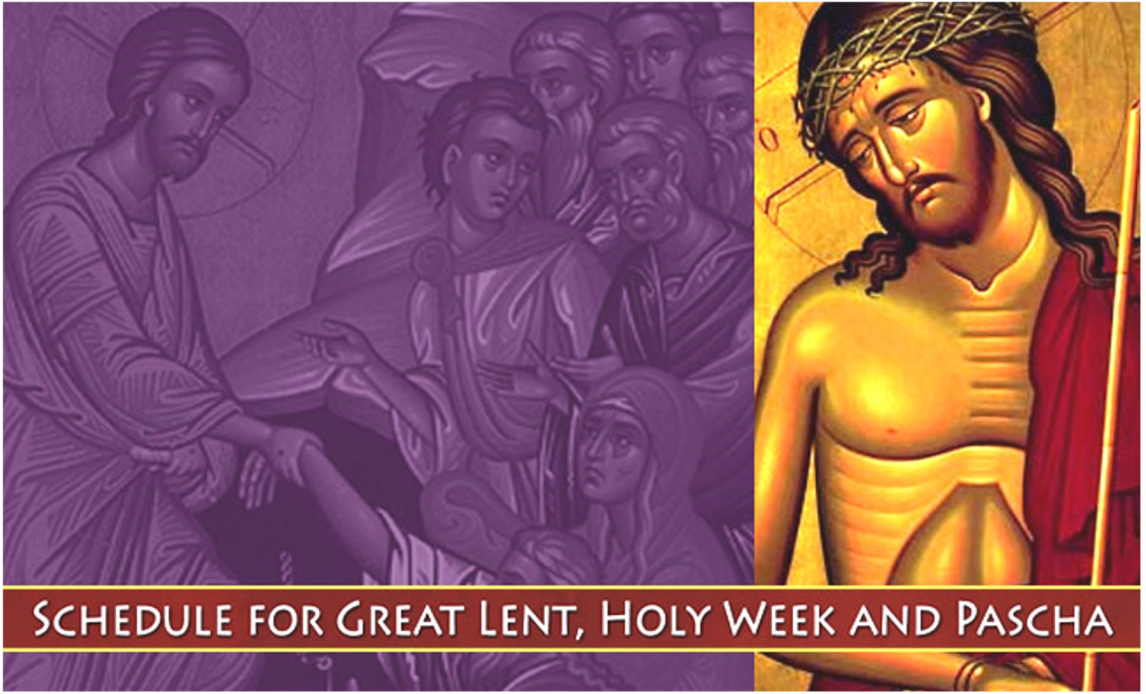




Saints Constantine & Helen
Greek Orthodox Church of Washington, D.C.

Great Lent, Holy Week & Pascha

April 24, 2024-May 5, 2024



Great Lent is a time for self-examination and self-denial – a time for taking control of our lives and our bodies. The purpose of the fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God. Lent is a time for greater works of mercy and charity for those less fortunate than us. It is a time for visitation of the sick and assistance to the poor, and generally a more joyful relationship with those who are close to us – our family and friends. Most of all, Lent is a time of joy and a new beginning. We cleanse ourselves –mind, body and soul– through the physical and spiritual fast, keeping a Christian attitude in all that we do. All this is done to prepare us for the Great Feast of Pascha – the Resurrection of Christ. (www.goarch.org)

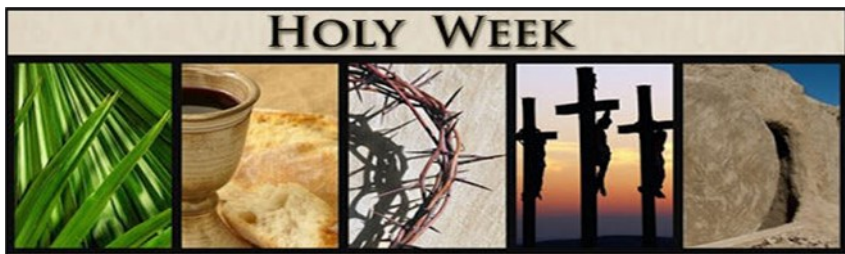
Saints Constantine and Helen Greek Orthodox Church of Washington, D.C.

LENTEN CALENDAR

Wednesday, April 24 Great Compline: 6:30pm

Saturday, April 27 Saturday of Lazarus – Orthros 8:15am/Divine Liturgy: 9:30am

Sunday, April 28 Palm Sunday – Orthros 8:15am/Hierarchical Divine Liturgy: 9:30am



Sunday, April 28 -Palm Sunday

Orthros 8:15am/Divine Liturgy: 9:30am

First Bridegroom Service-Nymphios-6:30pm

Monday, April 29 - Holy and Great Monday

Second Bridegroom Service-(Nymphios)-6:30pm

Tuesday, April 30 - Holy and Great Tuesday

Hymn of Kassiane-6:30pm

Wednesday, May 1- Holy and Great Wednesday

Family Unction Service-3:30pm

Holy Unction Service-6:30pm

Thursday, May 2 - Holy and Great Thursday

Vespers & Divine Liturgy of St. Basil-(The Mystical Supper)-8:30am

The Holy Passion of the Lord-(Twelve Gospel Readings)-6:00pm

Friday, May 3- Holy and Great Friday

Reading of the Royal Hours-9:00am

Vespers of the Descent from the Cross-3:00pm

Service of the Lamentations-6:30pm

Saturday, May 4 - Holy and Great Saturday

Vesperal Divine Liturgy of Saint Basil the Great-9:00am

Pre-Resurrection Service-11:00pm

Resurrection Liturgy-12:00am

Sunday, May 5 - Great & Holy Pascha

Agapi Service-11:00am