



St. Xenia Parish News

170 North Lowell Street, Methuen, MA 01844

January – February 2023

God Entered into the Depths of Human Life

St. Justin (Popovich)

In truth God as a man was born on earth! Why? That we might live through him (1 John 4:9). For without the God-man, the Lord Jesus Christ, human life is wholly and completely a suicidal absurdity, and death is truly the most outright and horrible absurdity on earth. To comprehend death means comprehending life in all its depth, height, and limitlessness. This can only be done by the All-man-loving Lord, Who by His immeasurable love becomes man and forever remains the God-man in the human world. Only as God-life, life in God, can human life acquire its eternal meaning. But outside of God, life is the most ridiculous absurdity, filled with offense and bitterness. Your life, O man, can find its only reasonable, rational, logical meaning in God alone. And your thought, brother, your human thought finds its divine and immortal meaning only in God, only as God-thought. Human thought only becomes God-thought in the God-man, the Lord Jesus Christ. It is the same with your senses, O man—only in God do they find their divine, immortal meaning. Without this, your senses are your most merciless torturers, continually crucifying you on an eternal cross, after which there is no resurrection. And the conscience? Where does this ferocious stranger come from in us, people? It too only unites with its divine and eternal meaning as God-conscience. Without this, human conscience is a ferocious and ghastly absurdity. And your death, and my death, and the death of all people—isn't it the cruelest torture for human beings throughout the world? Yes, it truly is. But it too, only as the death of the God-man, gains its eternal meaning through the resurrection of the God-man, the Lord Jesus Christ; for through Him and only through Him does victory over death happen and death in the human world can be comprehended. Thus also everything human, the entire human with all his innumerable infinities, only as the grace-filled God-man in the deified and

all-vivifying Body of the God-man Christ—the Church—gains his divine, eternal, God-human, and higher meaning.

Through His incarnation, through becoming man, becoming human, has God in the most manifest way entered into the very womb, the very bowels of human life, into the blood, into the heart, into the center of all existence. Squeezed out by voluntary human sin from the world, from the body, from the human soul, through the incarnation, by becoming man He returns to the world, to the body, to the soul. He wholly becomes a man, and being a man He labors for man, settles into the world and among creatures, takes care of the creature, enlightens the creature, saves the creature, transforms the creature, and deifies the creature. God's incarnation is the greatest upheaval and the most providential event, both on Earth and in Heaven, for the miracle of miracles has happened. If up until then the creation of the world from nothing was the greatest miracle, the incarnation of God in man has without a doubt surpassed it in its miraculousness. If at the creation of the world the words of God were clothed in matter, then at the incarnation of our Lord Jesus Christ God has clothed Himself in a body, in matter, in flesh. Therefore the incarnation of God became providential throughout the whole creation—for every individual, for every being, for every creature.

You, too, live by Him—live by the God-man and you will be healed of all deaths, all sins, all passions, and all diabolism. May your life become a God-life. In this is your whole heavenly-earthly mystery, O man, the moment you become a member of the church—a member of the God-man Body of Christ. And how should we live in the Church of Christ? We should live through the Holy Mysteries and holy virtues. That is why there is a fast before the Nativity. Fasting is the first virtue,

and prayer is always with it. These two foundational virtues bring a person to the God-man and teach him with divine wisdom how to live by Him and in Him. What should we do with the body given to us from God? Purify it, free it from all uncleanness, from all passions, from all evil, from every demon. And what does this mean? It means cleansing it of every sin, for in every sin a devil is hiding, in every sin a devil works apart from your free will. In a great sin is a prince of demons, in a small sin is an imp. You and I and every person has been given all the necessary means to conquer those demons, all the passions, all sins, and all deaths in us and in the world around us. Prayer and fasting are in the first place. The all-true lips of the All-true Lord Jesus Christ have pronounced also this life-creating truth: This kind goeth not out but by prayer and fasting (Matt. 17:21)—all kinds of sins, all kinds of passions, all kinds of demons.

The Nativity is before you, before me, before us, brothers and sisters: God is born as a man, “so that we would receive life through Him” and thus be filled in

soul and body with God. And this is most readily acquired by prayer and fasting. They cleanse and purify the body and the soul, so that wondrous joy would settle into them, and the sweetest God-infant, our Lord Jesus and God would fill completely our human existence, all of its enumerable infinities. It is for this reason, O man, that your body and your soul were created—to be filled with God and to live with God in the divine world on high. Our God-given teachers in this work are humble prayer and humble fasting—these holy foundational Gospel virtues. May they fly with us, may they precede us and ceaselessly announce to all people throughout the world the all-saving and all-joyful glad tidings:

Christ is Born!

Translated by Nun Cornelia (Rees)

From St. Justin Popovic. *On the path of the God-man* (St. Petersburg, 1999) [Russian].

St. Xenia of St. Petersburg Orthodox Church is a parish of the Russian Orthodox Church Outside of Russia, under the omophorion of Met. HILARION of Eastern America & New York. The parish newsletter is published bi-monthly under the direction of the Rev. Michael Crowley. In order to ensure timely delivery to our far-flung parish, please submit all notices by the 15th of the month prior to publication to Father Michael at frmichael@stxenia.org. Thank you.

Rector:

V. Rev. Michael Crowley
34 Elm Street
North Andover, MA 01845
(978) 204-0428

Confessions on Saturday during Vigil, on Sunday during the Hours, and by appointment.

Parish Council

President: Archpriest Michael Crowley (978) 204-0428
Warden: Andrei Doohovskoy (339) 223-4168
Secretary: Subdeacon David Nettleton (203) 895-7636
Treasurer: Isaac (Shedly) Justinien (646) 639-9273
Sisterhood: Pam Reed (617) 590-0062
Cemetery: Natalie Pishenin (978) 761-3449
Anthony Sarantakis
Dmitri Nikshych
Nicholas (Charles) Kronauer
Choir Director: Laryssa Doohovskoy (978) 841-5960
Church School Director: Alexei Doohovskoy



Trapeza Schedule

* = strict fast

Please limit coffee hour to Bagels, Muffins/ Pastries, and Fruit.
The coffee hour will be outside, so each week will be **weather dependent**.

Coffee will be made each Sunday morning.

Important - whoever is on for coffee hour is in charge of cleanup as well.

January

*  1/1

Suzie Soloviev, Olga McLellen, Victoria
Jackson

Sat Jan 7 Nativity of our Lord

1/8 Katya Fredette, Natalya Kirichuk, Vera Sarantakis
Kristina Head

1/15 Pam Reed, Carolyn Savage, Diane Mendez,
Claire Murphy

1/22 Johanna Bevel, Alexandra Medzhidov, Brigid
Justinian

1/29 Mat. Kaleria Sarantakis, Juliana Capitanio
Chrystal Paetzold, Tanya Burke

February

2/5 Olena Fedina, Vira Ajgaonkar, Elena Knorr,
Victoria Tkaczewski

2/12 Alexandra Gonzalez, Anna Kekis, Anne
Warner. Juliana Rost

MEATFARE 2/19

Engalichev, Lynch, Harris Karen Schidlovsky

MASLENITSA CHEESEFARE 2/26

Alevtina Khusanova , Natalia & Raisa Avram,
Natalya Orbite, Luidmilla Diakonova

March

*3/5 Mat. Helena Doohovskoy, Marianne
DiMatteo, Tanya Nikshych, Anna Johnson

*3/12 Meghan Nettleton, Nick Chaplain, Seraphima
Ann Dolan, Boris and Holly Dzikovski

*3/19 Women's Retreat - BYOL

*3/26 Suzie Soloviev, Olga McLellen,
Victoria Jackson

April

*4/2 Katya Fredette, Natalya Kirichuk, Vera
Sarantakis, Kristina Head

*4/9 PALM SUNDAY – Potluck
FISH ALLOWED 

4/16 PASCHA

4/23 Pam Reed, Carolyn Savage, Diane Mendez
Claire Murphy

4/30 MYRRH-BEARERS - Brotherhood Cookout

PARISH NEWS

~ The 2023 Church Calendars from St. Innocent Press have arrived. They are available at the candle counter.

~ We will have a Church cleaning day during coffee hour **Sunday, Jan 1st**. Please try and stay for a bit to help clean the Church, hall, and basement for the upcoming Nativity Feast Day! Grab a bite to eat and then come into the Church/hall to see the chores needed to get done that day.

Sisterhood News

~ Thank you for everyone's help with decorating and cleaning the Church during the Nativity season!

Mark your calendars!

The Sisterhood will be making a pilgrimage to Holy Trinity Monastery during Great Lent for the Sunday of the Cross (March 17-19th).

We will have a tour of the monastery as well as several lectures by seminary faculty and of course participate in the Divine services.

Registration details will be forthcoming.

~If you would like to be on the Sisterhood email list, please send your email to:

StXeniaSisterhood100@gmail.com

Congratulations

~ To the Guryev family on the birth of their son Nicholai on November 17th and baptism December 17th.

~ To the Lehmkuhl family on the birth of their new daughter, Vasilissa, on December 15th.

Many Years to All!!!

Please Remember in Your Prayers

Jane Rockwell, Peter Danas, Dimitri Nikshych and Laryssa Doohovskoy.

Also, please be sure to inform the Sisterhood if someone is in the hospital or shut in at home.

Choir News

~ Children's Choir Rehearsals take place on Sunday mornings starting at 9:00am. All children ages 8 and

older are welcome to attend. The Children's Choir prepares music and readings for upcoming services.

~If you have a private service - wedding, baptism, funeral, etc. – and would like to have choir singers, please contact Laryssa at stxeniachoir@gmail.com.

Church School and Youth Group News

SAVE THE DATE FOR OUR PARISH YOLKA!

Everyone is cordially invited to attend our annual Parish Yolka, or “Children’s Christmas Pageant.” Each Sunday School class will present a song or presentation. The highlight of the festivities will be a children’s play based on the life and miracles of St. Xenia. Come witness scenes from our patron saint’s life in St. Petersburg, Russia, as well as hear testimonials of miracles through her holy intercession. Note, this year we will hold our Yolka at the Andover Town House. Invite your friends and extended family!

The pageant will conclude with a Christmas Carol sing-a-long led by our Choir Director, Laryssa Doohovskoy.

Date: January 15th, 2023

Time: 1:45 PM - 3:00 PM

Place: The Andover Town House
20 Main Street, Andover, MA 01810

Donate: All proceeds go to the
St. Xenia Building Fund

More opportunities for Orthodox youth~

Prince Vladimir Youth Association <https://youth-pv.org> is a Non-Profit organization working to bring youth together by means of culture, philanthropy and the service of assisting the needy.

Founded in New York, the Prince Vladimir Youth Association is a successor to the St. Vladimir Youth circles established in the 1950’s. The work of the Association is based on the experience of the St. Vladimir Youth circles as it can be applied to a modern approach in working with youth.

DIOCESE NEWS

HE WILL LISTEN TO ALL THE BISHOPS. CONCILIARITY MATTERS TO HIM" – ARCHPRIEST SERGE LUKIANOV ON THE NEW FIRST HIERARCH OF THE RUSSIAN CHURCH ABROAD



It has long been my dream to tell people about Metropolitan Nicholas, the new First Hierarch of the Russian Orthodox Church Outside Russia – not as a bishop, but first and foremost as the little boy Kolya Olhovskiy, who was born in America and successfully preserved the flame of the Russian Orthodox Faith in a wholly un-Orthodox environment. In his humility and modesty, the bishop himself has avoided any such project thus far, quite rightly explaining that interviews and confession are two different things. Consequently, while hoping for a heart-to-heart talk with him in the future, I turned to Fr. Serge Lukianov, rector of St. Alexander Nevsky Cathedral in Howell, NJ. After all, the future First Hierarch was a spiritual son of his father, Protopresbyter Valery Lukianov, and as a child he attended the Russian School at St. Alexander Nevsky Cathedral.

– Fr. Serge, Metropolitan Nicholas spent quite some time as the keeper of the Kursk Root Icon of the Mother of God. Two days before the election, he accompanied the Hawaiian Iveron Icon of the Mother of God to Washington, DC. Then the election of the First Hierarch took place on September 13, when the Russian Orthodox Church celebrates the feast of the Placing of the Cincture of the Most Holy Theotokos. Are all these events symbolic, or mere coincidences?

– I think they are coincidences. Our bishops set the day for the election back in June, and decided to hold it after the Beheading of St. John the Baptist and after St. Alexander Nevsky. It was very good that it happened to fall on the Placing of the Cincture of the Most Holy Theotokos. Most importantly, everything took place under the protection of the Kursk Root

Icon of the Mother of God. She has always accompanied our Vladyka and continues to do so, and this is truly what is most important.

– Metropolitan Nicholas visited your church with the holy icon on multiple occasions.

– Of course; he comes to us several times a year, sometimes even when there are no services, and looks in on our Russian School. He will visit us on Monday of Bright Week, or for the feast of the Tikhvin Icon of the Mother of God, or for no reason at all. We have a wonderful relationship with him.

– How do you view his involvement with the Kursk Root Icon?

– Metropolitan Nicholas was raised in the Russian Church Abroad from childhood. He grew up in two parishes: the Church of the Assumption in Trenton, NJ, where his family lived, and our own parish, where the only Russian school in the entire area was located at the time. His parents were very involved in the life of our school, so he grew up in this atmosphere.

Naturally, the Mother of God constantly cared for our parishes through her Kursk Icon throughout all these years. In those days Archpriest Boris Kritsky, a wonderful priest, would come to us with the icon. Later Archpriest George Larin accompanied it, then I myself. The next to be appointed to this obedience was our Metropolitan – at the time, simply Fr. Nicholas. So, in little ways he was constantly under the protection of the Most Holy Theotokos. And it is good that he was elected as First Hierarch in the presence of this icon. I believe that the Mother of God does not forsake us, and that she protects us with her precious omophorion.

– To use a secular expression, Metropolitan Nicholas' career has simply skyrocketed. Just a few years ago, he was not even a monk, yet here he is, already the First Hierarch.

– He had been preparing – or rather, the Mother of God had been preparing him – for eight years. In 2014, he became a bishop, and even before that he had been traveling with the icon. Of all our bishops, perhaps none has traveled as much as Metropolitan Nicholas. He accompanied the Kursk Root Icon not

only to Russia, but also to Europe, Australia, South America, and even on various islands: Costa Rica, the Dominican Republic – just about everywhere. He even visited Japan! It is remarkable that a man could travel the globe as he has and bear up under the strain. Of course, he is only 47 years old – he is the youngest bishop in ROCOR, and that helps him considerably.

Metropolitan Nicholas was very close to Metropolitans Laurus and Hilarion. Without even realizing it, perhaps, they proved to have been gradually preparing him for the ministry of First Hierarch. And the Mother of God strengthened him by her omophorion.

– Tell me about how you accompanied Metropolitan Nicholas on his pilgrimages with the Kursk Root Icon – to Russia, or perhaps to other countries.

– In 2009, he and I traveled to Russia as part of a large delegation headed by Metropolitan Hilarion. This was the first time the Kursk Icon had visited Moscow and Kursk in nearly 90 years. When he became a bishop, I accompanied him on a trip with the icon to Costa Rica.

– Metropolitan Nicholas has already described his trip to Russia in 2009. How did everything go in Costa Rica? Not many people are even aware that a Russian parish exists there.

– We have one parish in that country – the Church of the Vladimir Mother of God in San José – which is home to approximately 4,000 Russians. I made several trips there to promote the mission, serving and performing weddings and baptisms. We erected an iconostasis and a cupola; many people helped with the work. Then we had the idea of arranging a visit from the Kursk Root Icon. I contacted the Russian consulate, and the consul kindly agreed to assist us, even taking it upon himself to arrange for transportation. With God's help, we made the trip. It was the first time the Kursk Root Icon had ever visited Costa Rica. Many of our own Russian people, Orthodox Costa Ricans, and even Roman Catholics gathered in the church. It was a momentous occasion – to pray beneath the palm trees under the protection of the Mother of God. Then the consul held a reception and received the wonderworking icon at the consulate. Al-

together it was a truly inspiring trip. The people had only watched on television how the icon traveled to Russia and the people there stood for up to eight hours to venerate it. And here this same sacred icon had come to their own little parish. Can you imagine what that meant? For Costa Rica, it was probably one of the most important events in history. – **Let u**

s turn the clock back to a little over 40 years ago. Do you remember what Kolya Olhovskiy was like as a child?

– Of course; I remember quite well. He was always quiet and modest; always calm, with a ready smile. He was a nice boy, as people say. He studied well in school and served in the altar. His mother Evdokia (God rest her soul!) was a very religious woman, and I think it was she who instilled in her three sons the spark of love for the Church and the Mother of God.

The future priest and bishop Nicholas spent many years with us in Lakewood – in the school, in the choir, in the altar, and in various youth organizations. I think our parish really did play an important role in his upbringing.

And what role was that?

– Our parish always brought us up to preserve the Russian Diaspora handed down to us by our fathers and grandfathers. That is how we live to this day – teaching our children the Law of God, Russian culture, literature, and grammar, to preserve what we have inherited.

You have just painted a very idyllic picture. Can it really be that Kolya Olhovskiy was never naughty – that he never brought home a bad report card?

– No, he did not; I do not remember it ever happening. As a boy, he was always calm and behaved very well, just like his brothers. That is how they were brought up. Of course, they would get together with other young people to have a good time. But I always heard only positive things about him. We knew his family very well – they were all part of our Russian community in the Diaspora.

– The Russian Church Abroad really is a family at heart: everyone knows each other, and everyone is as though related. Do you think that atmosphere will continue under Metropolitan Nicholas?

– Yes, I think it will. Metropolitan Nicholas was born in that atmosphere, as were we all. We were born in the Church Abroad; by this spirit we live, and with it we will die. We love Russia, Ukraine, Belarus, and all other Orthodox countries, but we also value all that is good and decent that our parents and grandparents handed down to us. We preserve this with the help of our Russian parishes and Russian schools – without them I do not know what things would be like.

Our parents taught us the Russian language, and the Russian School supported us; we felt that this was where we ought to seek our future spouses. Today, unfortunately, we see many interfaith marriages, but we constantly tell our children, "Why look elsewhere? Here you have Orthodox girls and Orthodox boys; this is where you ought to be looking, where you can start an Orthodox family. Otherwise, we will fall apart."

At the same time, however, in the Church Abroad we have many parishes where other languages predominate – especially in the Southern states and, of course, in Australia. And we try to convey the spirit of Russia even to these parishes. An excellent example is the wonderful Holy Cross Monastery in West Virginia. It is home to around 30 monks, and the monastery is entirely English-speaking. Currently they are building a large, permanent cathedral. Everything there is in English, but the spirit is remarkably Russian – Russian cuisine, Russian smiles, Russian souls, Russian worship. This, despite the fact that they are Americans – there is even a Japanese monk, and an Irish monk, and people of other nationalities. All of them have accepted Orthodoxy and love Russia; they love all things Russian and want to preserve them. They tell the young monks about our Metropolitans – Anthony (Khrapovitsky) or Anastassy (Gribanovsky), Philaret (Voznesensky), Vitaly (Ustinov), Laurus (Skurla). This is very important. Holy Trinity Monastery in Jordanville does the same.

I, too, realize that I am a bearer of this spirit, and that I have a responsibility to God, to the Church, and to my parents and grandparents to continue this spirit. I think that Metropolitan Nicholas will uphold this spirit in the Church in exactly the same way.

– Your father – Protopresbyter Valery Lukianov – was Metropolitan Nicholas' first spiritual father. What was their relationship like?

– They kept in very close contact. Even before he was a bishop, Vladyka would always come to ask Fr. Valery for advice, make confession to him, and ask his blessing. He loved my father very much, and always speaks warmly of him. On the anniversary of his death in May, he always visits our parish. To this day, even outside of services, if he happens to be in the area he will stop by to visit my mother, Matushka Irina, or sometimes he will call her. He always behaves very lovingly toward her.

– I first saw the future Metropolitan Nicholas when he was not yet even a monk, it seems, though it was only recently that we met. I had the sense that here was a person who was greatly maturing spiritually and was becoming increasingly wise and luminous.

– You are correct: in his eight years as bishop, he especially saw much, drawing on the experience of our elders such as Metropolitan Hilarion. During his travels with the Kursk Root Icon, I believe he saw miracles, which most certainly did occur. It seems to me that all this helped prepare a vessel within him, filling him with the oil of grace.

Metropolitan Nicholas is very obedient, as a monk ought to be. He does not consider himself some sort of "pope;" as First Hierarch, this will not be his pattern of behavior. He will listen to all the bishops. Conciliarity matters to him. His diocese is one thing – there he will make the decisions himself. But in all matters that concern the whole Church Abroad, he will always consult with the Council of Bishops. This is what Metropolitan Laurus did, as well as Metropolitan Hilarion, and this is very important.

– Could you share any humorous "human interest" stories about Metropolitan Nicholas?

– You know what is interesting – Metropolitan Nicholas is a person of very equable temperament, without dramatic highs and lows. Metropolitan Laurus was another person of this sort of temperament.

Of course, Metropolitan Nicholas can be light-hearted, and may even laugh, but he always retains the same calm, equable temperament. He does not have his head somewhere off in the clouds, however: he understands what is happening in the world, he sees all the rampant immorality, and he understands that one must guard one's soul. In all the years that I have known him, I have always had the most pleasing impressions of him.

As for humorous stories... Well, for example, in Costa Rica we went on a guided tour to a place that had parrots and other tropical birds. One of these birds sat on his head. The whole time, I kept praying that it would not leave him a "present" (*laughs*). We took a photograph, but I no longer have it. He enjoyed it all very much and laughed about it. My only comment was, "Vladyka, just be glad it did not do its business on you" (*laughs*).

Episodes like that did sometimes occur. But, generally, in him one was always conscious of the equable temperament that I mentioned. He has a tremendous devotion to the Church and to the divine services. For him, prayer and the services are the most important thing of all, just as they were for Metropolitans Laurus and Hilarion, from whom he learned. They maintained absolute obedience to the Council of Bishops, and of course to their monastic vow, and this is very important. Modesty and tranquility in all things, and for this glory be to God.

– **Incidentally, Metropolitan Nicholas is the first primate of ROCOR who never lived in a monastery.**

– Yes. He lived in the monastery in Jordanville, but not as a monk – just as a worker and a seminarian. Of course, all our previous First Hierarchs lived in monasteries, and they imparted that spirit to him – a spirit that he embraced.

Interview given by Archpriest Serge Lukianov to Dmitry Zlodorev.

www.pravoslavie.ru



ST. XENIA ORTHODOX CHURCH
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(phone) (978) 204-0428



JANUARY 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|---|
| 1 (Dec 19) Sunday of the Holy Fathers Tone 4 9:30 Hours and Divine Liturgy Fast: fish, wine & oil | 2 (Dec 20) Fast: wine & oil | 3 (Dec 21) Fast: wine & oil | 4 (Dec 22) Fast | 5 (Dec 23) Fast: wine & oil | 6 (Dec 24) EVE OF NATIVITY 9:00 Royal Hours 9:30 Vespers Liturgy w/Nativity Readings 5:30 All Night Vigil of the Nativity Fast: wine & oil | 7 (Dec 25) NATIVITY OF THE LORD 9:30 Hours & Divine Liturgy |
| 8 (Dec 26) Sunday After Nativity Tone 5 9:00 Matins and Divine Liturgy Fast free | 9 (Dec 27) Fast free | 10 (Dec 28) Fast free | 11 (Dec 29) Fast free | 12 (Dec 30) Fast free | 13 (Dec 31) Fast free | 14 (Jan 1) Circumcision of the Lord 5:30 All-Night Vigil Fast free |
| 15 (Jan 2) Sunday Before Theophany Tone 6 9:30 Hours and Divine Liturgy Fast free | 16 (Jan 3) Fast free | 17 (Jan 4) Fast free | 18 (Jan 5) EVE OF THEOPHANY 9:00 Royal Hours 10:00 Vespers Liturgy Blessing of Waters 5:30 Vigil of Theophany Fast: wine & oil | 19 (Jan 6) THEOPHANY OF THE LORD 9:30 Hours & Divine Liturgy w/Blessing of Waters | 20 (Jan 7) Synaxis of the Baptist Fast: wine & oil | 21 (Jan 8) 5:30 All-Night Vigil |
| 22 (Jan 9) Sunday After Theophany Tone 7 9:30 Hours and Divine Liturgy | 23 (Jan 10) | 24 (Jan 11) | 25 (Jan 12) Fast: wine & oil | 26 (Jan 13) | 27 (Jan 14) Fast: fish, wine & oil | 28 (Jan 15) 5:30 All-Night Vigil |
| 29 (Jan 16) 33rd Sunday after Pentecost Zaccheus Tone 8 9:30 Hours and Divine Liturgy | 30 (Jan 17) St. Anthony the Great | 31 (Jan 18) | Feb 1 (Jan 19) Fast | Feb 2 (Jan 20) | Feb 3 (Jan 21) Fast | Feb 4 (Jan 22) 5:30 All-Night Vigil |



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| FEBRUARY 2023 | | | | | | |
|---|---|--|---|--|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Jan 29 (Jan 16) 33rd Sunday after Pentecost Zaccheus Tone 8 9:30 Hours and Divine Liturgy | Jan 30 (Jan 17) St. Anthony the Great | Jan 31 (Jan 18) | 1 (Jan 19) Fast | 2 (Jan 20) | 3 (Jan 21) Fast | 4 (Jan 22) 5:30 All-Night Vigil |
| 5 (Jan 23) Sunday of the Publican & Pharisee Tone 1 9:30 Hours and Divine Liturgy 1:00 Vespers of St. Xenia | 6 (Jan 24) St. Xenia of Petersburg 9:30 Hours & Divine Liturgy Fast free | 7 (Jan 25) Fast free | 8 (Jan 26) Fast free | 9 (Jan 27) Fast free | 10 (Jan 28) Fast free | 11 (Jan 29) 5:30 All-Night Vigil Fast free |
| 12 (Jan 30) Sunday of the Prodigal Son Tone 2 Three Holy Hierarchs 9:30 Hours and Divine Liturgy | 13 (Jan 31) Fast free | 14 (Feb 1) 5:30 Vigil Meeting of the Lord Fast free | 15 (Feb 2) MEETING OF THE LORD 9:30 Hours & Divine Liturgy w/Blessing of Candles Fast: fish, wine, & oil | 16 (Feb 3) Fast free | 17 (Feb 4) Fast | 18 (Feb 5) 5:30 All-Night Vigil |
| 19 (Feb 6) Meatfare Sunday Tone 3 9:30 Hours and Divine Liturgy | 20 (Feb 7) Fast: dairy, fish, wine, & oil | 21 (Feb 8) Fast: dairy, fish, wine, & oil | 22 (Feb 9) Fast: dairy, fish, wine, & oil | 23 (Feb 10) Fast: dairy, fish, wine, & oil | 24 (Feb 11) Fast: dairy, fish, wine, & oil | 25 (Feb 12) 5:30 All-Night Vigil Fast: dairy, fish, wine, & oil |
| 26 (Feb 13) Cheesefare Sunday Tone 4 9:30 Hours and Divine Liturgy Forgiveness Vespers following Fast: dairy, fish, wine, & oil | 27 (Feb 14) Fast | 28 (Feb 15) Fast | Mar 1 (Feb 16) Fast | Mar 2 (Feb 17) Fast | Mar 3 (Feb 18) Fast | Mar 4 (Feb 19) 5:30 All-Night Vigil Fast: wine & oil |