Hours

(Hymns, Psalms, and Readings from the Old and New Testaments, all prophetically and practically related to the Person of Jesus Christ.)

This Friday Morning Service retells the story of Christ's passion with the addition of prophecies, psalms and hymns. These services, or "Royal Hours," help us keep vigil at the side of the crucified Christ, and relate Jesus' suffering to our own redemption.

3:00 PM.....Vespers of the Descent from the Cross (The Un-nailing)

During this Service, the priest takes Christ's body from the Cross, wraps it in a white cloth and places it on the Altar as a sign of His burial by Joseph of Arimathea. The Gospel during the Friday afternoon serve are Matthew 27:1-38, Luke 22:39-43; Matthew 27:39-54; John 19:31-37; Matthew 27:55-61

2) The Blessed Joseph, the one who was thrown into a pit and sold into slavery by the brothers, and who later became a powerful ruler. In the same way, Christ was rejected, betrayed and crowned with glory in God's Kingdom;
3) The Barren Fig Tree, which Christ cursed and withered because it bore no fruit. The tree is like those who have heard God's word but fail to bear fruit by not obeying it. The Gospel reading is Matthew 21:18-43.

Holy Monday, April 10 7:00 PM- Service of the Bridegroom / Nymphios

This Service urges us to be spiritually prepared to receive Christ. We should take this time to reflect on the Parable of the Ten Virgins. The maidens who filled their lamps with oil were prepared to receive the Bridegroom. Those with empty lamps were shut out of the marriage feast. So each of us should light our lives with faith and good works and be ready to receive Christ. The Gospel reading is Matthew 22:15-46; 23:1-39.

Holy Tuesday, April 11 7:00 PM- Service of the Bridegroom / Nymphios

This Service asks us to repent our sins and to forgive others. We remember the sinful woman who anointed Christ in anticipation of His death. Her repentance and love of Christ is the theme of the Hymn of Cassiane chanted tonight. We, too, may be forgiven if we confess our sins and obey God's will. The Gospel reading is John 12:17-50.

Holy Wednesday, April 12

3:00 PM.....(Early Choice) Sacrament of Holy Unction

7:00 PM.....(Later Choice) Sacrament of Holy Unction

The Sacrament of Holy Oil is celebrated on Holy Wednesday Evening when we seek to be reconciled with God. The priest anoints us with holy oil that we may be healed physically and spiritually. The Orthodox Church has always viewed body and soul as inseparable, and for that reason has stressed the necessity for preserving both in good health. The Sacrament of the Holy Unction is an enduring sacrament of the faith for healing the sick and forgiving sins. The most familiar celebration of this sacrament occurs on Great Wednesday of Holy Week.



Saturday, March 25: Feast of the Annunciation

9:00 am Orthros

10:00 am Divine Liturgy

**Saturday, April 1: The Akathist Hymn and the Feast
Day of Saint Mary of Egypt**

9:00 am Orthros

10:00 am Divine Liturgy

Saturday, April 8: Saturday of Lazarus

9:00 am Orthros

10:00 am Divine Liturgy

Great Vespers

Celebrated at 6:00pm on Saturday evenings in the Chapel

March 11

March 18

March 25

April 1

April 8

March 5: Sunday of Orthodoxy

(Sunday School Students bring Icons for procession)

9:00am Orthros

10:00am Divine Liturgy

March 12: Sunday of St. Gregory Palamas

9:00am Orthros

10:00am Divine Liturgy

March 19: Sunday of the Holy Cross

9:00am Orthros

10:00am Divine Liturgy

March 26: Sunday of St. John Climacus

9:00am Orthros

10:00am Divine Liturgy

April 2: Sunday of St. Mary of Egypt

9:00am Orthros

10:00am Divine Liturgy

April 9: Palm Sunday

9:00am Orthros

10:00am Divine Liturgy

7pm Service of the Bridegroom / Nymphios

During Holy Week, we follow the footsteps of Christ, Who passed from Death to Life. We, too, experience Christ's journey to the Cross. This journey takes us to the reality of sin and death. Christ conquered sin and death, and His triumph is ours as well. By uniting ourselves with Christ, we discover that death has no power over us.

Open your heart to Christ! The events of Holy Week are the most moving of the year. To get the most out of them, participate in each day's services. Make prayer, fasting and Holy Communion essential parts of your Holy Week.

Lazarus Saturday, April 8

9:00 AM-Orthros

10:00 AM-*Divine Liturgy*

6:00 PM-Great Vespers

followed by Pancake Breakfast and the making of the Palm Crosses. On Lazarus Saturday, we find that death is the enemy which Christ came to conquer, and that Christ is truly the giver of life! The raising of Lazarus is celebrated on this day. We, too, receive the promise of new life. We celebrate the divine love that brought Lazarus back to life --- the same love that Christ offers to each one of us today. The Scripture readings are Hebrews 12:28-13:8 and John 11:1-45.

Palm Sunday, April 9 *Blessing & Distribution of Palms* (before Doxology)

9:00 AM-Orthros

10:00 AM-*Divine Liturgy*

Palm Sunday celebrates Jesus' triumphant entry into Jerusalem. We receive Palms on this day to show that we too accept Jesus as King, and that we are willing to follow Him to the Cross. The scripture readings are Philippians: 4:4-9 and John 12:1-18.

Palm Sunday, April 9 7:00 PM- Service of the Bridegroom / Nymphios
This Service helps us understand Christ's passage from death to life – and how each of us can also become free from sin and death. So we commemorate:

1) Christ the Bridegroom. The priest carries the Icon of Christ the Bridegroom in procession. We behold Christ as the Bridegroom of the Church, bearing the marks of suffering, yet preparing a marriage Feast for us in God's kingdom;