

H PLATEIA

Prayer of Saint Ephraim ~ *Pray together as a family each night and morning...*

O Lord and Master of my life, take from me the spirit of Laziness, despair, lust of power and idle talk. But, instead, give the spirit of chastity, humility, patience and love. Yes, Lord and King, grant me to see my own sins and not to judge my brother for you are holy, now and always and forever and ever. Amen

~TIPS FOR LENT~

Mondays: Compline

Wed: Presanctified Liturgy

Fri: Akathist-with potluck to follow for families ☺

+++++

Please join our Religious Education program in helping to develop and build schools in Africa by raising needed money for
The ST. NEKTARIOS FUND
See your child's Religious Ed. Teacher or Khara-Maria Kalamaras for more details.

GREAT LENT IS HERE...A TIME FOR

- ❖ PRAYER
- ❖ FASTING
- ❖ CONFESSION
- ❖ HOLY COMMUNION

Join Fr. Peter's Daily Study by emailing him at frpeter@goholycross.org and receive daily Lenten readings, saints of the day and important weekly updates.

Join the Metropolis online book study club moderated by Mr. Konstantine Salmas. The book study club will cover two books: *The Way of the Pilgrim*, and Scott Cairns' *Compass of Affection: Poems New and Selected*. To register, visit <http://sanfran.goarch.org/bookclub.html>.