

TRIODION 2008

- ✦ Triodion begins February 17th this year. It ends on Great Saturday morning (April 26th).

February 17	Publican and Pharisee	Theme: Humility	Fast-free week.
February 24	Prodigal Son	Theme: Repentance	Regular fasting from Feb. 24 – Mar. 1
March 2	Meat Fare Sunday	Theme: Judgment	All foods except meat allowed from March 2 – 9.
March 9	Cheese Fare Sunday	Theme: Ways of Fasting	Last day before Great Lent

- ✦ March 9: Vespers of Forgiveness
 ✦ March 10: Clean Monday. LENT BEGINS.

March 16	1 st Sunday of Lent	Sunday of Orthodoxy	Rejoicing in the Orthodox Faith's triumph over heresies.
March 23	2 nd Sunday of Lent	St. Gregory Palamas	An example of a strong Orthodox role model.
March 30	3 rd Sunday of Lent	Veneration of the Cross	Mid-Lent symbol to continue the spiritual trial.
April 6	4 th Sunday of Lent	St. John of the Ladder	An example of sainthood since childhood.
April 13	5 th Sunday of Lent	St. Mary of Egypt	An example of sinfulness since childhood, with repentance.
April 20	6 th Sunday of Lent	Palm Sunday	Christ's entry into Jerusalem; fish allowed.

- ✦ March 25: Annunciation of the Theotokos – fish allowed.
 ✦ The 40 days of Lent include Clean Monday (March 10th) and end on the Saturday (morning) of Lazarus (April 26th).

April 21	Great Monday	St. Joseph of Pangalos	
April 22	Great Tuesday	10 Virgins	
April 23	Great Wednesday	Jesus' Arrest	Holy Unction
April 24	Great Thursday	Last Supper	Oil allowed
April 25	Great Friday	The Holy Passion of Christ	No Liturgy Allowed.
April 26	Great Saturday	The Lord's Descent to Hades	
April 27	Great Sunday	Resurrection of Christ	No fast

- ✦ April 27th – May 6th: We consume everything on all days (no fasting).

PENTECOSTARION 2008

- ✦ The 50 days of Pentecost are from (Pascha) April 27th to (Sunday of Pentecost) June 15th.

May 4	Sunday of Thomas
May 11	Sunday of the Myrrhbearers
May 18	Sunday of the Paralytic
May 25	Sunday of the Samaritan Woman
June 1	Sunday of the Blind Man
June 5 (Thursday)	The Ascension of Our Lord
June 8	Sunday of the Holy Fathers
June 15	Sunday of Pentecost

- ✦ NO fasting from Sunday of Pentecost until the Sunday of All Saints.

June 22	Sunday of All Saints
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- ✦ Apostles' Fast begins on June 23rd for 6 days.

**Note that these are general rules for fasting.
 Speak to your spiritual father or priest as to what is best for you!**