1 Fast Day 9.00 am Vesperal Liturgy 9.00 am Vesperal Liturgy 9.00 am Imperial Hours 4.00 pm Vespers - Taking Down from the Cross 6.00 pm Mystery of Holy Unction Matrias 6.00 pm Crucifixion 6.00 pm Lamentation Matrias 11.30 pm Nocturns Hidnight Resurrection Matrias 11.30 pm		T		May 2024		<u> </u>	
9.00 am Vesperal Liturg of the Mystical Supper 4.00 pm Vesperal Liturg of the Mystical Supper 5 the Mystical Supper 4.00 pm Vesperal Liturg with the Cross 6.00 pm Mystery of Holy Unction 6.00 pm Crucifistion Matrins 6.00 pm Larmentation Matrins 6.00 pm Larmentation Matrins 8.00 pm Larmentation Matrins 8.0	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GoOp m Mystery of Holy Unction GoOp m Lamentation Midnight: Resurrection Matins Mat	i asimo	13 orda		1 Fast Day	9:00 am Vesperal Liturgy	9:00 am Imperial Hours 4:00 pm Vespers - Taking	9:00 am Vesperal Liturgy
Bright Week Feast of the Life-Giving Fountain 8:05 am Paschal Hours 8:15 am Divine Liturgy 5:00 pm Choir Practice 6:00 pm Paschal Vespers 6:00 pm Paschal Vespers 13							11:30 pm Nocturns Midnight: Resurrection, Matins, Divine Liturgy
13 14 15 Fast Day 16 16 17 Fast Day 18 18 18 18 18 18 18 18 18 18 18 18 18	SUNDAY OF PASCHA [11:30 pm Nocturns Midnight: Resurrection, Matins, Divine Liturgy]					Bright Week Feast of the Life-Giving Fountain 8:05 am Paschal Hours	Bright Week
Second Sunday of Pascha irrst Sun After Pascha induday of Saint Thomas 20	11:00 am Agape Vespers Midday Pascha Picnic				6:00 pm Paschal Vespers		5:00 pm Choir Practice 6:00 pm Great Vespers
20 21 Feast of Saints Constantine & Helen & Si.05 am 3rd & 6th Hours & Si.00 pm Great Vespers &	12 Second Sunday of Pascha First Sun After Pascha Sunday of Saint Thomas	13	14	15 Fast Day 🌡 📂	16	17 Fast Day 🗼 📂	18
Feast of Saints Constantine & Helen 8:05 am 3rd & 6th Hours 8:30 am Divine Liturgy 6:00 pm Paraklesis 6:00 pm Paraklesis 6:00 pm Discovering Orth 6:00 pm Discovering Orth 6:00 pm Discovering Orth 6:00 pm Great Vespers 6:00 pm Great Vespers 6:00 pm Paraklesis 6:00 pm Discovering Orth	9:30 am Divine Liturgy			6:00 pm Paraklesis	6:00 pm Discovering Orth		5:00 pm Choir Practice 6:00 pm Great Vespers
26 Courth Sunday of Pascha Chird Sun After Pascha Sunday of the Paralytic Pascha Sunday of the Pasch	19 Third Sunday of Pascha Second Sun After Pascha Sunday of the Myrrhbearers	20	Feast of Saints Constantine & Helen 8:05 am 3rd & 6th Hours	22 Fast Day 🌡 🍻	23	24 Fast Day 🌡 萨	25
Fourth Sunday of Pascha Third Sun After Pascha Sunday of the Paralytic 20:05 am 3rd & 6th Hours 20:30 am Divine Liturgy Pather Alexander Pastoral Visit Midfeast of Pentecost Father Alexander Visit 8:05 am 3rd & 6th Hours 8:30 am Divine Liturgy	9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	6:00 pm Great Vespers		6:00 pm Paraklesis	6:00 pm Discovering Orth		5:00 pm Choir Practice 6:00 pm Great Vespers
	Fourth Sunday of Pascha Third Sun After Pascha Sunday of the Paralytic 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	27	Father Alexander Pastoral	Midfeast of Pentecost Father Alexander Visit 8:05 am 3rd & 6th Hours	30	31 Fast Day 🎉 🎓	CHICA TRAIN STREAM
			6:00 pm Great Vespers	6:30 pm Parish Council	6:00 pm Discovering Orth		

The Fasting Tradition of the Orthodox Church

Fast Day: On Wednesdays and Fridays throughout the year 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 all oils), and (c) wine (as well as all alcoholic beverages).

Fast Day & On Wednesdays and Fridays of the Paschal Season, the Fast is relaxed to consume olive oil and wine.

Fast Day On Certain Feast Days, the Fast is relaxed to consume fish, olive oil, and wine.

Holy Wisdom Orthodox Church



Colorado

Revised 2024-04-23