













Great Lent of 2010 (Monastery statute)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February						
14 No Lent	15 Strict Lent	16 Strict Lent	17	18	19	20 
21 	22	23	24	25	26	27 
28 						
March						
	1	2	3	4	5	6 
7 	8	9	10	11	12	13 
14 	15	16	17	18	19	20 
21 	22	23	24	25	26	27 
28 	29	30	31			
April						
				1	2 Strict Lent	3

 - Oil;
  - Seafood;
  - Fish;
 Strict Lent – No Food; Other Days – Xerophagy