



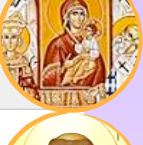

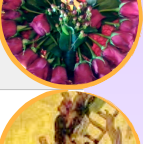

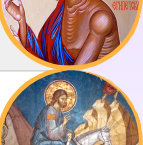
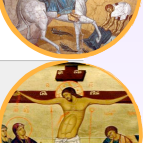
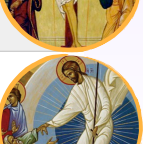



OUR JOURNEY TO PASCHA! 2017

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 5th	 Publican and the Pharisee	TRUST IN GOD, NOT YOURSELF! ASK FOR HIS HELP BEFORE EVERY TASK THIS WEEK!
Normal Fast Week FEBRUARY 12th	 The Prodigal Son Returns! USE UP/ FREEZE MEATS THIS WEEK	SCHEDULE A CONFESSION
Meatfare FEBRUARY 19th FAREWELL TO MEAT TODAY	 The Last Judgment USE UP/FREEZE DAIRY THIS WEEK	FIND A COMPASS AND SAY A PRAYER FACING EAST THIS WEEK. CHRIST IS RETURNING FROM THE EAST AND WE WAIT FOR HIM!
Cheesefare FEBRUARY 26th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY	ASK EACH OTHER FOR FORGIVENESS EACH EVENING THIS WEEK BEFORE BED.
1st Sunday of Lent MARCH 5th	 TRIUMPH of ORTHODOXY	BRING AN ICON TO CHURCH FOR PROCESSION.
2nd Sunday of Lent MARCH 12th	 ST GREGORY PALAMAS	BRING A PRAYER ROPE to be blessed today! Use it each day this week!
3rd Sunday of Lent MARCH 19th	 CROSS SUNDAY Half Way There!	WEAR YOUR CROSS TO CHURCH AND KISS THE CROSS EACH MORNING WITH BOW!
4th Sunday of Lent MARCH 26th	 ST JOHN of the Ladder	Every time you climb stairs today ask St. John to help you reach Paradise with the sign of the cross! Do this throughout the week too!
5th Sunday of Lent APRIL 2nd	 ST MARY of EGYPT	Pray to the Virgin Mary to offer you and the world pure thoughts and pure ideas this week.
PALM SUNDAY! April 9th HOLY WEEK BEGINS	 PALM SUNDAY	BRING PUSSYWILLOWS TO BE BLESSED (Sign of Victory!) Place one behind an icon at home and in your car!
GOOD FRIDAY APRIL 14th	 HOLY FRIDAY	REFRAIN FROM TV and CELL PHONES to HONOR Christ's Death
FEAST OF FEASTS! APRIL 16th	 HOLY PASCHA! (CHRIST IS RISEN!)	TELL YOUR PRIEST AND FAMILY: "CHRIST IS RISEN!" AND SAY IT BEFORE GOOD MORNING AND GOOD NIGHT!