

# THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

Volume XVII

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14 / 27 March 2016

**SECOND SUNDAY OF GREAT LENT: ST GREGORY PALAMAS (Tone 2)**

## THIS WEEK AT ST ELIZABETH'S

### 2ND SUNDAY OF GREAT LENT (Tone 2)

**St Gregory Palamas**

*Saturday, 26 March (13 March o.s.)*

6:00 PM Vigil Service;  
Confessions

*Sunday, 27 March (14 March o.s.)*

9:10 AM Third and Sixth Hours  
9:30 AM Divine Liturgy;  
Trapeza (coffee hour)  
12:30 PM Adult Study

### **Friday of the Third Week of the Fast**

*Friday, 1 April (19 March o.s.)*

8:15 AM Lenten Hours & Typika  
9:30 AM Liturgy of the Presanctified Gifts  
6:00 PM Compline & Akathist to Theotokos  
7:00 PM Soul Saturday Pannykhida

### 3RD SUNDAY OF GREAT LENT (Tone 3)

**Veneration of the Holy Cross**

*Saturday, 2 April (20 March o.s.)*

6:00 PM Vigil Service;  
Confessions

*Sunday, 3 April (21 March o.s.)*

9:10 AM Third and Sixth Hours  
9:30 AM Divine Liturgy;  
Trapeza (coffee hour)  
12:30 PM Adult Study

## NAMEDAYS, BIRTHDAYS & ANNIVERSARIES

### LAST WEEK

**Namedays** – 23rd (Martyr Vasilissa): Vasilissa Seneko.

**Birthdays** – 21st: Zydrune Ann Mladineo; 25th: Sergei Efuni, Sr.

**Baptism Anniversaries** – 20th: Matushka Faith Straut (1983).

### THIS WEEK

**Namedays** – March 30th (St Patrick of Ireland): William Patrick Brien; April 1st (Martyr Daria): Daria Smirnov.

**Birthdays** – March 31st: Deacon Steven Barker; April 2nd: Vasily Yanovsky.

**Baptism Anniversaries** – April 2nd: Paul Schidlovsky (2009)

**Fallen Asleep in the Lord** – March 28th: Madeleine & Margaret Hotz.

## THE REST OF APRIL

**Namedays** – 8th (Archangel Gabriel): Gabrielle Komleski; 13th (St Innocent of Moscow): Innokenty (Ken) Yanovsky; 14th (St Mary of Egypt): Jennifer Mary Hotz.

**Birthdays** – 4th: Sbdcn Daniel Lieuwen; 12th: Angelina Schidlovsky; 14th: Valentina Golikova; 22nd: Katya Darenkov; 24th: Cliff Paul Brangwynne, Reader Gregory Maxey; 25th: Carolyn O'Brien; 30th: Colman (Hugh) O'Beirne.

**Ordination Anniversaries** – 13th: Father David Straut (Holy Diaconate, 1986).

**Baptism Anniversaries** – 11th: Johan Mladineo (2009).

**Chrismation Anniversaries** – 11th: Michael Carey (2009); Peter Mladineo (2009).

**Wedding Anniversaries** – 4th: Innokenty (Ken) & Inna Yanovsky; 18th: Andrew & Carolyn O'Brien (2004).

**Fallen Asleep in the Lord** – 7th: Nicolas Valcoff (+2015); 9th: Peter Mladineo (+2015); 28th: Oksana Stryzak (+2001).

## FASTING DAYS THIS WEEK

**We are in the midst of the Great Lent.** Therefore all the days of this week are fast days. Monday, Tuesday, Wednesday, Thursday, and Friday are normal fast days, with no fish, wine, or oil permitted. Next Saturday and Sunday, as on all weekends of Great Lent, wine and oil are also allowed.

## SCRIPTURE READINGS THIS WEEK

2nd Sunday of the Great Fast: St Gregory Palamas		
<i>2nd Sunday</i>	<i>11th Matins Gospel:</i> John §67 (21:15-25)	
	Heb. §304 (1:10-2:3)	Mark §7 (2:1-12)
<i>St Gregory</i>	Heb. §318 (7:26-8:2)	John §36 (10:9-16)
THIRD WEEK OF THE GREAT FAST		
<i>3rd Monday of Great Lent</i>	<i>Sixth Hour:</i> Isaiah 8:13-9:7	
	<i>Vespers:</i> Genesis 6:9-22 • Proverbs 8:1-21	
<i>3rd Tuesday of Great Lent</i>	<i>Sixth Hour:</i> Isaiah 9:9-10:4	
	<i>Vespers:</i> Genesis 7:1-5 • Proverbs 8:32-9:11	
<i>3rd Wednesday of Great Lent</i>	<i>Sixth Hour:</i> Isaiah 10:12-20	
	<i>Vespers:</i> Genesis 7:6-9 • Proverbs 9:12-18	
<i>3rd Thursday of Great Lent</i>	<i>Sixth Hour:</i> Isaiah 11:10-12:2	
	<i>Vespers:</i> Genesis 7:11-8:3 • Proverbs 10:1-22	
<i>3rd Friday of Great Lent</i>	<i>Sixth Hour:</i> Isaiah 13:2-13	
	<i>Vespers:</i> Genesis 8:4-21 • Proverbs 10:31-11:12	
3rd Saturday of the Great Fast: Soul Saturday		
<i>3rd Saturday</i>	Heb. §325 (10:32-38a)	Mark §8 (2:14-17)
<i>Soul Saturday</i>	1 Cor. §163 (15:47-57)	John §16 (5:24-30)
3rd Sunday of the Great Fast: Veneration of the Cross		
<i>3rd Sunday</i>	<i>1st Matins Gospel:</i> Matt. §116 [28:16-20]	
	Heb. §311 (4:14-5:6)	Mark §37 (8:34b-9:1)

## THIS WEEK'S ANNOUNCEMENTS

**The annual special collection** for the Russian Ecclesiastical Mission in the Holy Land will be taken at the Sunday Liturgies at St Elizabeth's during the month of March. What we collect will be sent to the Synod of Bishops for the R.E.M. at Palm Sunday. This Palm Sunday collection is a major source of funding for our mission in the Holy Land, and some of us have had occasion to receive their hospitality. Please give generously.

**There are many weekday services at St Elizabeth's** during Great Lent. This means there are plenty of opportunities to increase our prayer while we are fasting. So please plan ahead and come to church more often this Lent!

**There will be no Wednesday Presanctified Liturgy** at St Elizabeth's this week. Father David will be away at the Lenten Clergy Retreat for the Eastern American Diocese at the Diocesan Center in Howell. Our parishioners are welcome to attend the Liturgy of the Presanctified served at 9:30 on Wednesday morning at St Alexander Nevsky Cathedral.

**The Presanctified Liturgy will be served** this week on Friday morning at 9:30AM. The Lenten Services of the Third, Sixth, and Ninth Hours with the Typika, which precede the Liturgy, will begin at 8:15AM.

**The Service of the Akathist to the Theotokos** is served at St Elizabeth's on the first five Friday evenings of Great Lent at 6 o'clock. This is the Service of Small Compline with a canon and the Akathist chanted to the Most-Holy Mother of God. We will be serving the third of these beautiful services this Friday evening. Come sing the praises of the holy Theotokos this Friday evening!

**The second of the three mid-lenten Soul Saturdays** is this Saturday. A General Pannykhida will be served on Friday evening at 7 o'clock. The names of the Departed in all the Commemoration Books kept at the church will be commemorated at these services. If you need to update your books, please do so as soon as possible.

**The Prayer of St Ephraim the Syrian** is said on weekdays of Great Lent at all services and in private prayer, from Sunday evening through Friday evening. The Prayer is a striking characteristic of the Lenten services. From Monday morning through Friday morning, it is said twice with three prostrations to the ground, twelve bows, and a final prostration. On Sunday and Friday evenings, it is said only once with three prostrations to the ground. The Prayer of St Ephraim is an excellent summary of what we all ought to be striving for in our spiritual life. It should be added to the end of our Morning and our Evening prayer rules.

**It is our parish's practice** that those who receive the Mystery of Confession before the Liturgy of one weekend are generally permitted to receive Holy Communion at the Liturgies of the following two weeks. Regular communicants will only have to go to Confession every other weekend. Should a grave sin be committed, Confession would, of course, be necessary before communing. A Spiritual Father may give a stricter or more relaxed rule for Confession. Always follow your Spiritual Father's guidance.

**We need donations for flowers to adorn the Cross** and church on the Third Sunday of Great Lent. If you would like to make a donation for this, please place it in the collection basket, marked 'flowers.' You may include a Commemoration List with your donation.

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## Ten Practical Ways to Take Lent Seriously In Our Hi-Tech Lives

1. **Turn off the television!** If you must watch Television with your family, limit it to one hour a day and edifying programs.
2. **Limit your computer browsing** and the use of the telephone other electronic devices.
3. **Pray!** If you do not know how to pray, ask your priest to help you. There is no need make a Prayer Rule long and complicated. Prayer can be concise, so long as it is *regular*, morning and evening. Find a good Orthodox Prayer Book to help you pray.
4. **Go to the additional church services** that your local church offers: the Canon of St Andrew, Presanctified Liturgies, Daily Vespers, Great Compline, Pannykhidas & Memorial Services, Akathist Services, Saturday Liturgies, etc.
5. **Read the Holy Scriptures!** Begin reading the Bible with the Gospel of Matthew. After that read the other three Gospels, one by one. When you finish the Gospels, move on to the Acts of the Apostles, which tells us what the Apostles did after Christ's Resurrection. After reading the Gospels and Acts, you will be prepared to read the Epistles. Start with the Catholic Epistles (James, Peter, John, and Jude) and then move on to Epistles of St Paul. Ask your spiritual father or priest for guidance as to the order in which you should read the Pauline Epistles. After you have all this under your belt, you can read the rest of the Bible, while concurrently rereading the Gospels and Epistles according to the church calendar or other systematic plan.
6. **Fast according to your ability.** The Typikon gives us detailed fasting observances, both in the foods from which we are to abstain and meals we are to forgo. But our observance of the Church's fasting rules needs to increase gradually with our spiritual growth and maturity. It cannot be taken on all at once or spiritual disaster will result. Fasting observance also needs to be modified based upon factors such as age, health, pregnancy, and nursing infants. All that being said, fasting is not just substituting one food for another, but realizing and limiting food intake. Fasting is also feeding the soul!
7. **Truly emulate God's love for all people** in our lives and all with whom we come in contact.
8. **Give to the poor and needy!** Find someone who can *really* use your help with food, clothing, shelter, bills, or some other need, and give it.
9. **Perform more good works!** Visit the sick, the shut-ins, those in nursing homes, and those in prison.
10. **Heal broken relationships** with parents, brother and sisters, relatives, former friends, business associates!  
*Forgive!*