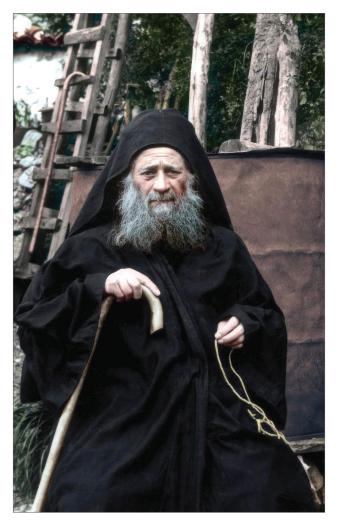
UNCREATED LIGHT

Orthodox Student Planner

2024 - 2025





WHY DO WE PLAN?



On the Importance of The Daily Schedule in Our Life

One of the duties that the memorable Elder Joseph first taught the disciples under his wise guidance was orderliness and the daily schedule, while he spoke very disparagingly of disorder.

He would often refer to the saying of Saint Ephraim the Syrian: "Those who have no self-governing fall like the leaves..."

Elder Joseph used to relate many incidents from the lives of contemporary ascetics regarding their precise observance of the daily schedule. He used to say that the beginning of acquiring character and personality lies in the insistence to follow a scheduled and systematic way of life.

A man who has made the decision to keep inviolate the schedule acquires determination and bravery, which are very important and necessary in our life, since our (spiritual) struggle is a battle, and a fierce one at that.

Another vital reason that necessitates having a schedule is that after the fall of Adam, man's character is unstable and fluid. Also, the comprehensive sinfulness that accompanies each one of us blunts our courage and decisiveness.

Our inexperience, our ignorance, the unknown form of the invisible warfare and its inequality naturally increase our discouragement. No other human factor reinforces our success (in this warfare) as much as strong and persistent decisiveness and a methodical schedule.

-Saint Joseph the Hesychast + 15/28 August 1959

From the book by Elder Joseph of Vatopedi, Elder Joseph the Hesychast: Life and Teachings



For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased.

A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise.

Do good, O Lord, in Thy good pleasure unto Sion, and let the walls of Jerusalem be builded.

Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings.

Then shall they offer bullocks upon Thine altar.

The Creed

I BELIEVE in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible;

And in one Lord, Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages; Light of Light, true God of true God; begotten, not made; being of one essence with the Father; by whom all things were made;

Who for us men, and for our salvation, came down from the Heavens, and was incarnate of the Holy Spirit and the Virgin Mary, and became man;

And was crucified for us under Pontius Pilate, suffered and was buried;

And arose again on the third day according to the Scriptures;

And ascended into the Heavens, and sitteth at the right hand of the Father;

And shall come again, with glory, to judge both the living and the dead; Whose Kingdom shall have no end;

And in the Holy Spirit, the Lord, the Giver of life; Who proceedeth from the Father; Who with the Father and the Son together is worshiped and glorified; Who spake by the Prophets;

In One, Holy, Catholic, and Apostolic Church. I confess one baptism for the remission of sins. I look for the resurrection of the dead, And the life of the age to come. Amen.

$\begin{array}{c} A \ P \text{Rayer} \\ \text{of Saint Basil the Great} \end{array}$

THEE do we bless, Thou Most High God and Lord of mercy, Who ever workest with us deeds great and unfathomable, glorious and extraordinary, whereof there is no number; Who hast given unto us sleep for rest from our infirmity, and for repose of our much toiling flesh. We thank Thee that Thou hast not destroyed us in our iniquities, but hast shown Thy wonted love for man, and though we were prostrate in despair, Thou hast raised us up to glorify Thy dominion. Wherefore, we beseech Thine incomparable goodness: Enlighten the eyes of our understanding and raise our mind from the heavy sleep of slothfulness. Open our mouth and fill it with Thy praise, that we may be able undistracted to sing and chant and give thanks unto Thee, Who art God glorified in all and by all, the beginningless Father, with Thine Only-begotten Son, and Thine All-holy and good and life-creating Spirit, now and ever, and unto the ages of ages. Amen.

MOST glorious, Ever-virgin, blessed Theotokos, present our prayer to thy Son and our God, and pray that through thee He would save our souls.

Y hope is the Father, my refuge the Son, my shelter the Holy Spirit. O Holy Trinity, glory be to Thee.

UNTO thee do I commit mine ever hope, O Mother of God, guard me under thy shelter.

I^T is truly meet to call thee blest, the Theotokos, the ever-blessed and all-immaculate and Mother of our God. More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, thee who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

FORGIVE them that hate us and do us wrong, O Lord; do good unto them that do good unto us. To our brethren and kinsmen, grant their requests that are unto salvation and life everlasting. Visit them that be in sickness, and grant them healing. Pilot them that be at sea. Accompany them that journey. Be Thou the ally of Orthodox Christians. Unto them that minister and show mercy unto us, grant forgiveness of sins. Upon them that have enjoined us, the unworthy, to pray for them, have mercy, according to Thy great mercy. Remember, O Lord, all our fathers and brethren who are gone to their rest before us, and grant them rest where the light of Thy countenance shineth. Remember, O Lord, our brethren who are in captivity, and deliver them from every misfortune. Remember, O Lord, them that bring oblations and do good works in Thy holy churches, and grant them their requests that are unto salvation and life everlasting. Remember, O Lord, us also, Thy humble and sinful and unworthy servants, and enlighten our mind with the light of Thy knowledge, and lead us in the path of Thy commandments; by the intercessions of Thine all-immaculate Mother, our Lady the Theotokos and Ever-virgin Mary, and of all Thy Saints, for blessed art Thou unto all ages of ages. Amen.

Through the prayers of our holy Fathers, Lord Jesus Chris our God, have mercy on us. Amen.

Before the Beginning of Any Work

O Lord Jesus Christ, Only-begotten Son of Thine unoriginate Father, Thou hast said with Thy most pure lips: For without Me, ye can do nothing. My Lord, O Lord, in faith having embraced Thy words, I fall down before Thy goodness; help me, a sinner, to complete through Thee Thyself this work which I am about to begin, in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

BEFORE LESSONS

O Most-good Lord! Send down upon us the grace of Thy Holy Spirit, Who granteth gifts and strengtheneth the powers of our souls, so that by attending to the teaching given us, we may grow to the glory of Thee, our Creator, to the comfort of our parents, and to the service of the Church and our native land.



ECCLESIASTICAL YEAR



	September	October	November	December	JANUARY	February
1	Ecclesiastical New Year	PROTECTION OF THE THEOTOKOS			CIRCUMCISION OF OUR LORD	
2						MEETING OF THE LORD
3						
4						
5						
6					Theophany	
7						
8	NATIVITY OF THE THEOTOKOS					
9						TRIODION BEGINS
10						
11						
12						
13						
14	ELEVATION OF THE CROSS					
15			NATIVITY FAST BEGINS			
16						
17						
18						
19						
20						
21			Pres. of the Theotokos			
22						
23						MEATFARE
24						
25				NATIVITY OF CHRIST		
26						
27						
28						
29						
30						
31						







MAJOR DATES TO REMEMBER

GOALS

FAMILY FEAST DAYS / TRIPS / BIG PLANS	SPIRITUAL	SCHOOL
	HOME	PERSONAL



FIRST SEMESTER



CLASS SCHEDULE

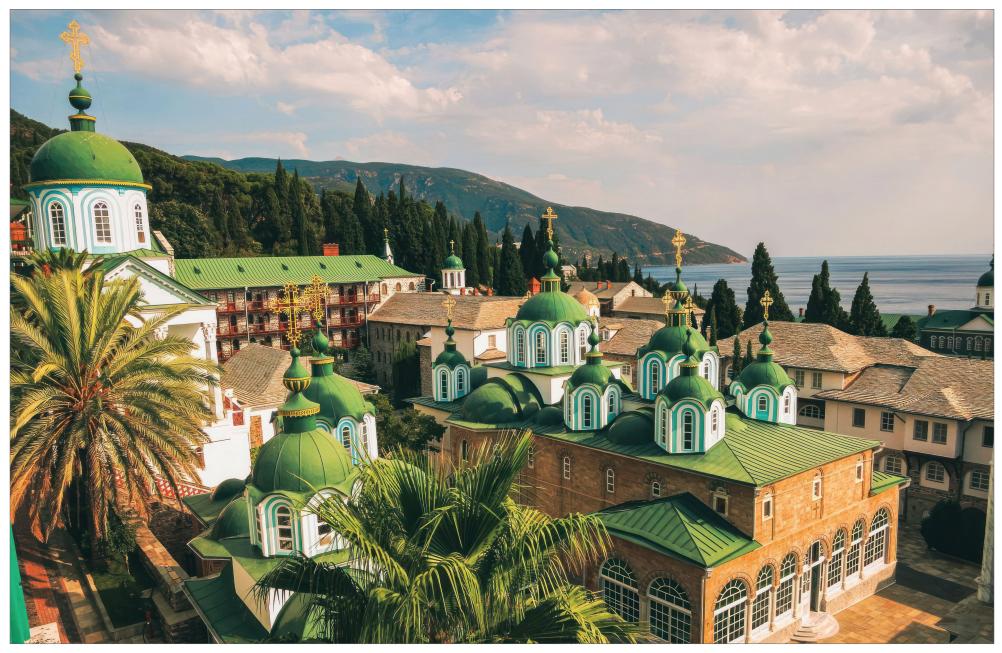
COURSE	INSTRUCTOR	LOCATION	PERIOD/TIME	м	Т	w	TH	F

DAILY HABITS

TIME(S)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

GOALS	:	PRIORITIES





The Holy Monastery of Saint Panteleimon. Source: https://obitel-minsk.org/en/saint-silouan-the-athonite

SAINT SILOUAN THE ATHONITE

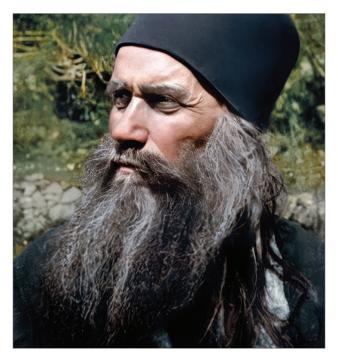
TARETZ SILOUAN, beloved of God, was born to a poor peasant family in Russia. From a young age, he vowed to seek God across the world, inspired by the lives of the saints and ascetics. Yet, as he matured, he fell into a worldly life, marked by a fateful quarrel in which he nearly took the life of another man. This act of violence helped him to regain his former sobriety. In a vision, the Most Holy Mother of God revealed to him that just as he found it repulsive to swallow a snake, so did his ways appear to her. This revelation ignited a deep repentance and a longing for Mt. Athos. In 1892, at the age of 27 and after completing his military service, he journeyed to the Holy Mountain and became a novice at the renowned Monastery of Saint Panteleimon, then bustling with nearly two thousand monks.

As a novice monk he began to struggle with thoughts of returning to the world. His confessor taught him to never focus on bad thoughts, and to drive them away with the Jesus Prayer immediately. Just 3 weeks into monastic life, the Prayer entered his heart. This grace was accompanied by struggles and trials, including deceptive visions and temptations from demons. His life was marked by a continuous practice of the Jesus Prayer, especially during the night, with little sleep. Over his 45 years of monastic life, he attained a rare purity of mind, never again harboring an evil thought or losing his temper.

Desiring to pray unceasingly, he moved to Old Rossikon, a strict ascetic community, but fell ill, suffering from persistent headaches. Despite this, he was later appointed steward at the monastery, managing over two hundred workmen while continuing his ascetical life. His prayers were often troubled by attacks of pride and despair, yet he remained steadfast. The Lord Himself taught him, "The proud always suffer from devils," advising him: "Keep thy mind in hell, and despair not!" This guidance led Saint Silouan to understand that true ascetic striving lies in acquiring Christ's humility. He prayed fervently for all humanity, especially the dead, emphasizing that to pray for others is to shed blood. He said that as soon as he let his mind leave the fire of hell, the 'thoughts' immediately recovered their power.

Saint Silouan's life of profound humility and unceasing prayer calls all people to live in hope, rejoice, and celebrate his memory. He fell asleep in the Lord on September 24, 1938, having upheld the world by his prayers.





FEAST DAY: September 11/24

BIRTH PLACE: Shovskoye village, Lebedyan County, Russia

LIFETIME: January 17, 1866 – September 24, 1938 (NS)

> **KNOWN FOR:** Asceticism, Unceasing Prayer



SIT AT THE FEET OF THE SAINT

Understand two thoughts, and fear them. One says, "You are a saint," and the other, "You won't be saved." Both of these thoughts are from the enemy, and there is no truth in them. But think this way: I am a great sinner, but the Lord is merciful. He loves people very much, and He will forgive my sins.

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday	_	Saturday
1 19	Beginning of the Ecclesiastical Year Symeon the Stylite & his mother Martha	2 20	Martyr Mamas	3 21	Translation of the relics of Saint Nectarios, bishop of Pentapolis	4 22 C		5 23	Prophet Zacharias, father of Saint John the Baptist			7 25	Martyr Sozon
	I Timothy 2:1-7 Luke 4:16-22		2 Corinthians 2:3-15 Matthew 23:13-22		2 Corinthians 2:14-3:3 Matthew 23:23-28		2 Corinthians 3:4-11 Matthew 23:29-39		2 Corinthians 4:1-12 Matthew 24:13-28		2 Corinthians 4:13-18 Matthew 24:27-33, 42-51		1 Corinthians 2:6-9 Matthew 10:37-11:1
8 26	Nativity of the Most Holy Theotokos	9 27	Righteous Joachim & Anna		Martyrs Menodora, Metrodora & Nymphodora	11 29 		12 ³⁰	Hieromartyr Autonomos	13 31 ~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	The Centurion	14 ₁ ₿≜	Elevation of the Precious and Life- Giving Cross
	Philippians 2:5-11 Luke 10:38-42, 11:27-28		2 Corinthians 5:10-15 Mark 1:9-15		2 Corinthians 5:15-21 John 3:16-21		2 Corinthians 6:11-16 John 12:19-36		2 Corinthians 7:1-10 John 11:47-54		2 Corinthians 7:10-16 John 12:25-36		1 Corinthians 1:18-24 John 19:6-11, 13-20, 25-28, 30-35
15 ₂	Sunday after the Elevation Great-martyr Nicetas the Goth	16 ³	Great-martyr Euphemia	17 4	Martyrs Sophia, Faith, Hope & Love	18 5 	Eumenios, bishop of Gortynia	19 ⁶	Martyrs Trophimos, Sabbatios & Dorymedon	20 7		21 8	Apostle Codratos of the 70
	Galatians 2:16-20 Mark 8:34-9:1	1	2 Corinthians 8:7-15 Luke 3:19-22		2 Corinthians 8:16-9:5 Luke 3:23-4:1		2 Corinthians 9:12-10:7 Luke 4:1-15		2 Corinthians 10:7-18 Luke 4:16-22		2 Corinthians 11:5-21 Luke 4:22-30		1 Corinthians 1:26-2:5 John 8:21-30
22 9	lst Sunday of Luke Hieromartyr Phocas		Conception of Saint John the Baptist	24 11	Ven. Silouan the Athonite		Ven. Sergios of Radonezh	26 13	Apostle John the Theo- logian		Œ	28 15	Prophet Baruch
	1 Corinthians 16:13-24; Luke: 5:1-11	1	Galatians 4:22-31 Luke 1:5-25		2 Corinthians 12:20-13:2 Luke 5:12-16		2 Corinthians 13:3-13 Luke 5:33-39		1 John 4:12-19 John 19:25-27, 21:24-25		Galatians 2:6-10 Luke 6:17-23		1 Corinthians 4:1-5 Luke 5:17-26
29 ₁₆	2nd Sunday of Luke Kyriakos the anchorite 2 Corinthians 1:21-2:4 Luke 6:31-36	17	Hieromartyr Gregory of Armenia Galatians 2:11-16 Luke 6:24-30					ir	Without prayer th a the love of God, Ioly Spirit comes - <i>SAINT SIL</i>	for hro	the grace of the		



SEPTEMBER PLANNING



DATES TO REMEMBER

GOALS

FEAST DAYS / APPOINTMENTS / EVENTS	SPIRITUAL	SCHOOL	HOME	PERSONAL
SEPT. 8 Nativity of the Most Holy Theotokos				
SEPT. 14 Elevation of the Precious and Life-Giving Cross				

То До	BOOKS TO READ	NOTES & DOODLES
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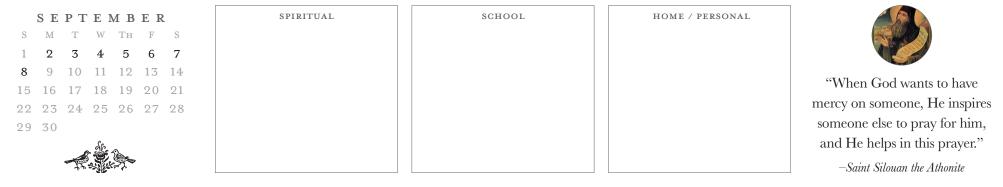
My Prayer RULE (1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



WEEK OF SEPTEMBER 2-8



GOALS



<u>мон 2</u>				tue 3			wed 4		
SAINT OF THE DAY				SAINT OF THE DAY			SAINT OF THE DAY		
	PRAYERS			PRAYERS			PRAYERS		
	\bigcirc Morning	\bigcirc Evening	\bigcirc Rule	\bigcirc Morning	\bigcirc Evening		\bigcirc Morning	\bigcirc Evening	
	READINGS			READINGS			READINGS		
Gospel	○ Epistle	\bigcirc Other	⊖ Gospel	\bigcirc Epistle	\bigcirc Other	⊖ Gospel	○ Epistle	\bigcirc Other	
	HOMEWORK			HOMEWORK			HOMEWORK		

	тни 5			fri 6		SAT 7	sun <mark>8</mark>
	SAINT OF THE DAY			SAINT OF THE DAY	<i>.</i>	SAINT OF THE DAY	SAINT OF THE DAY
						PRAYERS	PRAYERS
	PRAYERS			PRAYERS			
\bigcirc Rule	\bigcirc Morning	CEVENING	ORULE	\bigcirc Morning	\bigcirc Evening	READINGS	READINGS
	READINGS			READINGS		○ GOSPEL ○ EPISTLE	○ GOSPEL ○ EPISTLE
⊖ Gospel	○ Epistle	\bigcirc Other	⊖ Gospel	\bigcirc Epistle	\bigcirc Other		
	HOMEWORK			HOMEWORK			
						NOT	TES:



END OF WEEK REVIEW



SELF-ASSESSMENT NEEDS NOT CATEGORY DONE DONE WORK WEEKLY GOALS \bigcirc \bigcirc \bigcirc Spiritual Readings \bigcirc \bigcirc \bigcirc PRAYER RULE \bigcirc \bigcirc \bigcirc Used my Time Well \bigcirc \bigcirc \bigcirc Homework Completed \bigcirc \bigcirc \bigcirc

TEACHER'S NOTES:	PARENT'S NOTES:







O Lord and Master of my life, a spirit of idleness, curiosity, ambition, and idle talking give me not. †

But a spirit of chastity, humility, patience, and love, bestow upon me, Thy servant. $\ensuremath{\dagger}$

Yea, O Lord King: grant me to see mine own failings and not to condemn my brother; for blessed art Thou unto the ages of ages. Amen. †

– Prayer of Saint Ephraim the Syrian

GOALS / ACTIVITIES

TRIODION	GREAT LENT	PASCHA / BRIGHT WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY
FEB TRIODION BEGINS 9 SUNDAY OF THE 27 PUBLICAN AND THE PHARISEE	10 28	11 29	12 30 *	13 31	14 1 	15 ₂
16 SUNDAY OF THE PRODIGAL SON	17 4	18 5		20 ₇		22 Soul Saturday 9
23 Sunday of the Last Judgement: Meatfare	24 11	25 12	26 13 ≜ **	27 14	28 15 ≜≜ **	MAR 1 16 ASCETIC FATHERS & MOTHERS D MOTHERS
$\begin{array}{c} 2 \\ 17 \\ \hline \vdots \\ \vdots \\$	3 Clean Monday	Clean Tuesday	5 Clean Wednesday	Clean Thursday	7 Clean Friday 22	8 Clean Saturday
9 SUNDAY OF THE 7 TRIUMPH OF 0 RTHODOXY 1st Sunday of Lent	10 25 C	11 26 C	12 27 C	13 28 C		15 2 ≜ ≜
16 3 SUNDAY OF SAINT GREGORY PALAMAS 2nd Sunday of Lent * Some parise ellers for no forting on the		18 5 C		20 7 C	21 8 C	22 9 ≜≜

* Some typica allow for no fasting on these days. | ** Some typica allow for dairy on these days.