

Notes:

7533 in the Byzantine Calendar (NC)

- On Sundays and on Feasts of the Lord, the Orthodox Faithful do not do prostrations except if the Feasts of the Holy Cross fall on a Sunday.

- The first day of Lent (3 Mar) is traditionally a total fast from all food. Seek the advisory of your spiritual father.

- The Fast for the Crucifixion (18 Apr) is traditionally a total fast from all food. Seek the advisory of your spiritual father.

- From Pascha until the Feast of the Ascension, we do not begin our prayers with "O Heavenly King." Instead, we begin our prayers with the Paschal Troparion: "Christ is Risen from the dead, trampling down death by death, and upon those in the tombs bestowing life!"

- We resume saying "O Heavenly King" after Pentecost, because this is when we commemorate the Holy Ghost descending upon the world and this prayer is directed to Him.

- Because the time from Pascha until Pentecost is considered to be Pascha, and therefore a Feast of the Lord, we do not do any prostrations in this time.

(2024 Gregorian)

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30	31					

(2025 Gregorian)

LEGEND:

Abstain from Meat, Dairy, Eggs, Fish, Wine, Olive Oil
Fish Eggs Allowed, Abstain from Meat, Dairy, Eggs, Fish
Abstain from Meat, Dairy, Eggs, Fish
Abstain from Meat, Dairy, Eggs
Abstain from Meat

Feasts and Fast

Sep 1 - Ecclesiastical New Year
Sep 8 - Nativity of the Mother of God
Sep 14 - Exaltation of the Holy Cross
Nov 8 - Synaxis of the Archangels
Nov 15 - Dec 24 - Nativity Fast
Dec 6 - Saint Nicholas of Myra
Dec 25 - Christmas
Jan 1 - Circumcision of Jesus Christ
Jan 6 - Theophany
Jan 7 - Synaxis of Saint John the Baptist
Jan 30 - Synaxis of the Three Holy Hierarchs
Feb 2 - Presentation of Christ in the Temple
Feb 9 - Sunday of the Publican and Pharisee
Feb 16 - Sunday of the Prodigal Son
Feb 23 - Judgement Sunday (Meatfare)
Mar 2 - Forgiveness Sunday (Cheesefare)
Mar 3 - Lent Begins (Clean Monday)
Mar 9 - The Triumph of Orthodoxy
Mar 16 - Sunday of Saint Gregory Palamas
Mar 23 - Sunday of the Holy Cross
Mar 25 - Annunciation of the Mother of God
Mar 30 - Sunday of Saint John of the Ladder
Apr 6 - Sunday of Saint Mary of Egypt
Apr 12 - Lazarus Saturday
Apr 13 - Palm Sunday
Apr 13 - Apr 19 - Holy Week
Apr 18 - The Crucifixion
Apr 20 - Pascha | Easter
Apr 20 - Apr 26 - Bright Week
May 14 - Mid-Pentecost
May 29 - The Ascension of Jesus Christ
Jun 8 - Descent of the Holy Ghost | Pentecost
Jun 9 - Monday of the Holy Ghost
Jun 16 - Jun 28 - The Apostle's Fast
Jun 29 - Holy Apostles Peter and Paul
Aug 1 - Aug 14 - Dormition Fast
Aug 15 - The Dormition of the Mother of God
Aug 29 - Beheading of Saint John the Baptist
Aug 31 - Placing of the Holy Belt