



## Eastern Orthodox Beginning of Lent

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Orthodox Christian

[lent](#) 

In the Christian (Eastern) Orthodox Church, Great Lent marks the forty days leading to the death and resurrection of Jesus Christ (the 40 days before Holy Week, which is the week when Christian Orthodox followers remember Christ's Passion, Death and Resurrection). The first day of Great Lent is called Clean Monday. Lent is a time for prayer, penance, good-will, fasting and drawing closer to God. Holy Week is a period of intensified prayer, penance and fasting leading to Pascha (Easter).



This collection of information sheets on major holidays and cultural events is a joint partnership of the School of Information staff, the Office of Diversity, Equity, and Inclusion, and the Office of the Provost. Facts have been vetted by U-M's Association of Religious Counselors (ARC), and other campus groups. Public feedback is welcome; please email [DEIHolidayFacts@umich.edu](mailto:DEIHolidayFacts@umich.edu).

### Date

- The Beginning of Great Lent in Orthodox Christianity is a moveable feast that takes place on the 7th Monday before Easter. Christian Orthodox churches calculate the date according to the Julian calendar so the date usually occurs after the western observance.
- Check the [Calendar Index](#) for Religious Holidays during the current academic year for the exact date.

### Common Practices and Celebrations

- Clean Monday marks the beginning of 40 days of fasting, intensified prayer, penance, and almsgiving in the Christian Orthodox Church.
- Many mark the beginning of Great Lent on Sunday night or Monday at a special church service asking for forgiveness.
- A special unleavened bread is baked on Clean Monday.

### Common Dietary Restrictions

- Fasting involves abstinence from alcohol, eggs, dairy, fish, meat, and olive oil for the 40 days of Great Lent and Holy Week.

### Impact to U-M Community

- Vegan catering options are likely needed.
- Link to [U-M Guidance Regarding Conflicts](#).

### U-M Campus Resources

- [Maize Pages - Orthodox](#), U-M
- [Association of Religious Counselors](#), U-M

### Information Sources

- [Beginning of Lent](#), Ann Arbor
- [Pray Tell Bog](#), Lent as Observed by Orthodox Christians

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