

May 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Fast Day</i>	2 9:00 am Vespertal Liturgy of the Mystical Supper	3 <i>Fast Day</i> 9:00 am Imperial Hours 4:00 pm Vespers - Taking Down from the Cross	4 9:00 am Vespertal Liturgy - Harrowing of Hades 11:30 pm Nocturns Midnight: Resurrection, Matins, Divine Liturgy
5 SUNDAY OF PASCHA [11:30 pm Nocturns Midnight: Resurrection, Matins, Divine Liturgy] 11:00 am Agape Vespers Midday Pascha Picnic	6 <i>Fast Free Week</i> <i>Bright Week</i>	7 <i>Fast Free Week</i> <i>Bright Week</i>	8 <i>Fast Free Week</i> <i>Bright Week</i>	9 <i>Fast Free Week</i> <i>Bright Week</i> 6:00 pm Paschal Vespers	10 <i>Fast Free Week</i> <i>Bright Week</i> Feast of the Life-Giving Fountain 8:05 am Paschal Hours 8:15 am Divine Liturgy	11 <i>Fast Free Week</i> <i>Bright Week</i> 5:00 pm Choir Practice 6:00 pm Great Vespers
12 Second Sunday of Pascha First Sun After Pascha Sunday of Saint Thomas 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	13	14	15 <i>Fast Day</i> 🍇🍷 6:00 pm Paraklesis	16 6:00 pm Discovering Orth	17 <i>Fast Day</i> 🍇🍷	18 5:00 pm Choir Practice 6:00 pm Great Vespers
19 Third Sunday of Pascha Second Sun After Pascha Sunday of the Myrrhbearers 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	20 6:00 pm Great Vespers	21 Feast of Saints Constantine & Helen 8:05 am 3rd & 6th Hours 8:30 am Divine Liturgy	22 <i>Fast Day</i> 🍇🍷 6:00 pm Paraklesis	23 6:00 pm Discovering Orth	24 <i>Fast Day</i> 🍇🍷	25 5:00 pm Choir Practice 6:00 pm Great Vespers
26 Fourth Sunday of Pascha Third Sun After Pascha Sunday of the Paralytic 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	27	28 <i>Father Alexander Pastoral Visit</i> 6:00 pm Great Vespers	29 <i>Fast Day</i> 🐟🍇🍷 Midfeast of Pentecost <i>Father Alexander Visit</i> 8:05 am 3rd & 6th Hours 8:30 am Divine Liturgy 6:30 pm Parish Council	30 6:00 pm Discovering Orth	31 <i>Fast Day</i> 🍇🍷	
<p style="text-align: center;">The Fasting Tradition of the Orthodox Church</p> <p><i>Fast Day:</i> On Wednesdays and Fridays throughout the year we <u>abstain</u> from (a) all vertebrate products, including <u>meat</u>, <u>dairy</u> items, and <u>fish</u> (by “fish” we mean vertebrate fish; shellfish, however, may be consumed on any day), (b) <u>olive oil</u> (and all oils), and (c) <u>wine</u> (as well as all alcoholic beverages).</p> <p><i>Fast Day</i> 🍇🍷: On Wednesdays and Fridays of the Paschal Season, the Fast is relaxed to consume olive oil and wine.</p> <p><i>Fast Day</i> 🐟🍇🍷: On Certain Feast Days, the Fast is relaxed to consume fish, olive oil, and wine.</p>						<p style="text-align: center;">Holy Wisdom Orthodox Church</p>  <p style="text-align: center;">Grand Junction, Colorado</p>
<i>Revised 2024-04-23</i>						