

Our Great-Fast Countdown to Pascha Calendar 2019

Compiled to coordinate with *The Zacchaeus Tree* by Lynne Wardach; available from the gift shop page at ByziMomcom

Pre-Lenten Weeks of Preparation Get ready! Here comes the Great Fast!	February 3: Zacchaeus Sunday: Establish your plan and get ready to climb! Review your eparchy's rules for fasting and discuss what this will look like in your home. Ask your parents what they expect from you this lent.					
	February 10: Sunday of the Publican and Pharisee: Work on humility and feast! Did you know that we are expected NOT to fast at all this week? Even on Friday! It's true! We need to practice humility by doing so, and also get rid of all the goodies in our pantries this week.					
	February 17: Sunday of the Prodigal Son: Work on mercy and forgive your neighbor. Remember, the son returned and fell prostrate before his father to beg forgiveness. We do this before our Heavenly Father too, when we make prostrations in prayer.					
	February 24: Sunday of Meatfare/Last Judgment: What can you do for the least of your brethren? Listen carefully to this Gospel reading because it contains the answers to the very final, Final Exam of life! This is how we will be judged before God and it's important that we get it right.					
March 3 Cheesefare/ Forgiveness Sunday: Ask forgiveness of all in your household	March 4 Clean Monday The Great Fast Begins! Here we go!!	March 5 Clean Tuesday It's a great day to clean your room!	March 6 Clean Wednesday Practice your prostrations	March 7 Clean Thursday Learn the Prayer of St. Ephrem	March 8 Clean Friday Make Kutjia (Koliva) in honor of St. Theodore's miracle	March 9 Saturday of Theodore the Recruit Read this really cool story at ByziMom.com
March 10 Sunday of Orthodoxy Gather your icons and have a procession!	March 11 Visit someone who is sick or lonely, or maybe send them a card	March 12 Plant some basil seeds in pots today for Pascha	March 13 O Joyful Light Make beeswax candles for your icon corner	March 14 Learn about your patron saint	March 15 Take time to look outside notice the wonderful things God has made.	March 16 Remember to practice obedience, as Jesus was obedient to his parents too!
March 17 Sunday of St. Gregory Palamas Practice prayer today!	March 18 Dust your room and think about cleaning the dust from your soul too!	March 19 Defend your faith...learn and review the concepts in the Creed	March 20 Make a chotki bracelet with 10 beads to pray with every day and night!	March 21 Learn and practice the Jesus Prayer with your new beads	March 22 The Family is made in God's image...3 in 1! Review Psalm 127	March 23 Learn or review the Prayer before Communion
March 24 Sunday of the Veneration of the Holy Cross We Bow to Your Cross!	March 25 The Annunciation Practice the prayer to the Theotokos today!	March 26 Do a secret good deed for someone who is in need.	March 27 Review the litany said at Divine Liturgy and think of someone you know for each petition,	March 28 Review and discuss the guidelines for proper behavior at Liturgy with your family	March 29 Tonight,listen for this hymn: Let my prayer ascend to you like incense...	March 30 Clean your closets today and consider donating things you've outgrown

March 31 Sunday of St. John of the Ladder Step by step we're getting close!	April 1 Make "Crown of Thorn Pretzel Rolls" Get the recipe at ByziMom.com	April 2 Be a helper like Simon of Cyrene. Help someone with a difficult task today	April 3 Watch for another opportunity to be a helper today!	April 4 Help someone whom you are tempted NOT to love today	April 5 Tonight, listen for the entrance hymn & pray with the angels when Jesus enters!	April 6 Think about the angels today and how your own angel helps you keep the fast
April 7 Sunday of St. Mary of Egypt Learn her story and be inspired!	April 8 As we get closer to Pascha, lets practice singing the troparion... secretly, of course. It's still lent.	April 9 Learn about St. Longinus today and how his eyesight was restored by Jesus. How merciful is HE?!!	April 10 After you receive Jesus in the Eucharist tonight, close your eyes and snuggle with Him a while.	April 11 Set aside a special time to sit before your icon corner and rest with Jesus a while	April 12 Today is the last day of the Great Fast. Passion week is coming soon.	April 13 Lazarus Saturday Listen to the gospel story & think about what you would do if you saw that!
April 14 Palm/Flowery Sunday Hosannah in the Highest! Blessed is He who comes in the name of the Lord!	April 15 Great and Holy Monday Mt 21:18-20 Talk with your family about ways you can be a fruitful branch.	April 16 Great and Holy Tuesday Mt 24:36-28:20 Keep the light burning for Jesus in your soul!	April 17 Great and Holy Wednesday Mt 26:6-16 Tonight YOU can receive HOLY UNCTION!	April 18 Great and Holy Thursday 1 Cor 11:23-32 Spend some extra time with Jesus in prayer tonight.	April 19 Great and Holy Friday Be especially quiet and solemn today in honor of Jesus suffering and death.	April 20 Great and Holy Saturday Help your family prepare for the celebration to come.

Today is Pascha!

Christ is Risen! Indeed He is Risen!



(<https://www.maxpixel.net/Religion-Church-Orthodox-Iconography-Resurrection-1990452>)

Today we sing,
Christ is Risen from the dead!
By death, He trampled Death
And to those in the tombs, He granted LIFE!

