



St. Sophie Ukrainian Orthodox Cathedral

Schedule of Lenten Services

Monday, March 11 – Tuesday, April 30, 2019

Monday, March 11

6:00 p.m. Reading of The Great Canon of St. Andrew of Crete

Tuesday, March 12

6:00 p.m. Reading of The Great Canon of St. Andrew of Crete

Saturday, March 16

1st Saturday of the Great Lent

9:00 – 9:30 Confession

9:30 a.m. Divine Liturgy

5:00 pm Vespers followed by Sorokousty

Sunday, March 17, 1st Sunday of Great Lent.

Sunday of Orthodoxy

9:30 - 9:50 a.m. Confession

10:00 a.m. Divine Liturgy

7:00 p.m. Pan-Orthodox Sunday of Orthodoxy Vespers at
Eglise Orthodoxe Roumaine des Saints Archanges Michel et Gabriel
(2430 av. Charland, H1Z 1C1)

Saturday, March 23. 1st Soul Saturday.

9:00 – 9:30 Confession

9:30 a.m. Divine Liturgy

5:00 pm Vespers followed by Sorokousty

Sunday, March 24. 2nd Sunday of Great Lent.

St. Gregory Palamas

9:00 - 9:30 a.m. Confession

9:30 a.m. Divine Liturgy

Saturday, March 30. 2nd Soul Saturday.

9:00 – 9:30 Confession

9:30 a.m. Divine Liturgy

5:00 pm Vespers followed by Sorokousty

Sunday, March 31, 3rd Sunday of Great Lent.

Veneration of the Holy Cross

9:30 - 9:50 a.m. Confession

10:00 a.m. Divine Liturgy

Saturday, April 6. 3rd Soul Saturday.

9:00 – 9:30 Confession

9:30 a.m. Divine Liturgy

5:00 pm Vespers followed by Sorokousty

Sunday, April 7, 4th Sunday of Great Lent.

The Annunciation to the Most-Holy Theotokos

9:30 - 9:50 a.m. Confession

10:00 a.m. Divine Liturgy

5:00 p.m. Lenten Passion Service at the Assumption of the
Blessed Virgin Cathedral (1000 Byron Ave., Ottawa)

Thursday, April 11

6:00 p.m. Reading of The Great Canon of St. Andrew of Crete

Saturday, April 13. Akathist Saturday.

9:00 – 9:30 Confession

9:30 a.m. Divine Liturgy

SPIRITUAL SEMINAR

11:30 a.m. Refreshments

12:00 p.m. – 1:00 p.m. Speaker: Fr. Stephane Bingham

Theme: “Why do we need the Church”

1:15 p.m. – 2:00 p.m. Speaker: Very Rev. Archpriest Volodymyr Kouchnir
Theme: “We have seen the true light” (The Meaning of the Divine Liturgy)

2:00 p.m. – 2:30 p.m. Coffee Break

2:30 p.m. – 3:30 p.m. Speaker: Rt. Rev. Mitred Archpriest Dr. Ihor Kutash

Theme: “Spiritual Life”

3:30 p.m. – 4:00 p.m. Refreshments

4:00 p.m. – 5:00 p.m. Speaker: Dr. Peter Kondra

Theme: “Science & Religion”

5:00 pm Akathist to our Lord Jesus Christ, followed by Sorokousty

Sunday, April 14, 5th Sunday of Great Lent.

Commemoration of Mary of Egypt

9:30 – 9:50 a.m. Confession

10:00 a.m. Divine Liturgy

5:00 p.m. Lenten Passion Service at St. Mary the Protectress Orthodox Church
(2246 blvd. Rosemont)

Wednesday, April 17

9:00 – 9:30 Confession

9:30 a.m. Liturgy of Presanctified Gifts

Saturday, April 20

Lazarus Saturday

8:30 – 9:00 a.m. Confession

9:00 a.m. Divine Liturgy

5:00 p.m. Vespers & Sorokousty,
followed by blessing of the willows

Sunday, April 21. Palm Sunday.

Entrance of our Lord into Jerusalem

9:00 - 9:50 a.m. Confession

10:00 a.m. Divine Liturgy followed by blessing of the Willows

Passion Week Services

Wednesday, April 24

Great and Holy Wednesday

9:00 – 9:30 a.m. Confession

9:30 a.m. Liturgy of Presanctified Gifts

6:30 p.m. Sacrament of Holy Unction

Thursday, April 25

Great and Holy Thursday

9:00 – 9:30 a.m. Confession

9:30 a.m. Liturgy of St. Basil the Great followed by Sorokousty

6:30 p.m. Passion Service, 12 readings from the Gospel

Friday, April 26

Passion Friday

5:00 p.m. Vespers with the carrying out
of the Plashchynytsia (Burial Shroud)

Saturday, April 27

Great and Holy Saturday

8:30 – 9:00 Confession

9:00 a.m. Divine Liturgy

5:00 p.m. Blessing of Baskets in the Parish Hall

11:00 p.m. “Nadhrobne” (Graveside)

11:30 p.m. Procession around the Church

12:00 a.m. Paschal Matins

Blessing of Baskets in the Parish Hall after Service

Sunday, April 28

Pascha

10:00 a.m. Paschal Divine Liturgy

Those who wish may receive Holy Communion

Church Choir will be singing at the Liturgy

Blessing of baskets in the Parish Hall following the Divine Liturgy

Monday, April 29, Bright Monday

9:30 am Divine Liturgy

Tuesday, April 30, Bright Tuesday

9:30 am Divine Liturgy



WHERE DOES THE WORD "SOROKOUSTY" COME FROM?

The word Ukrainian word “Sorokousty” means “forty mouths” (sorok = forty; ust = mouth).

Originally, this was a prayer service offered by forty mouths or by forty priests. Historically, families would honor their deceased by holding services for them in the cathedrals on the 3rd, 9th and 40th day after their death —with 40 priests celebrating the services.

Today, Sorokousty is the service that honors the deceased and is offered during Lent.

