


March 2018


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>Fast Day</i>	2 <i>Fast Day</i>	3  <i>Fast Day</i>
4  <i>Fast Day</i> 2nd Sunday of the Fast, of Saint Gregory Palamas 0845 Matins 1000 Divine Liturgy	5 <i>Fast Day</i>	6 <i>Fast Day</i>	7 <i>Fast Day</i>	8 <i>Fast Day</i>	9 <i>Fast Day</i>	10  <i>Fast Day</i>
	1800 Great Compline	1800 Great Compline	1740 Ninth Hour 1800 Presanctified Lit.	1800 Great Compline	1800 Akathist Hymn	1745 9th Hour & Vespers
11  <i>Fast Day</i> 3rd Sunday of the Fast, of the Veneration of the Cross 0845 Matins 1000 Divine Liturgy	12 <i>Fast Day</i>	13 <i>Fast Day</i>	14 <i>Fast Day</i>	15 <i>Fast Day</i>	16 <i>Fast Day</i>	17  <i>Fast Day</i>
	1800 Great Compline	1800 Great Compline	1740 Ninth Hour 1800 Presanctified Lit.	1800 Great Compline	1800 Akathist Hymn	1745 9th Hour & Vespers
18  <i>Fast Day</i> 4th Sunday of the Fast, of Saint John Klimakos 0845 Matins 1000 Divine Liturgy	19 <i>Fast Day</i>	20 <i>Fast Day</i>	21 <i>Fast Day</i>	22 <i>Fast Day</i>	23 <i>Fast Day</i>	24  <i>Fast Day</i> Saturday of the Akathist 0800 Matins 0900 Divine Liturgy 1000 Parish Cleanup Day
	1800 Great Compline	1800 Great Compline	1740 Ninth Hour 1800 Presanctified Lit.	1800 Great Compline	1800 Akathist Hymn	1745 9th Hour & Vespers
25  <i>Fast Day</i> 5th Sunday of the Fast, of Saint Mary of Egypt Feast of the Annunciation 0845 Matins 1000 Divine Liturgy	26	27	28 <i>Fast Day</i>	29	30 <i>Fast Day</i>	31  <i>Fast Day</i> Saturday of Lazarus 0900 Matins 1000 Divine Liturgy 1200 Folding Palms
	1800 Great Compline	1800 Great Compline	1740 Ninth Hour 1800 Presanctified Lit.	1745 9th Hour & Vespers 1800 Great Compline	1800 Akathist Hymn	1745 9th Hour & Vespers

The Great Fast

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).

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.

 **Fast Day:** On **Major Feasts during the Great Fast**, the Fast is relaxed to consume fish, olive oil, and wine.