

March 9, 2019

Greetings to the Faithful of St. Andrew's,

Christ is among us!

**Spring Forward!**

**Don't forget to change your clocks this weekend so as to avoid being late for Church.**

The Great Lenten Fast is quickly approaching. It is time ready ourselves and our families for the journey to Holy Pashca.

Please take these reminders seriously:

This Sunday March 10 is Cheesefare Sunday. This is our last day for dairy. **The Great Fast begins on Monday March 11.**

For the Lenten Fasting Guideline please consult the following webpage on St. Andrew's website:

[https://orthodoxdelmar.weebly.com/uploads/1/0/9/0/10909364/lent\\_fast.pdf](https://orthodoxdelmar.weebly.com/uploads/1/0/9/0/10909364/lent_fast.pdf)

**Upcoming Events:**

**Wednesday March 13 at 6pm Bible Study:** The Gospel of Mark: The Way of the Cross and the Challenge of the Empty Tomb. Consult the following page on St. Andrew's website for the specific topics to be covered during each session of this 7 week course:

[https://orthodoxdelmar.weebly.com/uploads/1/0/9/0/10909364/bible\\_study\\_mark\\_lent\\_2019.pdf](https://orthodoxdelmar.weebly.com/uploads/1/0/9/0/10909364/bible_study_mark_lent_2019.pdf)

**Friday March 15 at 6pm Presanctified Liturgy.** For the full list of St. Andrew's Lenten Services please consult the following web page:

[https://orthodoxdelmar.weebly.com/uploads/1/0/9/0/10909364/lenten\\_services\\_2019.pdf](https://orthodoxdelmar.weebly.com/uploads/1/0/9/0/10909364/lenten_services_2019.pdf)

Regarding the Friday Presanctified Liturgies during the 40 days we should fast at least from an early Lenten lunch, that is, at least six hours of Eucharistic fasting.

Don't forget to plan a time for **Confession** in preparation for Pascha.

Let us all prepare ourselves for Pascha in the following ways:

1. Bible reading and study
2. Liturgical participation
3. Prayer
4. Fasting
5. Generosity and
6. Confession

May the Lord bless us during the Holy Season of Lent!

Yours in Christ,  
Fr. Herman