



October 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 6:00 pm Great Vespers	1 Feast of the Protection of the Theotokos 8:05 am 3rd & 6th Hours 8:30 am Divine Liturgy	2 <i>Fast Day</i>	3 6:00 pm Bible Study	4 <i>Fast Day</i>	5 5:00 pm Choir Practice 6:00 pm Great Vespers
6 15th Sun After Pentecost 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	7	8	9  <i>Fast Day</i> Glorification Saint Tikhon	10 6:00 pm Bible Study	11 <i>Fast Day</i>	12 5:00 pm Choir Practice 6:00 pm Great Vespers
13 16th Sun After Pentecost Father 7th Ec, Council 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	14	15	16 <i>Fast Day</i>	17 6:30 pm Parish Council	18  <i>Fast Day</i> Feast of Saint Luke 8:05 am 3rd & 6th Hours 8:30 am Divine Liturgy	19 5:00 pm Choir Practice 6:00 pm Great Vespers
20 17th Sun After Pentecost 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	21	22	23  <i>Fast Day</i> Holy Apostle James (Iakovos, Jacob), the Brother of the Lord	24 6:00 pm Bible Study	25 <i>Fast Day</i>	26 Feast of Saint Dimitrios 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy 5:00 pm Choir Practice 6:00 pm Great Vespers
27 18th Sun After Pentecost 9:05 am 3rd & 6th Hours 9:30 am Divine Liturgy	28	29	30 <i>Fast Day</i>	31 6:00 pm Bible Study		
<p style="text-align: center;">Fasting</p> <p><i>Fast Days:</i> 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).</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 of the Lord.</p> <p> <i>Fast Day:</i> On certain feast days, 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>