

ANTIOCHIAN ORTHODOX CHURCH OF THE REDEEMER

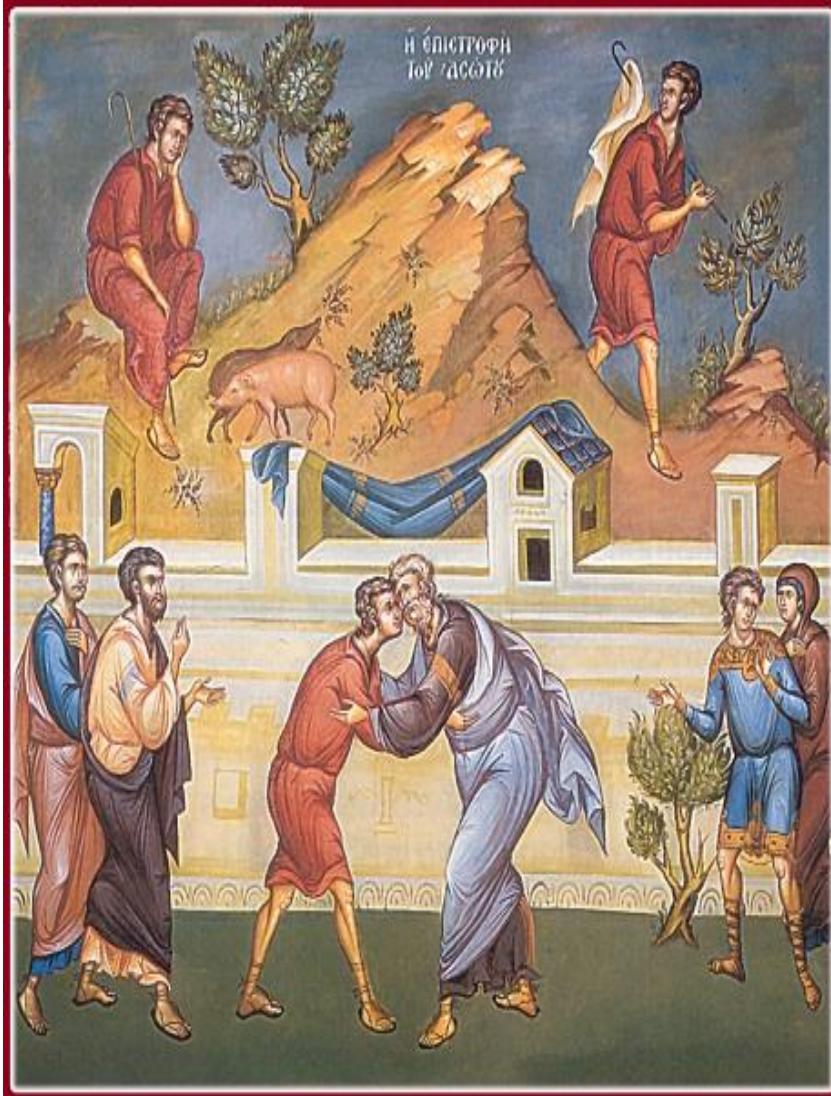
380 Magdalena Avenue

Los Altos Hills, CA 94024

Phone: (650) 941-1570

V. Rev. Fr. Samer Youssef, D. Min

LENTEN BROCHURE 2020





ORTHODOX CHURCH OF THE REDEEMER

+PRESANCTIFIED+

Wed. Mar 4 6:30 PM
Wed. Mar 11 6:30 PM
Wed. Mar 18 6:30 PM
Wed. Apr 01 6:30 PM
Wed Apr 8 6:30PM

+AKATHIST+

Friday, Mar 6 6:30PM
Friday, Mar 13 6:30 PM
Friday, Mar 20 6:30 PM
Friday, Mar 27 6:30PM
Friday, Apr 03 6:30 PM

+SPECIAL SERVICES+

Vespers: Every Saturday at 5:30pm

Saturday of the Souls: Saturday February 29th. Divine Liturgy at 10:30Am
(Boiled Wheat)

Clean Week: Great Compline:

March 3, Tuesday at 6:30pm
March 5, Thursday at 6:30pm
March 10, Tuesday at 6:30pm
March 17, Tuesday at 6:30pm
March 24, Tuesday at 6:30pm
March 31, Tuesday at 6:30pm
April 7, Tuesday at 6:30 PM

Annunciation: Wednesday March 25th Vesperal Divine Liturgy at 6:30 PM.

+HOLY WEEK SCHEDULE 2020+

- Saturday, April 11 10:30 am – Lazarus Saturday Liturgy.
Decorating the Candles.
5:30 pm – Great Vespers
- Sunday, April 12 9:00 am – Palm Sunday Liturgy
Bake sale sponsored by the ladies auxiliary
- Monday, April 13 6:30 pm – Bridegroom Service
- Tuesday, April 14 6:30 pm - Bridegroom Service
- Wednesday, April 15 6:30 pm – Holy Oil Service “Unction”
- Thursday, April 16 10:30 am – Liturgy – Holy Thursday Service
6:30 pm – Passion Gospels
- Friday, April 17 10:00 am – Decorating of the Tomb
4:00 pm – Vespers – Great Vespers
6:30 pm – Funeral Service (Lamentations)
- Saturday, April 18 10:00 am – Holy Saturday Liturgy
10:00 pm Pascha (Easter) liturgy
(Breakfast of love following evening Liturgy)
- Sunday, April 19 12:00 noon – Pascha (Easter) Day Agape Service &
Procession.
Easter picnic and Egg hunt at the Church ground.

“FOOD” FOR THOUGHT

Lenten Hymns from the Triodion

Open to me, O Giver of Life, the gates of repentance: for early in the morning my spirit seeks Thine holy temple, bearing a temple of the body all defiled. But in Thy compassion purify it by Thy tender mercy.

Guide me in the paths of salvation, O Theotokos: for I have dishonored my soul with shameful sins and have wasted all my life in indolence. Through thine intercessions deliver me from all uncleanness.

As I ponder in my wretchedness the multitude of my evil deeds, I tremble for the dreadful day of judgment. But trusting in Thy tender mercy, like David I cry to Thee: Have mercy upon me, O God, according to Thy great mercy.

Bible Quotes

- *Prayer with fasting is good, but better than both is almsgiving with righteousness. A little with righteousness is better than wealth with wrongdoing. It is better to give alms than to lay up gold. (Tob. 12:8)*

- *So if one fasts for his sins, and goes again and does the same things, who will listen to his prayer? And what has he gained by humbling himself? (Sir. 34:31)*

- *And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you. (Matt. 6:16-18)*

St John Chrysostom on True Fasting

If thou seest a poor man, take pity on him!

If thou seest an enemy, be reconciled to him!

If thou seest a friend gaining honor, envy him not! If thou seest a handsome woman, pass her by!

For let not the mouth only fast, but also the eye, and the ear, and the feet, and the hands, and all the members of our bodies.

Let the hands fast, by being pure from rapine and avarice.

Let the feet fast, by ceasing from running to the unlawful spectacles. Let the eyes fast, being taught never to fix themselves rudely upon handsome countenances, or to busy themselves with strange beauties

LENTEN PRAYER OF ST. EPHREM THE SYRIAN

O Lord and Master of my life!

Take from me the spirit of sloth,

Faint-heartedness, Lust of power, and Idle talk.

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

Yea, Lord and King! Grant me to see my own errors and not to judge my brother, for Thou art blessed unto ages of ages. Amen.