



# Our Lenten Journey

Archangel Michael Greek Orthodox Church



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# Liturgy

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Great Lent is the perfect time to get serious about your faith and plug into the liturgical life of our Archangel Michael Church! Here's a look at some of the daily services we'll be holding during this Lenten season.

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## Vespereal Divinge Liturgy of the Presanctified Gifts

This service brings physical and spiritual nourishment to the faithful through Holy Communion on the season's strictest fast days. It is called "Presanctified" because we receive the Eucharist from our gifts of bread and wine which were already sanctified on the previous Sunday. It is called "Vespereal" because it is offered during the daily evening worship service known as vespers. Orthodox Christians prepare themselves to receive Holy Communion at this service through participating in confession, fasting, and prayer. Refuel your Lenten journey with the Bread of Life every Wednesday at 6:30PM and Friday at 9:00AM.

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## Great Compline

Compline is another service of evening worship offered after dinner and before bed. This service is called "Great" to distinguish it from the "Small" Compline which is prayed every night of the year. It is a service of hymns, prayers, and psalms that moves the faithful towards repentance and spiritual vigilance throughout the coming night. Join us for an hour of prayerful reflection and solace every Monday, Tuesday, and Thursday at 7:00PM.

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## The Salutations to the Most Holy Theotokos

This service shifts our focus from Lenten sobriety towards the compassion and protection of the Virgin Mary. The Salutations are 24 stanzas which sing the praises of our Lady and call to mind the many miracles she works for those who believe in Her Divine Son, Jesus Christ. They are called "Salutations" because every line of these stanzas begins with the Archangel Gabriel's joyful salutation, "Rejoice!" Are you in need of consolation and healing? Come lay your prayerful intentions for health, life, and salvation before the Mother of God every Friday at 7:00PM.



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# Scripture

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Scripture is our roadmap to salvation in Jesus Christ. We are guided towards our Lord's cross and resurrection through the pages of Genesis and Exodus, in the Old Testament: He is the fulfillment of the law and the prophets!

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Genesis is the first book of the Old Testament which tells us how God created the world and everything in it: including mankind. We learn how man sinned by eating from the tree and how his disobedience to God's commandment cost him eternal life in paradise. Clearly, the wage of sin is death! Genesis helps us see how we receive new life through the cross and resurrection of Jesus Christ. Adam was disobedient and fell through the tree; Christ is obedient and willingly ascends the cross to lift all of humanity up from Adam's fall. Christ's humble death upon the cross is the antidote to Adam's pride and fall from grace. The fruit of the tree brought sin and death to Adam; the fruit of Christ's Cross brings forgiveness and eternal life to all mankind.

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Exodus tells us how God saved the Israelites from slavery in Egypt and brought them to the promised land. There were many hurdles along the way. God sent Plagues to Egypt because Pharaoh would not release the Israelities. Just before the most fearful plague, the death of the first born, God told Moses to instruct the Israelites to sacrifice a lamb and use its blood to mark their doorposts. The angel of death would pass over any house marked with the lamb's blood. While we no longer mark our doorposts with the blood of lambs, we mark ourselves with the Blood of our Lord. Christ is the Lamb of God, the new and eternal passover, sacrificed upon the Cross for the life of the world. Everyone who is baptized into His death and resurrection mark themselves with His Blood and pass from eternal death brought by sin to everlasting life made possible by grace.



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# Hymnology

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The sacred hymnology of our Orthodox Church is a beautiful expression of our desire for communion with our Creator. The Church's Lenten hymnology is amongst Her most theologically dense and musically profound compositions. As you read through these hymns take the opportunity to reflect on your Lenten journey with Christ.

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## **Aposticha of Compunction Vespers on Cheesefare Sunday**

Your grace has shone forth, O Lord; the illumination of our souls has shone forth. Behold, this is the acceptable season; behold, this is the season of repentance. Let us put away the works of darkness, and put on the armor of light, so that we may navigate the immense ocean of Lent, and arrive at the third-day Resurrection of our Lord and Savior Jesus Christ, the Savior of our souls.

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## **Oikos from Matins of the Great Canon**

Seeing Christ's house of healing opened, and health flowing down from it upon Adam, the devil suffered and was wounded; and as one in mortal danger he lamented, crying to his friends: "What shall I do to the Son of Mary? I am slain by the Man from Bethlehem, who is everywhere present and fills all things."

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## **Matins Doxastikon for the Fifth Sunday of Lent**







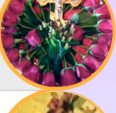
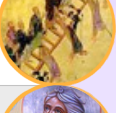




The Kingdom of God is not food and drink, but righteousness and ascetic practice and holiness; therefore rich men will never enter it, but only those who place their treasures into the hands of the needy. This is what David the Prophet teaches when he says, "Righteous is the man, who is merciful day in and out, who delights in the Lord. He walks in the light; he will not stumble." All of this was written for our edification, that, while fasting, we do acts of kindness; and the Lord will give us, instead of earthly gifts, the things of heaven.

Moved by the beauty of our musical tradition? All are invited to learn more about Byzantine Chant with our Protopsaltis, Petros Malliaris. Contact the Church Office for more information.

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# Faith & Family

**St. James the Apostle tells us that faith without works is dead! Here are some ways to live your faith in church and at home during this Lenten season.**

OUR JOURNEY TO PASCHA! 2025		
SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 9th</b>	 <b>Publican and the Pharisee</b> Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week <b>FEBRUARY 16th</b>	 <b>The Prodigal Son Returns!</b> Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare <b>FEBRUARY 23rd</b> FAREWELL TO MEAT TODAY	 <b>The Last Judgement</b> Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare <b>MARCH 2nd</b> FAREWELL TO CHEESE TODAY	 <b>Adam and Eve are cast from Paradise!</b> FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent <b>MARCH 9th</b>	 <b>SUNDAY of ORTHODOXY</b> Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 16th</b>	 <b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent <b>MARCH 23rd</b>	 <b>VENERATION OF THE HOLY CROSS</b> HALF WAY TO PASCHA! Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent <b>MARCH 30th</b>	 <b>ST JOHN of the LADDER</b> Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent <b>APRIL 6th</b>	 <b>ST MARY of EGYPT</b> Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! <b>APRIL 13th</b> GREAT WEEK BEGINS	 <b>ENTRY OF OUR LORD INTO JERUSALEM</b> Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY <b>APRIL 18th</b>	 <b>GREAT AND HOLY FRIDAY</b> JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>APRIL 20th</b> NO FASTING!	 <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!



# SERVICES OF THE GREAT LENT 2025



**JOIN US AND DISCOVER THE RICHNESS OF OUR LENTEN PRAYERS, HYMNS AND SERVICES**

## M A R C H

Sat.	3/1	8:30am orthos/9:30am Liturgy	2nd Saturday of the Souls/ Challenge Divine Liturgy
Sun.	3/2	8:00am orthos/9:30am Liturgy 5:00pm	<b>Cheese-fare Sunday</b> The Holy Vespers of Forgiveness
Mon.	3/3	7:00pm	<b>Great Compline / Clean Monday</b> (Philoptochos Pot Luck Lenten Meal)
Tues.	3/4	7:00pm	<b>Great Compline</b>
Wed.	3/5	6:30pm	<b>Pre-Sanctified Liturgy &amp; Lecture</b>
Thur.	3/6	6:00pm	<b>Lenten Vespers</b>
Fri.	3/7	9:00am 7:00pm	<b>Pre-Sanctified Liturgy</b> <i>1st Salutations</i> (Worship with Yiayia and Papou)
Sat.	3/8	8:30am orthos/9:30am Liturgy	3rd Saturday of the Souls/ The Miracle of the Kolyva
Sun.	3/9	8:00am orthos/9:30am Liturgy	The Sunday of Orthodoxy
Mon.	3/10	7:00pm	Great Compline
Tues.	3/11	7:00pm	Great Compline
Wed.	3/12	6:30pm	Pre-Sanctified Liturgy & Lecture
Thur.	3/13	7:00pm	Lenten Vespers
Fri.	3/14	9:00am 7:00pm	Pre-Sanctified Liturgy <i>2nd Salutations</i>
Sun.	3/16	7:45am orthos/9:15am Liturgy	Sunday of St. Gregory Palamas
Mon.	3/17	7:00pm	Great Compline
Tues.	3/18	7:00pm	Great Compline
Wed.	3/19	6:30pm	Pre-Sanctified Liturgy & Lecture
Thur.	3/20	6:00pm	Lenten Vespers
Fri.	3/21	9:00am 7:00pm	Pre Sanctified Liturgy 3rd Salutations



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**JOIN US AND DISCOVER THE RICHNESS OF OUR LENTEN PRAYERS, HYMNS AND SERVICES**

## M A R C H

Sun.	3/23	8:00 am orthos/9:30am Liturgy	The Sunday of the Cross
Mon.	3/24	7:00pm	Great Lent Vespers for the Annunciation
Tues.	3/25	8:00am orthos/9:30am Liturgy	The Feast of the Annunciation
Wed.	3/26	6:30pm	Pre-Sanctified Liturgy
Thur.	3/27	4:00pm	Lenten Vespers
Fri.	3/28	9:00am 7:00pm	Pre Sanctified Liturgy 4th Salutations
Sun.	3/30	8:00am orthos/9:30 am Liturgy	Sunday of St. John of the Ladder
Mon.	3/31	4:00pm	Great Compline

## A P R I L

Tues.	4/1	4:00pm	Great Compline
Wed.	4/2	6:30pm	Pre-Sanctified Liturgy & Fellowship
Thu.	4/3	4:00pm	Lenten Vespers
Fri.	4/4	9:00 am 7:00 pm	Pre-Sanctified Liturgy Akathistos
Sat.	4/5	9:00am 10:00am	Divine Liturgy of the Akathist Hymn Lenten Retreat with Dr. Jeannie Constantinou
Sun.	4/6	8:00am orthos/9:30am Liturgy	The Sunday St. Mary of Egypt
Mon.	4/7	4:00pm	Great Compline
Tues.	4/8	4:00pm	Great Compline
Wed.	4/9	6:30pm	Pre-Sanctified Liturgy & Lecture
Thur.	4/10	4:00pm	The Great Compline PALM CROSS MAKING
Fri.	4/11	9:00am	Pre-Sanctified Liturgy

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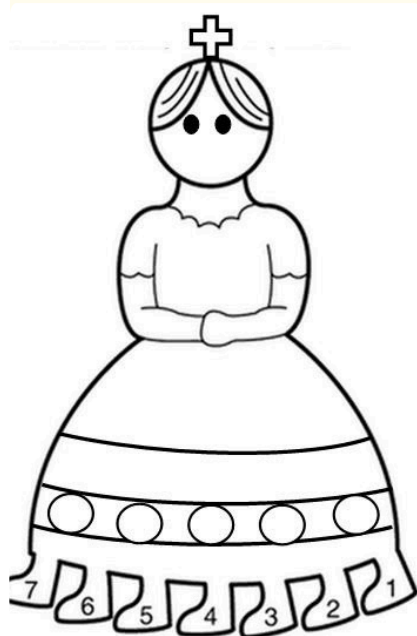
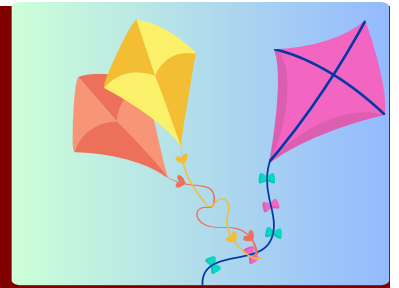
# Cultural Highlights

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**The Hellenic culture is one of the richest lived expressions of our Orthodox Christian faith. Many of our customs and traditions are intertwined with religious beliefs and holidays. Here are just a few Hellenic customs that are tied to the Lenten season.**

On Clean Monday, we bake a special type of flat bread called lagana. This bread is prepared with three ingredients: flour, water, and a pinch of salt. It is decorated by using one's fingers to press down into the dough, like focaccia. Lagana reminds us of the manna (bread) which God used to sustain the Israelites in the desert. The unleavened lagana bread physically sustains us on our Lenten journey towards renewal in the Resurrection of Christ.

The flying of kites is another tradition on Clean Monday. Kites are flown to remind us that we must strive to ascend towards the Resurrection of Christ during the Lenten season.



Homes may also craft Kyra Sarakosti (Lady Lent). This doll, which can be made from various materials (including bread) has seven legs to symbolize the seven Saturdays of Great Lent and Holy Week. Each Saturday, a leg is removed to mark our progression towards the Feast of Pascha. Kyra Sarakosti is drawn wearing a veil and modest clothing. Her ears are covered and she appears without a mouth: this reinforces that Lent is a time for us to refrain from idle speech and gossip. Have your children decorate the print out and welcome Kyra Sarakosti into your home too!

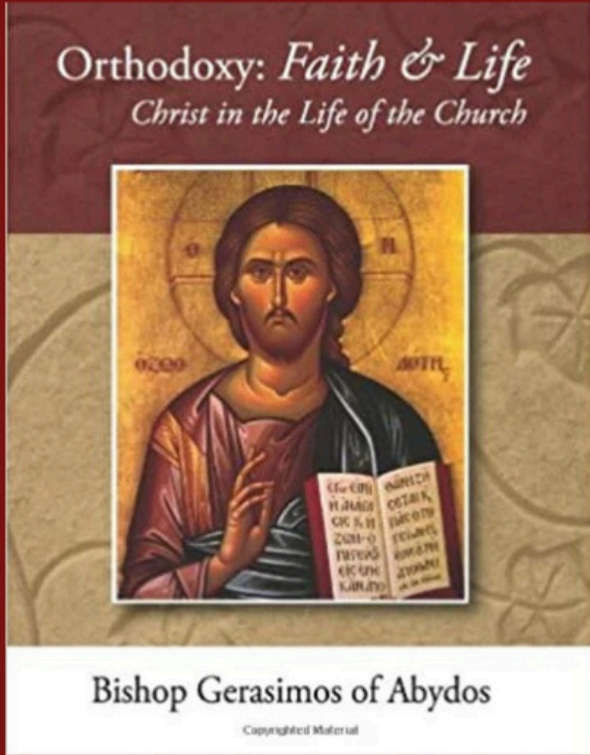
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**Connect your children with their cultural roots by enrolling them in our Hellenic Language Institute and Dance Troupe. Look for Lenten activities coming from HOPE, JOY, and GOYA!**

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# Great Lent Discussions: Christ in the Life of the Church



Today's society perceives the church as an institution. Guided by the works of Bishop Gerasimos of Abydos, a saintly figure in the life of America, great discussions will take place to see personhood in the community of the church. The Church as a place for a personal relationship with God  
**COME & JOIN US!**

## Information:

Wednesday Evenings  
Starting March 5

**Pre-Sanctified Divine Liturgy**  
- 6:30 PM

Lenten Meal - 7:30 PM

Discussions - 8:00 PM



# Lenten Retreat



## *The Archangel Michael Church Port Washington* Lenten Retreat - April 5, 2025

9:00 a.m. Divine Liturgy of the Akathist Hymn  
10:00 a.m. Light Breakfast & 10:30 a.m. Lecture Begins  
in the Angeliades Fellowship Hall

Registration is required \$20 (with book \$33).

10:30-11:30 - Session 1      11:45-12:45 - Session 2  
12:45-1:30 - lunch

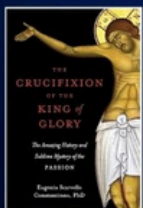
1:30-2:30 - Session 3      2:45-3:45 - Session 4

For questions call church office 516 944 3180



### **Guest Lecturer: Dr. Jeannie Constantinou**

Dr. Jeannie Constantinou a recently retired professor of religious studies and a biblical scholar and prominent Orthodox podcaster and speaker, hosting the very popular podcast "Search the Scriptures" on Ancient Faith radio and YouTube joins us for our LENTEN RETREAT with Father John Lardas and Father Nikolaos Tsagarakis.



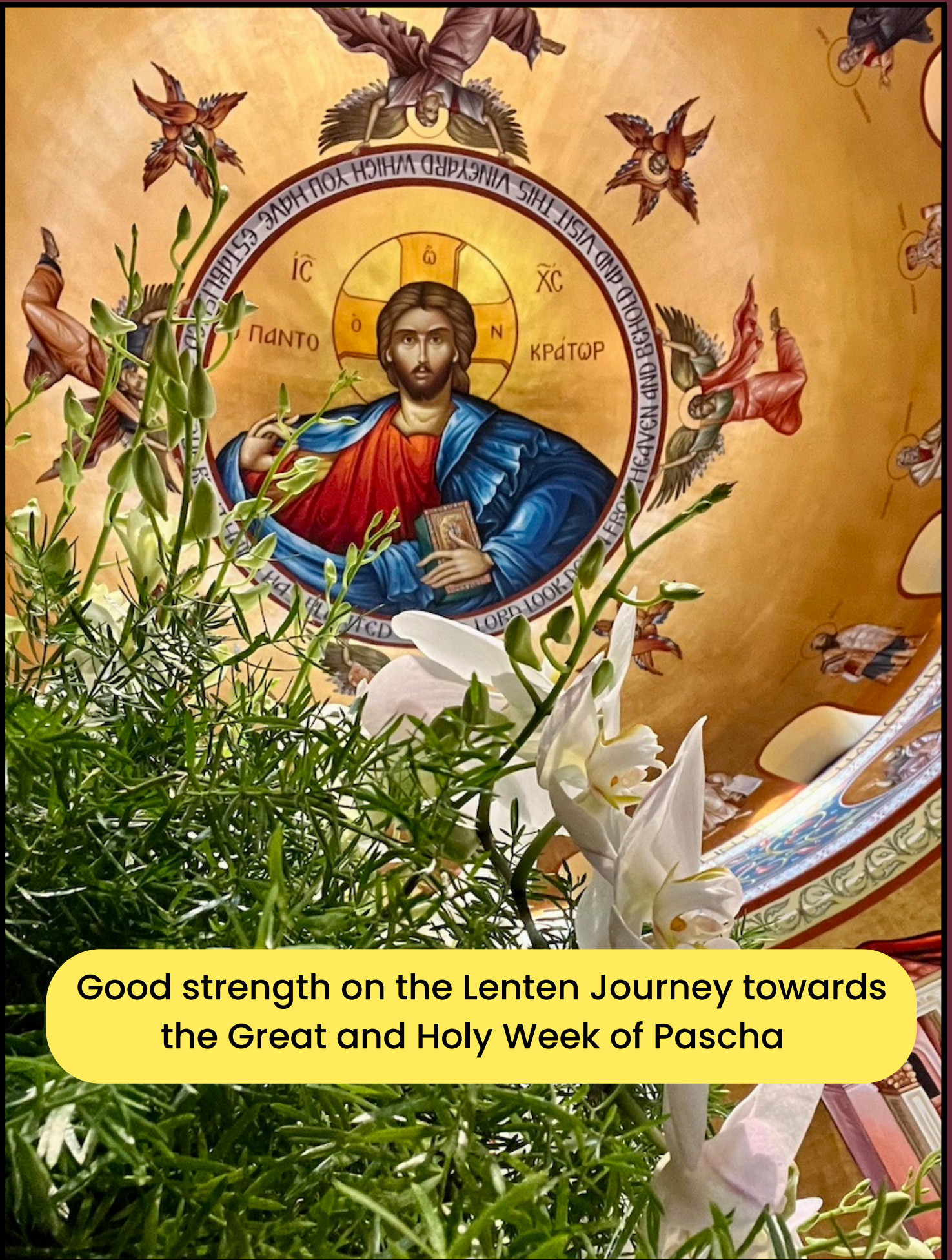
Her book, *The Crucifixion of the King of Glory*, is available for purchase at our Heritage Library Bookstore and in the Angeliades Fellowship Hall after Divine Liturgy

We thank the Heritage Library for assisting in sponsoring and coordinating this wonderful retreat.

For more information on Dr. Jeannie Constantinou please visit [https://www.ancientfaith.com/contributors/jeannie\\_constantinou/](https://www.ancientfaith.com/contributors/jeannie_constantinou/)



REGISTER NOW >



**Good strength on the Lenten Journey towards  
the Great and Holy Week of Pascha**