

## February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>Fast Free</i>	2 <i>Fast Free</i> Presentation of the Lord 0600 Matins 0700 Divine Liturgy	3 <i>Fast Free</i>
4 <i>Fast Free</i> 17th Sunday of St Luke, of the Prodigal Son 0845 Matins 1000 Divine Liturgy	5	6 St Photios 0600 Matins 0700 Divine Liturgy	7 <i>Fast Day</i>	8	9 <i>Fast Day</i>	10 St Haralambos Saturday of Souls 0900 Matins 1000 Liturgy & Memorial 1200 Trisagion at Cem.
	1745 9th Hour & Vespers	1745 9th Hour & Vespers	1800 Paraklesis	1745 9th Hour & Vespers 1845 Discovering Orth.	1745 9th Hour & Vespers	1745 9th Hour & Vespers
11 Sunday of Judgment, of Meatfare 0845 Matins 1000 Divine Liturgy	12 <i>*Meat Fast</i>	13 <i>*Meat Fast</i>	14 <i>*Meat Fast</i>	15 <i>*Meat Fast</i>	16 <i>*Meat Fast</i>	17 <i>*Meat Fast</i>
	1745 9th Hour & Vespers	1745 9th Hour & Vespers	1800 Paraklesis	1745 9th Hour & Vespers 1845 Discovering Orth.	1745 9th Hour & Vespers	1745 9th Hour & Vespers
18 <i>*Meat Fast</i> Sunday of Forgiveness, of Cheesefare 0845 Matins 1000 Divine Liturgy	19 <i>Fast Day</i> Clean Monday 1000 Lenten Matins 1100 Clean Mon. Retreat	20 <i>Fast Day</i>	21 <i>Fast Day</i>	22 <i>Fast Day</i>	23 <i>Fast Day</i>	24 <i>Fast Day</i> Saturday of St Theodore 0900 Matins 1000 Liturgy & Memorial
1745 Ninth Hour 1800 Forgiveness Vespers	1800 Great Compline	1800 Great Compline	1740 Ninth Hour 1800 Presanctified Lit.	1800 Great Compline	1800 Akathist Hymn	1745 9th Hour & Vespers
25 <i>Fast Day</i> 1st Sunday of the Fast, of Orthodoxy 0845 Matins 1000 Divine Liturgy	26 <i>Fast Day</i>	27 <i>Fast Day</i>	28 <i>Fast Day</i>			ἉΓΙΟΣ ΝΙΚΟΛΑΟΣ ἉΓΙΟΥ ΝΙΚΟΛΑΟΥ  HOLY CHURCH OF SAINT NICHOLAS
1800 Great Compline	1800 Great Compline	1800 Great Compline	1740 Ninth Hour 1800 Presanctified Lit.			

### The Triodion and the Great Fast

**Fast Free:** The first week of the Triodion, January 29th through February 4th, is a fast-free period.

The Great Fast is a forty-day period, in 2018 from Monday, February 19th through Friday, March 30th. It is followed by the Fast of Great and Holy Week (March 31–April 7, 2018).

**\*Meat Fast:** The Great Fast is preceded by “Cheesefare Week” (February 19–25, 2018) during which we fast only from meat, since dairy, fish, olive oil, and wine are allowed.

**Fast Day:** During the period of “The Great Fast,” we abstain from (a) all vertebrate products, including meat, dairy items, and fish (by “fish” we mean vertebrate fish; shellfish, however, may be consumed on any day), (b) olive oil, and (c) wine (as well as all alcohol).

**Fast Day:** On **Saturdays and Sundays the Great Fast**, as well as certain feast days, the Fast is relaxed to consume olive oil and wine.