

Saints Joachim & Anna Mission

March 2024

Rev. John Phelps, Pastor – frjohnphelps@gmail.com – (907) 317-3828

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fasting note: On all fast days, we abstain from meat and dairy products; by “meat” is generally meant the flesh of land-dwelling vertebrates; by “dairy” is generally meant the produce of those same animals (ex. cheese, eggs, yogurt, milk). In general, invertebrates are all considered fasting fare. The fast is relaxed in honor of feast days, including the Sabbath (Saturday) and the Lord’s Day (Sunday), in three different categories as follows: wine , generally including all alcohol; oil , or foods cooked with or in oil; and fish , which is specifically aquatic vertebrates. Please consult your spiritual father for more specific details regarding your fasting rule; if you do not have a spiritual father, feel free to ask Fr. John.					1 <i>Teen Retreat in Wenatchee</i>	2 <i>Teen Retreat in Wenatchee</i> 5:30p Vespers
3 Prodigal Son 8:15a Orthros & Divine Liturgy 3:30p Parish Council	4 6:30a Jesus Prayer <i>Father John's day off</i> 5:00p Choir	5 6:00p Vespers 7:00p Orthodoxy 101	6 Fast 6:00p Vespers 7:00p Youth Group	7 7:00a Orthros 12:30p Sixth Hour & Story time with Fr. John	8 Wine & Oil 40 Martyrs of Sebaste (<i>transferred</i>) 1:00p Junior Youth Group 9:00p Compline	9 Soul Saturday 9:00am Divine Liturgy 5:30p Vespers
10 Meatfare 8:15a Orthros & Divine Liturgy	11 Dairy 6:30a Jesus Prayer <i>Father John's day off</i> 5:00p Choir	12 Dairy 6:00p Vespers 7:00p Orthodoxy 101	13 Dairy 6:00p Vespers 7:00p Youth Group	14 Dairy 7:00a Orthros 12:30p Sixth Hour & Story time with Fr. John	15 Dairy 10:00a Fr. John Homeschool Teaching 6:30p St. Raphael Education Foundation Ice Cream Social 9:00p Compline	16 Dairy 1:00p Women’s Bible Study 5:30p Vespers
17 Dairy Forgiveness Sunday Saint Patrick 8:15a Orthros & Divine Liturgy <i>Forgiveness Vespers after Coffee Hour</i>	18 Strict Fast Clean Monday Saint Edward 6:30a Jesus Prayer <i>Father John's day off</i> 6:00p Great Compline w/ Canon of Saint Andrew	19 Strict Fast Clean Tuesday 6:00p Great Compline w/ Canon of Saint Andrew	20 Fast Clean Wednesday 6:00p Presanctified Liturgy <i>Soup Supper following</i>	21 Fast Clean Thursday 7:00a Lenten Orthros 12:30p Lenten Sixth Hour & Story time with Fr. John 6:00p Great Compline w/ Canon of Saint Andrew	22 Fast Clean Friday 6:00p Compline w/ Akathist	23 Wine & Oil Saint Theodore 9:00a Divine Liturgy 5:30p Vespers
24 Wine & Oil Orthodoxy Sunday 8:15a Orthros & Divine Liturgy <i>Procession with icons at end of Liturgy</i> 6:00p Vespers w/ Litia & Artoklasia	25 Fish/Wine/Oil ANNUNCIATION 8:00a Orthros & Divine Liturgy <i>Father John's day off</i> 5:00p Choir	26 Fast 6:00p Great Compline 7:00p Orthodoxy 101	27 Fast 6:00p Presanctified Liturgy <i>Soup Supper following</i>	28 Fast 7:00a Lenten Orthros 12:30p Lenten Sixth Hour & Story time with Fr. John	29 Fast 6:00p Compline w/ Akathist	30 Wine & Oil Soul Saturday 5:30p Vespers
31 Wine & Oil Saint Gregory Palamas 8:15a Orthros & Divine Liturgy	<p>At Vespers, the Ninth Hour starts 10 minutes before Vespers is scheduled to begin. At Presanctified, Ninth Hour starts 15 minutes before Presanctified is scheduled to begin. Prayers before Communion begin about 25 minutes prior to Orthros or Liturgy.</p> <p>Fr. John is available for confession Saturday night after Vespers; Tuesday through Friday during regular office hours (3pm-5pm); or by appointment at other times during the week. <i>If the regular times do not work for you, please contact Fr. John to schedule an appointment at a different time.</i></p> <p><i>If you would like name day services, please contact Fr. John.</i></p>					