




May 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>Fast Day</i> 🍇🍇	2 <i>St. Athanasius the Great, Patriarch of Alexandria</i>
3 4th Sunday of Pascha <i>Sunday of the Paralytic</i> 9:05 am 3rd & 6th Hours <i>Following: Divine Liturgy</i>	4	5 6:00 pm Great Vespers, Liti & Artoklasia	6 <i>Fast Day</i> 🐟🍇🍇 Midfeast of Pentecost 8:05 am 3rd & 6th Hours <i>Following: Divine Liturgy</i>	7 <i>St. Alexis Toth, Confessor and Defender of Orthodoxy in America</i>	8 <i>Fast Day</i> 🐟🍇🍇 <i>Holy Apostle & Evangelist John the Theologian</i>	5:00 pm Choir Practice 6:00 pm Great Vespers
10 5th Sunday of Pascha <i>Sunday of the Samaritan Woman</i> 9:05 am 3rd & 6th Hours <i>Following: Divine Liturgy</i>	11	12 6:00 pm Catechésis (Zoom)	13 <i>Fast Day</i> 🍇🍇 <i>Leavetaking of the Midfeast</i> 6:00 pm Paraklesis	14	15 <i>Fast Day</i> 🍇🍇 <i>Ven. Pachomius the Great, Founder of Coenobitic Monasticism</i>	5:00 pm Choir Practice 6:00 pm Great Vespers
17 6th Sunday of Pascha <i>Sunday of the Blind Man</i> 9:05 am 3rd & 6th Hours <i>Following: Divine Liturgy</i>	18	19 6:00 pm Catechésis (Zoom)	20 <i>Fast Day</i> 🐟🍇🍇 <i>Leavetaking of Pascha— Forefeast of the Ascension</i> 6:00 pm Great Vespers	21 Ascension of the Lord Sts Constantine and Helen 8:05 am 3rd & 6th Hours <i>Following: Divine Liturgy</i> 6:30 pm Parish Council	22 <i>Fast Day</i> 🍇🍇 <i>Afterfeast of the Ascension</i>	23 <i>Afterfeast of the Ascension</i> 5:00 pm Choir Practice 6:00 pm Great Vespers
24 7th Sunday of Pascha <i>Sunday of the Fathers of the 7th Ec Cncl</i> 9:05 am 3rd & 6th Hours <i>Following: Divine Liturgy</i>	25 <i>Afterfeast of the Ascension</i>	26 <i>Afterfeast of the Ascension</i> 6:00 pm Catechésis (Zoom)	27 <i>Fast Day</i> 🍇🍇 <i>Afterfeast of the Ascension</i> 6:00 pm Paraklesis	28 <i>Afterfeast of the Ascension</i>	29 <i>Fast Day</i> 🍇🍇 <i>Leavetaking of Ascension</i>	30 Saturday of Souls 9:05 am 3rd & 6th Hours <i>Following: Divine Liturgy</i> 5:00 pm Choir Practice 6:00 pm Great Vespers
31 8th Sunday of Pascha <i>Sunday of Pentecost</i> 9:05 am 3rd & 6th Hours <i>Following: Divine Liturgy</i> <i>And: Kneeling Vespers</i>						
Fasting <i>Fast Days:</i> On fast days, the Orthodox tradition is to abstain from (a) all vertebrate products, (b) olive oil, and (c) wine. Vertebrate products include meat, dairy items, and vertebrate fish (shellfish may be consumed on any day). Olive oil means all oil and wine means all alcoholic beverages. On fast days we consume a vegan diet. <i>Weekly Fast Days:</i> According to our ancient tradition, we fast on Wednesdays to recall the betrayal of Judas and on Fridays to recall the crucifixion of the Lord. <i>Fast Day</i> 🍇🍇: On certain fast days, we relax the fast to consume olive oil and wine. <i>Fast Day</i> 🐟🍇🍇: On certain fast days, we relax the fast to consume fish, olive oil, and wine.						Holy Wisdom Orthodox Church  Grand Junction, Colorado <i>Revised: 2025-04-27</i>
<i>Parish Council Approval: 2025-03-18</i>						