



Parish Bulletin Supplement

Announcements

March 13, 2025

Soul Saturday

Parish Services & Events



“Soul (Memorial) Saturday”

Will be celebrated this coming Saturday, March 15th @ 10:00 a.m.

Bring your “Memorial Books” so that we may offer in prayer your deceased family members.

Our Parish Fellowships of late have been well received. A special thank you to all who have sponsored a “Fellowship”, physically or financially. If you wish to provide a fellowship in the future, please contact Dorothy (780-476-2337).

Rt. Rev. Protopresbyter Victor
Lakusta

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Saturday of Souls (or Soul Saturday) is a day set aside for the commemoration of the dead within the [liturgical year](#) of the [Eastern Orthodox](#); . Saturday is a traditional day of prayer for the dead, because Christ lay dead in the [Tomb](#) on Saturday.

These days are devoted to prayer for departed relatives and others among the faithful who would not be commemorated specifically as saints. The [Divine Services](#) on these days have special hymns added to them to commemorate the departed. There is often a [Panikhida](#) (Memorial Service) either after the [Divine Liturgy](#) on Saturday morning or after [Vespers](#) on Friday evening, for which [Koliva](#) (a dish made of boiled wheatberries or rice and honey) is prepared and placed on the Panikhida table. After the Service, the priest blesses the Koliva. It is then eaten as a memorial by all present

Here's a more detailed explanation:

Purpose:

These Saturdays are dedicated to praying for the repose of the souls of the deceased, asking for God's forgiveness and rest for those who have fallen asleep in the hope of the Resurrection.

Specific Saturdays:

Meatfare Saturday: The Saturday two weeks before the beginning of Great Lent.

Saturdays of Great Lent: The second, third, and fourth Saturdays of Great Lent.

Saturday before Pentecost: The Saturday before the feast of Pentecost.

Tradition:

The tradition of praying for the dead on Saturdays is rooted in the belief that Jesus died on a Saturday (Great and Holy Saturday) and that the souls of the departed are remembered and prayed for on that day of the week.

Commemoration:

On Soul Saturdays, Orthodox Christians commemorate those who have fallen asleep, including their loved ones and all those who have died in the hope of the Resurrection of Christ.

Beyond the Liturgical Calendar:

Some local churches also observe additional Saturdays of Souls, such as the Saturday before Cheesefare Sunday and the Saturday of the first week of Great Lent.