

GREAT LENT SCHEDULE

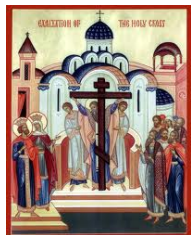
Sunday Vespers 2016



Sunday of Orthodoxy
20 March - 6 pm
St Vladimir Ukrainian
404 Meredith Rd. NE

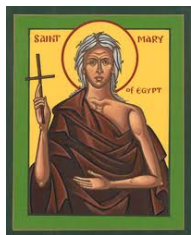
**St. Gregory
Palamas**

27th March - 6 pm
St. Peter the Aleut
1802 33 Ave. SW



Holy Cross
3rd April - 6 pm
Saint Simeon Serbian
16025 243 Ave.
DeWinton

St. John of Ladder
10th April - 6 pm
Annunciation Antiochian
3107 40th St. SW



St. Mary of Egypt
17 April - 7 pm **
St. Demetrios Greek O
1 Tamarac Cres. SW

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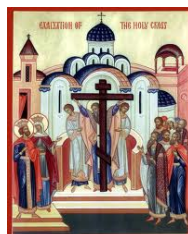
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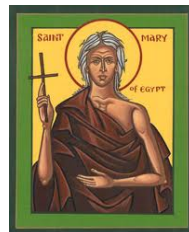
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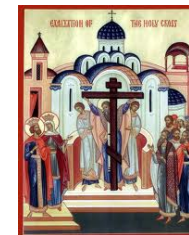
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Prayer of Saint Ephraim

O Lord and Master of my life,
Grant not unto me a spirit of
idleness,
of discouragement,
of lust for power,
and of vain speaking.

But bestow upon me, Thy
servant,
the spirit of chastity,
of meekness,
of patience,
and of love.

Yea, O Lord and King,
grant that I may perceive
my own transgressions,
and judge not my brother,
for blessed art Thou
unto ages of ages.
Amen.

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