

August 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			31 <i>Fast Day</i> <i>Forefeast of the Procession of the Honorable and Lifegiving Cross</i>	1  <i>Dormition Fast</i> Feast of the Procession of Lifegiving Cross 8:05 am 3rd & 6th Hours 8:30 am Divine Liturgy	2 <i>Dormition Fast</i>	3  <i>Dormition Fast</i> 5:00 pm Choir Practice 6:00 pm Great Vespers
4  <i>Dormition Fast</i> 6th Sun After Pentecost 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	5 <i>Dormition Fast</i> 6:00 pm Great Vespers	6  <i>Dorm. Fast</i> Feast of the Transfiguration 8:05 am 3rd & 6th Hours 8:30 am Divine Liturgy 6:00 pm Paraklesis	7 <i>Dormition Fast</i> 6:00 pm Paraklesis	8 <i>Dormition Fast</i> 6:00 pm Paraklesis	9  <i>Dorm. Fast</i> <i>Glorification of Herman of Alaska.</i> 6:00 pm Paraklesis	10  <i>Dormition Fast</i> 5:00 pm Choir Practice 6:00 pm Great Vespers
11  <i>Dormition Fast</i> 7th Sun After Pentecost 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	12 <i>Dormition Fast</i> 6:00 pm Paraklesis	13  <i>Dorm. Fast</i> <i>Leavetaking of the Transfiguration</i> 6:00 pm Paraklesis	14 <i>Dormition Fast</i> 6:00 pm Great Vespers	15 <i>Fast Day</i> Feast of the Dormition 8:05 am 3rd & 6th Hours 8:30 am Divine Liturgy	16  <i>Fast Day</i> <i>Afterfeast of the Dormition</i>	17 5:00 pm Choir Practice 6:00 pm Great Vespers
18 8th Sun After Pentecost 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	19	20	21 <i>Fast Day</i> 6:00 pm Paraklesis	22	23 <i>Fast Day</i>	24 5:00 pm Choir Practice 6:00 pm Great Vespers
25 9th Sun After Pentecost 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	26	27	28  <i>Fast Day</i> Uncovering of the Relics of Ven. Job, Abbot and Wonderworker of Pochaev 6:00 pm Great Vespers	29  <i>Strict Fast</i> Feast of the Beheading of the Forerunner 8:05 am 3rd & 6th Hours 8:30 am Divine Liturgy	30 <i>Fast Day</i>	31 5:00 pm Choir Practice 6:00 pm Great Vespers
<p style="text-align: center;">Fasting</p> <p><i>Fast Days:</i> On fast days, we <u>abstain from</u> (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 (c) <u>wine</u> (as well as all alcohol).</p> <p><i>Weekly Fast Days:</i> According to the ancient tradition of the Orthodox Church, we fast on Wednesdays to recall the betrayal of Judas and on Fridays to recall the Crucifixion.</p> <p><i>Dormition Fast:</i> The Great Fast is a fourteen-day period, August 13th through August 14th.</p> <p> <i>Fast Day:</i> On Saturdays and Sundays the Dormition Fast, as well as certain feast days, the Fast is relaxed to consume olive oil and wine.</p> <p> <i>Fast Day:</i> On Major Feasts during the Dormition Fast, 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> <p style="text-align: right;"><i>Revised 2024-06-20</i></p>