



ST. SOPHIA ORTHODOX CHURCH  
*Russian Orthodox Church Outside of Russia*  
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March 1

Sunday of Orthodoxy

Dear Members and Friends of the Parish,

Lent has begun and as we prepare ourselves to see Christ's Holy Resurrection at Pascha, for our encouragement and help there are a few extra services throughout the time of Great Lent.

**Upcoming Lenten services**

- March 4 Presanctified Liturgy Wednesday Night 7PM (Confessions at 6:30PM)
- March 11 Presanctified Liturgy Wednesday Night 7PM (Confessions at 6:30PM)
- March 18 Presanctified Liturgy Wednesday Night 7PM (Confessions at 6:30PM)
- March 25 Great Canon with Life of St Mary of Egypt Thursday Night 7PM
- April 1 Presanctified Liturgy Wednesday Night 7PM (Confessions at 6:30PM)

You can see all of the upcoming services on our website, here:

<https://saintsophia.ca/monthly-services-calendar-2/>

**Catechism Classes**

Classes began Thursday February 19 and will be on Thursday evenings throughout Lent at 7PM

Link for the class is here: <https://teams.live.com/join/9349663143482?p=B2ZtuNaHXyQg9XPZGd>

**Almsgiving**

The donation hamper is in the exonarthex, we are donating non-perishable food and clothing to the needy – see suggestion guide by the hamper.

**A word about Presanctified Liturgies:**

This is a special Lenten service combining Lenten Vespers at night, and elements of Vespers Liturgies (like at Nativity or Annunciation) but without any anaphora, instead communion sanctified on Sunday is offered. These liturgies feel distinctly Lenten and are one of our ancient forms of liturgy.

Anyone wishing to take communion at the Presanctified Liturgies must receive confession and have a blessing to commune. There will be confession at 6:30PM before these services. Also be aware that if you are going to commune, you must NOT eat and drinking from 1PM till the liturgy at minimum(6 hour fast).

Small children can commune at the Presanctified Liturgy, but babies and small toddlers, who do not typically eat solid food should not be brought to commune. Small children are not required to fast from noon like adults.

Please see the following article about the Presanctified Liturgy:

<https://stjohndc.org/en/content/liturgy-presanctified-gifts>

Guide for Prostrations during Presanctified Liturgy:

<https://eadiocese.org/files/resources/liturgical/lent/Prostrations-at-Presanctified.pdf>

May God bless you all!