

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 <i>Fast Day</i> 🍇🍷</p> <p>43rd Sun After Pentecost 2nd Sunday of the Fast Saint Gregory Palamas</p> <p>9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy</p>	<p>1 <i>Fast Day</i></p> <p>6:00 pm Great Compline</p>	<p>2 <i>Fast Day</i></p>	<p>3 <i>Fast Day</i></p> <p>5:40 pm Ninth Hour 6:00 pm Presanctified Lit.</p>	<p>4 <i>Fast Day</i></p>	<p>5 <i>Fast Day</i></p>	<p>6 <i>Fast Day</i> 🍇🍷</p> <p>5:00 pm Choir Practice 6:00 pm Great Vespers</p>
<p>7 <i>Fast Day</i> 🍇🍷</p> <p>44th Sun After Pentecost 3rd Sunday of the Fast Veneration of the Cross</p> <p>9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy</p>	<p>8 <i>Fast Day</i></p> <p>6:00 pm Great Compline</p>	<p>9 <i>Fast Day</i></p>	<p>10 <i>Fast Day</i></p> <p>5:40 pm Ninth Hour 6:00 pm Presanctified Lit.</p>	<p>11 <i>Fast Day</i></p>	<p>12 <i>Fast Day</i></p>	<p>13 <i>Fast Day</i> 🍇🍷</p> <p>5:00 pm Choir Practice 6:00 pm Great Vespers</p>
<p>14 <i>Fast Day</i> 🍇🍷</p> <p>45th Sun After Pentecost 4th Sunday of the Fast Saint John Klimakos</p> <p>9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy</p>	<p>15 <i>Fast Day</i></p> <p>6:00 pm Great Compline</p>	<p>16 <i>Fast Day</i></p>	<p>17 <i>Fast Day</i></p> <p>5:40 pm Ninth Hour 6:00 pm Presanctified Lit.</p>	<p>18 <i>Fast Day</i></p> <p>6:00 pm Great Kanon</p>	<p>19 <i>Fast Day</i></p> <p>6:00 pm Akathist Kanon</p>	<p>20 <i>Fast Day</i> 🍇🍷</p> <p>5:00 pm Choir Practice 6:00 pm Great Vespers</p>
<p>21 <i>Fast Day</i> 🍇🍷</p> <p>46th Sun After Pentecost 5th Sunday of the Fast Saint Mary of Egypt</p> <p>9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy</p>	<p>22 <i>Fast Day</i></p> <p>6:00 pm Great Compline</p>	<p>23 <i>Fast Day</i></p>	<p>24 <i>Fast Day</i></p> <p>5:40 pm Ninth Hour 6:00 pm Presanctified Lit.</p>	<p>25 <i>Fast Day</i></p> <p>6:30 pm Parish Council</p>	<p>26 <i>Fast Day</i></p>	<p>27 <i>Fast Day</i> 🍇🍷</p> <p>Lazarus Saturday 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy</p> <p>5:00 pm Choir Practice 6:00 pm Great Vespers</p>
<p>28 <i>Fast Day</i> 🐟🍇🍷</p> <p>Palm Sunday 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy Fish Luncheon following</p> <p>6:00 pm Bridegroom Matins</p>	<p>29 <i>Fast Day</i></p> <p>6:00 pm Bridegroom Matins</p>	<p>30 <i>Fast Day</i></p> <p>6:00 pm Bridegroom Matins</p>				

The Fasting Tradition of the Orthodox Church

The Great Fast: The Great Fast is a forty-day period in 2024 from Monday, March 18th thru Friday, April 26th. It is followed by the Fast of Great and Holy Week, 2024 from April 28th through May 4th.

Fast Day: During both the Great Fast as well as the Fast of Great and Holy Week 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 alcoholic beverages).

Fast Day 🍇🍷 On **Saturdays** and **Sundays** of the Great Fast, the Fast is relaxed to consume olive oil and wine.

Fast Day 🐟🍇🍷 On **Certain Feast Days** of the Great Fast, the Fast is relaxed to consume fish, olive oil, and wine.

Holy Wisdom
Orthodox Church



Grand Junction,
Colorado

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