Journey to Tinsaie! 2021

THEMES

Ze-werede 28th Yekatit March 7th

Qidist 5th Megabit March 14th

Mikurab 12th Megabit March 21st

Metsagu'i 19th Megabit March 28th

Debre Zevt 26th Megabīt April 4th

Gebri Heir 3rd Miyazya April 11th

Nīgodīmos 10th Miyazya April 18th

Hosa'ina 17th Miyazya April 25th

Arbī Siglet 22nd Miyazya April 30th

Tinsaie 24th Miyazya May Źnď





READING's

HE CAME DOWN Gospel: John 3:10-21 Psalm: 2:11

HOLY Gospel: Matthew 6:16-25 Psalm: 96:5-6

TEMPLE Gospel: John 2:12-end Psalm: 69:9

INFIRMITY Gospel: John 5:1-25 Psalm: 41:4-5

MT. OLIVES Gospel: Matthew 24:1-36 Psalm: 50:3

FAITHFUL SERVANT Gospel: Matthew 25:14-31 Psalm: 40:9-10

NICODEMUS Gospel: John 3:1-12 Psalm: 17:3-4

HOSANNA Gospel: John 5:11-31 Psalm: 8:3

HOLY FRIDAY Gospel: John 19:1-4 Psalm: 8:3

HOLY RESURRECTION Gospel: John 20:1-50 Psalm: 81:3-4

CHALLENGE

Forgive someone who has wronged you and/or ask for forgiveness!

Remove something in your life that you find distracting within vour spiritual life.

Create a prayer room/space and attend Divine Liturgy, or Oidasie online!

> Donate to a local homeless shelter or charity anonymously.

Wake up early everyday and be productive with your time!

Get active and serve your home church & community!

Spend time self reflecting/journaling on how your journey during the fast has been thus far.

Schedule to meet with your father of Confession & partake in Holy Communion on the Thursday of Holy week.

Refrain from TV, Music & Social Media to honor Christ's sacrifice.

Greet everyone with "Christ is Risen!" "Kristos Tensi'a imutan!"



Journey to Tinsaie! 2020

THEMES

Zewerede 15th Yekatit February 23rd

> Qidist 22nd Yekatīt **March 1st**

Mikurab 29th Yekatīt **March 8th**

Metsagu 6th Megabit **March 15th**

Debre Zeit 13th Megabit March 22nd

Gebre Heir 20th Megabit March 29th

Niqodimos 27th Megabīt **April 5th**

Hosaena 4th Miyazya **April 12th**

Arbi Siqlet 9th Miyazya **April 17th**

Tinsaie 11th Miyazya April 19th

READING's

HE CAME DOWN Gospel: John 3:10-21 Psalm: 2:11

HOLY Gospel: Matthew 6:16-25 Psalm: 96:5-6

TEMPLE Gospel: John 2:12-end Psalm: 69:9

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HOLY RESURRECTION Gospel: John 20:1-50 Psalm: 81:3-4

CHALLENGE

Pray that we love one another, and pray for the church

Fast your ears, eyes, & mouth: To listen, see, and speak holy things.

Enter Liturgy earlier than you typically do!

Volunteer at a shelter or visit the sick.

Teach someone that isn't a member of your church about your faith.

Get to know another faithful in your church that you never really conversed with.

Schedule to meet with your confession father,

Learn a new Hymn!

Refrain from TV, Music & Social Media to honor Christ's sacrifice.

Greet everyone with "Christ is Risen!"/ "Kristos Tensia imutan!"

Journey to Tinsaie! 2019

READING's

HE CAME DOWN

Gospel: John 3:10-21

Psalm: 2:11

HOLY

Psalm: 96:5-6

Gospel: Matthew 6:16-25

THEMES

Zewerede 24th Yekatit **March 3rd**

Qidist 1st Megabit **March 10th**

Mikurab 8th Megabit **March 17th**

Metsagu 15th Megabit **March 24th**

Debre Zeit 22th Megabit **March 31st**

Gebre Heir 29th Megabit April 7th

Niqodimos 6th Miyazya April 14th

Hosaena 13th Miyazya April 21st

Arbi Siqlet 18th Miyazya **April 26th**

Tinsaie 20th Miyazya **April 28th**







TEMPLE Gospel: John 2:12-end Psalm: 69:9

INFIRMITY Gospel: John 5:1-25 Psalm: 41:4-5

MT. OLIVES Gospel: Matthew 24:1-36 Psalm: 50:3

FAITHFUL SERVANT Gospel: Matthew 25:14-31 Psalm: 40:9-10

> NICODEMUS Gospel: John 3:1-12 Psalm: 17:3-4

HOSANNA Gospel: John 5:11-31 Psalm: 8:3

HOLY FRIDAY Gospel: John 19:1-4 Psalm: 8:3

HOLY RESURRECTION Gospel: John 20:1-50 Psalm: 81:3-4

CHALLENGE

Pray for someone or something other than yourself everyday this week

Fast your ears, eyes, & mouth: To listen, see, and speak holy things.

Enter Liturgy earlier than you typically do!

Volunteer at a shelter or visit the sick.

Teach someone that isn't a member of your church about your faith.

Get to know another faithful in your church that you never really conversed with.

Schedule to meet with your confession father,

Learn a new Hymn!

Refrain from TV, Music & Social Media to honor Christ's sacrifice.

Greet everyone with "Christ is Risen!"/ "Kristos Tensia imutan!"

