



### Sunday: The Resurrection of Christ!

Christ is Risen! Indeed He is Risen!

# ROAD TO PASCHA

## Journeying together through GREAT LENT 2022



## HOLY WEEK

Focus on Christ's Passion

### NURTURE SILENCE

Spend the week in silence, thought and prayer

Attend Holy Week Services

Wednesday: Holy Unction

Thursday: Mystical Supper & Washing of feet  
(Reading of 12 Passion Gospels)

Friday: Crucifixion and burial of Christ  
(Vespers)

Saturday: Harrowing of Hades

## THIRD WEEK

The Cross is presented to us  
Focus on Sacrifice and Charity

### DONATE

Each day this week set aside tasty food and feed the hungry

Each day take one item from your closet and donate it to those in need

Turn off the television all week - sacrifices are not meant to be easy

Put aside a tenth of this week's paycheck, and donate it

Offer your services at church

Offer to help a neighbor

Donate books

Donate a pair of nice shoes

GO ONE DAY WITHOUT COMPLAINING

TRY AGAIN - to go all day without negative comment

Sacrifices are not meant to be easy

## SECOND WEEK

Focus on Prayer

Be disciplined with your Prayer Routine

Memorize the Lenten Prayer of St. Ephrem

### PRAY

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk.

But give rather the spirit of chastity, humility, patience, and love to Thy servant.

Yea, O Lord and King, grant me to see my own transgressions; and not to judge my brother, for blessed art Thou, unto ages of ages. Amen.

While it is good to avoid places of temptation, it is better to **seek places of inspiration**. While it is good to avoid individuals, who may lead you to sin, it is better to **seek out individuals who will lead you to virtue**. While it is good to shun those things which tend to control us, it is better to **seek self-control over things which have no power over us unless we give them that power**.

*"Humility is the only virtue that no devil can imitate. If pride made demons out of angels, there is no doubt that humility could make angels out of demons."*  
+ St. John Climacus

## FOURTH WEEK

Focus on Family

### SPEND TIME FOCUSING ON YOUR FAMILY

Pray Evening Prayers with your family

Share stories from your day, and listen to each other

During dinner tell each person something you love about them

Tell each of your children what makes them unique

Tell your parents why you appreciate them

Find a family recipe and prepare it together

Ask, "If you could go anywhere, where would you go?"

**MARCH 27**  
VENERATION OF THE HOLY CROSS

- THE CROSS IS PRESENTED TO STRENGTHEN US  
St. JOHN OF THE LADDER  
KEEP TRYING TO BE GOOD

*Let not one think, my fellow Christian, that only priests and monks need to pray without ceasing...  
- St. Gregory of Palamas*

### BRING YOUR ICONS TO CHURCH



**MARCH 13**  
SUNDAY OF ORTHODOXY  
- DEFENSE OF ICONS

## FIRST WEEK

Monday - Strict Fast  
Try to attend services

Focus on Self-Improvement

You are a living icon of Christ

Do not GOSSIP

Formulate a Prayer Rule, and stick to it all through Lent... and beyond.

