

## February 2018

| Sunday   | Monday   | Tuesday   | Wednesday                                  | Thursday  | Friday  | Saturday   |
|--|--|---|--|---|---|--|
|  |  |   |  | 1<br><i>Fast Free</i>                             | 2<br><i>Fast Free</i><br>Presentation of the Lord<br>0600 Matins<br>0700 Divine Liturgy | 3<br><i>Fast Free</i>  |
|  |  |   |  | 1745 9th Hour & Vespers<br>1845 Discovering Orth. |   | 1745 9th Hour & Vespers  |
| 4<br><i>Fast Free</i><br>17th Sunday of St Luke<br><i>Prodigal Son</i><br>0845 Matins<br>1000 Divine Liturgy   | 5  | 6<br>St Photios<br>0600 Matins<br>0700 Divine Liturgy | 7<br><i>Fast Day</i>                       | 8   | 9<br><i>Fast Day</i>  | 10<br>St Haralambos<br>Saturday of Souls<br>0900 Matins<br>1000 Liturgy & Memorial<br>1200 Trisagion at Cem.   |
|  | 1745 9th Hour & Vespers  | 1745 9th Hour & Vespers                               | 1800 Paraklesis                            | 1745 9th Hour & Vespers<br>1845 Discovering Orth. | 1745 9th Hour & Vespers   | 1745 9th Hour & Vespers  |
| 11<br>Sunday of Judgment<br><i>Meatfare</i><br>0845 Matins<br>1000 Divine Liturgy  | 12<br><i>*Meat Fast</i>  | 13<br><i>*Meat Fast</i>                               | 14<br><i>*Meat Fast</i>                    | 15<br><i>*Meat Fast</i>                           | 16<br><i>*Meat Fast</i>   | 17<br><i>*Meat Fast</i><br>Saturday of Souls<br>0900 Matins<br>1000 Liturgy & Memorial   |
|  | 1745 9th Hour & Vespers  | 1745 9th Hour & Vespers                               | 1800 Paraklesis                            | 1745 9th Hour & Vespers<br>1845 Discovering Orth. | 1745 9th Hour & Vespers   | 1745 9th Hour & Vespers  |
| 18<br><i>*Meat Fast</i><br>Sunday of Forgiveness<br><i>Cheesefare</i><br>0845 Matins<br>1000 Divine Liturgy  | 19<br><i>Fast Day</i><br>Clean Monday<br>1000 Lenten Matins<br>1100 Clean Mon. Retreat | 20<br><i>Fast Day</i>                                 | 21<br><i>Fast Day</i>                      | 22<br><i>Fast Day</i>                             | 23<br><i>Fast Day</i>   | 24<br> <i>Fast Day</i><br>Saturday of St Theodore<br>0900 Matins<br>1000 Liturgy & Memorial |
| 1745 Ninth Hour<br>1800 Forgiveness Vespers  | 1800 Great Compline  | 1800 Great Compline                                   | 1740 Ninth Hour<br>1800 Presanctified Lit. | 1800 Great Compline                               | 1800 Akathist Hymn  | 1745 9th Hour & Vespers  |
| 25<br> <i>Fast Day</i><br>1st Sunday of the Fast,<br>of Orthodoxy<br>0845 Matins<br>1000 Divine Liturgy | 26<br><i>Fast Day</i>  | 27<br><i>Fast Day</i>                                 | 28<br><i>Fast Day</i>                      |   |   | ἉΓΙΟΥ ΝΙΚΟΛΑΟΥ<br><br>HOLY CHURCH OF SAINT NICHOLAS                                       |
|  | 1745 9th Hour & Vespers  | 1745 9th Hour & Vespers                               | 1800 Paraklesis                            |   |   |  |


### The Triodion and the Great Fast

**Fast Free:** The first week of the Triodion, January 29th through February 4th, is a fast-free period.

The Great Fast is a forty-day period, in 2018 from Monday, February 19th through Friday, March 30th. It is followed by the Fast of Great and Holy Week (March 31–April 7, 2018).

**\*Meat Fast:** The Great Fast is preceded by “Cheesefare Week” (February 19–25, 2018) during which we fast only from meat, since dairy, fish, olive oil, and wine are allowed.

**Fast Day:** During the period of “The Great Fast,” we abstain from (a) all vertebrate products, including meat, dairy items, and fish (by “fish” we mean vertebrate fish; shellfish, however, may be consumed on any day), (b) olive oil, and (c) wine (as well as all alcohol).

** Fast Day:** On Saturdays and Sundays the Great Fast, as well as certain feast days, the Fast is relaxed to consume olive oil and wine.