

ΠΡΟΓΡΑΜΜΑ ΣΑΡΑΚΟΣΤΗΣ 2010 GREAT LENTEN SCHEDULE

6 Φεβρουαρίου	1ον Ψυχοσάββατον	Λειτουργία	9.00 π.μ.
7 Φεβρουαρίου	Κυριακή της Απόκριω	Όρθρος	8.15 π.μ.
	Τελευταία ημέρα κατάλυσης κρέατος	Λειτουργία	9.30 π.μ.
14 Φεβρουαρίου	Κυριακή Τυροφάγου	Όρθρος	8.15 π.μ.
	Ασπασμός συγχωρήσεως και αγάπης.	Λειτουργία	9.30 π.μ.
15 Φεβρουαρίου	ΚΑΘΑΡΑ ΔΕΥΤΕΡΑ	Αρχή Σαρακοστής	
17 Φεβρουαρίου	Προηγιασμένη Λειτουργία	Τετάρτη	6.00 μ.μ.
	Νηστήσιμο γεύμα, αφιερωμένο από τη G.O.Y.A.		~7.15 μ.μ.
19 Φεβρουαρίου	Α' Στάσις των Χαιρετισμών	Παρασκευή	6.30 μ.μ.
20 Φεβρουαρίου	3ον Ψυχοσάββατον	Λειτουργία	9.00 π.μ.
21 Φεβρουαρίου	ΚΥΡΙΑΚΗ ΟΡΘΟΔΟΞΙΑΣ	Όρθρος	8.15 π.μ.
	Πανορθόδοξη Λειτουργία	Λειτουργία	9.30 π.μ.
24 Φεβρουαρίου	Προηγιασμένη Λειτουργία	Τετάρτη	6.00 μ.μ.
	Νηστήσιμο γεύμα: Κατηχητικό & Ελληνικό Σχολείο		~7.15 μ.μ.
26 Φεβρουαρίου	Β' Στάσις των Χαιρετισμών	Παρασκευή	6.30 μ.μ.
28 Φεβρουαρίου	Β' Κυριακή Νηστειών (Αγ. Γρ. Παλαμά)	Όρθρος	8.15 π.μ.
		Λειτουργία	9.30 π.μ.
3 Μαρτίου	Προηγιασμένη Λειτουργία	Τετάρτη	6.00 μ.μ.
	Νηστήσιμο γεύμα, αφιερωμένο από την Φιλόπτωχο		~7.15 μ.μ.
5 Μαρτίου	Γ' Στάσις των Χαιρετισμών	Παρασκευή	6.30 μ.μ.
7 Μαρτίου	Γ' Κυρ. Νηστειών (Σταυροπροσκηνήσεως)	Όρθρος	8.15 π.μ.
	Διανομή των ευλογημένων ανθών.	Λειτουργία	9.30 π.μ.
10 Μαρτίου	Προηγιασμένη Λειτουργία	Τετάρτη	6.00 μ.μ.
	Νηστήσιμο γεύμα: Χορωδία & Ιεραποστολική Επιτροπή		~7.15 μ.μ.
12 Μαρτίου	Δ' Στάσις των Χαιρετισμών	Παρασκευή	6.30 μ.μ.
14 Μαρτίου	Δ' Κυριακή Νηστειών (Αγ. Ιω. Κλίμακος)	Όρθρος	8.15 π.μ.
		Λειτουργία	9.30 π.μ.
17 Μαρτίου	Προηγιασμένη Λειτουργία	Τετάρτη	6.00 μ.μ.
	Νηστήσιμο γεύμα, αφιερωμένο από το Συμβούλιο		~7.15 μ.μ.
19 Μαρτίου	Ο ΑΚΑΘΙΣΤΟΣ ΥΜΝΟΣ	Παρασκευή	6.00 μ.μ.
21 Μαρτίου	Ε' Κυρ. Νηστειών (Μαρίας Αιγυπτίας)	Όρθρος	8.15 π.μ.
		Λειτουργία	9.30 π.μ.
24 Μαρτίου	ΕΣΠΕΡΙΝΗ ΛΕΙΤΟΥΡΓΙΑ, ΕΥΑΓΓΕΛΙΣΜΟΥ	Τετάρτη	6.00 μ.μ.
	Νηστήσιμο γεύμα: ΑΧΕΠΑ και Ουγ. Πηγελόνης		~7:30 μ.μ.
27 Μαρτίου	ΣΑΒΒΑΤΟΝ ΤΟΥ ΛΑΖΑΡΟΥ	Λειτουργία	9.00 π.μ.

PAN-ORTHODOX RESTORATION OF THE ICONS LITURGY
 HOLY TRINITY GREEK ORTHODOX CHURCH, SUNDAY, FEBRUARY 21, 9:30 A.M.
Bring icons from home in order to display your pride in this revered Church tradition!

6 February	1st Saturday of the Souls	Liturgy	9:00 a.m.
7 February	Sunday of Meat-leaving	Orthros	8:15 a.m.
	Last day of meat eating before Lent	Liturgy	9:30 a.m.
14 February	Cheesefare/Forgiveness Sunday	Orthros	8:15 a.m.
	Featuring embrace of forgiveness & love.	Liturgy	9:30 a.m.
15 February	CLEAN MONDAY	Start of the 40-day fast!	
17 February	Presanctified Liturgy	Wednesday	6:00 p.m.
	Lenten meal offered by G.O.Y.A.		7:15 p.m.
19 February	1st Stanza of Salutations to Theotokos	Friday	6:30 p.m.
20 February	3rd Saturday of the Souls	Liturgy	9:00 a.m.
21 February	SUNDAY OF ORTHODOXY	Orthros	8:15 a.m.
	Everyone bring icons to proudly display!	Liturgy	9:30 a.m.
24 February	Presanctified Liturgy	Wednesday	6:00 p.m.
	Lenten meal: Church School & Greek School		7:15 p.m.
26 February	2nd Stanza of Salutations to Theotokos	Friday	6:30 p.m.
28 February	2nd Sunday of Lent, (St. Gregory Palamas)	Orthros	8:15 a.m.
		Liturgy	9:30 a.m.
3 March	Presanctified Liturgy	Wednesday	6:00 p.m.
	Lenten meal offered by Philoptochos		7:15 p.m.
5 March	3rd Stanza of Salutations to Theotokos	Friday	6:30 p.m.
7 March	3rd Sunday of Lent (Veneration of Cross)	Orthros	8:15 a.m.
	Distribution of blessed flowers.	Liturgy	9:30 a.m.
10 March	Presanctified Liturgy	Wednesday	6:00 p.m.
	Lenten meal: Choir & Mission Committee		7:15 p.m.
12 March	4th Stanza of Salutations to Theotokos	Friday	6:30 p.m.
14 March	4th Sunday of Lent (St John of the Ladder)	Orthros	8:15 a.m.
		Liturgy	9:30 a.m.
17 March	Presanctified Liturgy	Wednesday	6:00 p.m.
	Lenten meal offered by the Parish Council		7:15 p.m.
19 March	THE AKATHIST HYMN	Friday	6:00 p.m.
21 March	5th Sunday of Lent (Mary of Egypt)	Orthros	8:15 a.m.
		Liturgy	9:30 a.m.
24 March	VESPERAL LITURGY, ANNUNCIATION	Wednesday	6:00 p.m.
	Lenten meal by AHEPA & DOP follows		7:30 p.m.
27 March	SATURDAY OF LAZAROS	Liturgy	9:00 a.m.

Just some of the chances for following the disciplines which our Church prescribes for us during Great Lent:

- ◆ **SATURDAYS OF THE SOULS: Feb. 6, Feb. 20** - On these days, we are exhorted to commemorate loved ones whose anniversaries of passings fall during Lent, Holy Week & Bright Week so that memorials (except 40-day ones) are avoided on Sundays of Lent.
- ◆ **'CLEAN' MONDAY: February 15** - Strict fasting is indicated for this 1st day of the 40-day fast. Fasting is not just for "the pious." Wednesdays & Fridays are the strictest days — Sundays the most lenient. Fasting assumes good health and is adjusted according to age and "experience." Consult your medical professional and priest to determine the fasting regime right for YOU.
- ◆ **SUNDAY OF ORTHODOXY: February 21** - Orthodox Christians from around central Indiana will again gather at Holy Trinity — under our majestic new dome — to celebrate the strength which we derive from our common Faith that was confirmed by the Fathers of the 7th Ecumenical Council. Bring an icon from home and show your pride in this ancient tradition of our Faith.
- ◆ **THE VENERATION OF THE CROSS: March 7** - The empty Cross, the symbol of Christ's Anastasis, is commemorated on this day. Flowers that grace the Cross are given to the faithful. They are to be saved during the year in the home iconostasis as a reminder of the power of this mighty trophy of victory over death.
- ◆ **CONFESSION** - Confession purges the soul of the guilt of sin through the cleansing tears of repentance. Confessions can be made any time of the year, but Lenten prayer and introspection make this an ideal time for ensuring that our souls are as free from stain as our new Paschal outfits. Call Father Anastasios to schedule your appointment early in Lent — and don't miss this chance to 'flush away' the guilt of sin from your life.

COVER PHOTO - The driver of a motorcycle gazes in awe upon a Crucifix that survived unscathed amidst the rubble of a Catholic church destroyed by the recent earthquake in Haiti. This miracle is an allegory for how, if we walk in Christ's footsteps, we can likewise remain unscathed amidst the dangers and disasters of this world. Let us also remember Haiti and its people throughout Lent.



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GREAT LENT 2010

HOLY TRINITY GREEK ORTHODOX CHURCH OF INDIANAPOLIS