




February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 5:00 pm Choir Practice 6:00 pm Great Vespers
2 32nd Sun After Pentecost <i>Feast of the Presentation of the Lord</i> 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	3	4	5 <i>Fast Day</i>    Afterfeast of the Meeting. 6:00 pm Paraklesis	6 6:00 pm Discovering Orth	7 <i>Fast Day</i>	8 5:00 pm Choir Practice 6:00 pm Great Vespers
9 <i>Fast Free</i> 33rd Sun After Pentecost <i>Sunday of the Publican & the Pharisee</i> <i>Beginning of the Triodion</i> 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	10 <i>Fast Free</i>	11 <i>Fast Free</i>	12 <i>Fast Free</i> 6:00 pm Paraklesis	13 <i>Fast Free</i> 6:00 pm Discovering Orth	14 <i>Fast Free</i>	15 <i>Fast Free</i> 5:00 pm Choir Practice 6:00 pm Great Vespers
16 34th Sun After Pentecost <i>Sunday of The Prodigal Son</i> 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	17	18	19 <i>Fast Day</i> 6:00 pm Paraklesis	20 6:30 pm Parish Council	21 <i>Fast Day</i> 6:00 pm Vespers	22 Saturday of Souls 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy 5:00 pm Choir Practice 6:00 pm Great Vespers
23 35th Sun After Pentecost <i>Sunday of the Last Judgment</i> <i>Meatfare Sunday</i> 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	24 <i>Meat Fast</i>	25 <i>Meat Fast</i>	26 <i>Meat Fast</i> 6:00 pm Paraklesis	27 <i>Meat Fast</i> 6:00 pm Discovering Orth	28 <i>Meat Fast</i>	1 <i>Meat Fast</i> 5:00 pm Choir Practice 6:00 pm Great Vespers

Fasting

Fast Days: On fast days, we abstain from (a) all vertebrate products, including meat, dairy items, and fish (by “fish” we mean vertebrate fish; shellfish may be consumed on any day), (b) olive oil, and (c) wine (all alcohol).

Weekly Fast Days: 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 of the Lord.

Fast Day    On certain major feast days, the Fast is relaxed to consume fish, olive oil, and wine.

Fast Free Week: According to our tradition, the week following the Sunday of the Publican and the Pharisee is fast free.

Holy Wisdom
Orthodox Church



Grand Junction,
Colorado