

THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

WEEKLY BULLETIN

Volume XV

Number 26

24 February / 9 March 2014

**FIRST SUNDAY OF GREAT LENT: SUNDAY OF ORTHODOXY (Tone 4)
The First and Second Findings of the Head of the Forerunner**

THIS WEEK AT ST ELIZABETH'S

1ST SUNDAY OF GREAT LENT (Tone 4)

**Sunday of the Triumph of Orthodoxy
Saturday, 8 March (23 February, o.s.)**

6:00 PM Vigil Service;
Confessions

Sunday, 9 March (24 February, o.s.)

9:10 AM Third and Sixth Hours
9:30 AM Divine Liturgy;
Trapeza (coffee hour)
12:30 PM Annual Parish Meeting

Thursday, 13 March (28 February, o.s.)

6:00 PM Daily Matins & First Hour;
Confessions
7:30 PM Adult Study

Friday, 14 March (1 March, o.s.)

8:15 AM Lenten Hours & Typika
9:30 AM Liturgy of the Presanctified Gifts

Saturday of Souls

Saturday, 15 March (2 March, o.s.)

5:15 PM General Pannykhida

2ND SUNDAY OF GREAT LENT (Tone 5)

St Gregory Palamas

Saturday, 15 March (2 March, o.s.)

6:00 PM Vigil Service;
Confessions

Sunday, 16 March (3 March, o.s.)

9:10 AM Third and Sixth Hours
9:30 AM Divine Liturgy;
Trapeza (coffee hour)
12:00 PM Teenagers' 'Lunch with Father'

SCRIPTURE READINGS THIS WEEK

1st Sunday of the Great Fast: Sunday of Orthodoxy		
<i>1st Sunday</i>	<i>4th Resurrectional Matins Gospel: Luke §112 (24:1-12)</i>	
	Heb. §329a (11:24-26, 32-12:2a)	John §5 (1:43-51)
SECOND WEEK OF THE GREAT FAST		
<i>2nd Monday of Great Lent</i>	<i>Sixth Hour: Isaiah 4:2-6; 5:1-7</i>	
	<i>Vespers: Genesis 3:21-4:7 • Proverbs 3:34-4:22</i>	
<i>2nd Tuesday of Great Lent</i>	<i>Sixth Hour: Isaiah 5:7-16</i>	
	<i>Vespers: Genesis 4:8-15 • Proverbs 5:1-15</i>	
<i>2nd Wednesday of Great Lent</i>	<i>Sixth Hour: Isaiah 5:16-25</i>	
	<i>Vespers: Genesis 4:16-26 • Proverbs 5:15-6:3</i>	
<i>2nd Thursday of Great Lent</i>	<i>Sixth Hour: Isaiah 6:1-12</i>	
	<i>Vespers: Genesis 5:1-24 • Proverbs 6:3-20</i>	
<i>2nd Friday of Great Lent</i>	<i>Sixth Hour: Isaiah 7:1-14</i>	
	<i>Vespers: Genesis 5:32-6:8 • Proverbs 6:20-7:1</i>	
2nd Saturday of the Great Fast: Soul Saturday		
<i>2nd Saturday</i>	Heb. §309 (3:12-16)	Mark §6 (1:35-44)
<i>Soul Saturday</i>	1 Cor. §163 (15:47-57)	John §16 (5:24-30)
2nd Sunday of the Great Fast: St Gregory Palamas		
<i>2nd Sunday</i>	<i>5th Resurrectional Matins Gospel: Luke §113 (24:12-35)</i>	
	Heb. §304 (1:10-2:3)	Mark §7 (2:1-12)
<i>Saint</i>	Heb. §318 (7:26-8:2)	John §36 (10:9-16)

NAMEDAYS, BIRTHDAYS & ANNIVERSARIES

LAST WEEK

Namedays – 2nd (Great-Martyr Theodore the Tyro): Theodore Darenkov.

Baptism Anniversaries – 8th: Patricia Brigid Barker (2009).

THIS WEEK

Namedays – 13th (St John Cassian): Cassian O'Beirne.

Birthdays – 13th: Sarah Brangwynne.

THE REST OF MARCH

Namedays – 26th (St Larisa): Larisa Kiyashko Brav; 30th (St Patrick of Ireland): William Patrick Brien.

Birthdays – 21st: Zydruke Ann Mladineo; 31st: Deacon Steven Barker.

Wedding Anniversaries – 16th: Father David & Matushka Faith Straut (1979).

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

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.

THIS WEEK'S ANNOUNCEMENTS

A Moleben for the Conversion of Those in Error will be served immediately after the Liturgy today. At the conclusion of the Moleben there will also be a Blessing of Icons of our parishioners. The Moleben and the Blessing of Icons are a fitting prayerful expression of our holy Faith on this Sunday of Orthodoxy.

Many Thanks to the Darenkov Family who provided *kolyva* (sweetened boiled wheat) for the Supplicatory Service to St Theodore the Tyro this past Friday evening and again this morning for the whole parish.

We will have a special collection for the Haiti Orthodox Mission of ROCOR at the Sunday Liturgies at St Elizabeth's during the month of March to provide the annual salary of one of our teachers in Haiti. Please give generously.

We will have a meal today right after the Liturgy and before the Annual Meeting begins. All are invited to come to the meal and parishioners to remain after the meal for the Annual Meeting.

St Elizabeth's Annual Meeting will be held today (the second Sunday of March.) Year-in-review reports for the past year are to be presented by the Rector, Church Warden, Treasurer, Auditing Committee, and Building Committee. Planning for the current year will also take place. Parishioner concerns will be heard, and Parish Council members for the coming year elected. All voting members of the Parish are asked to attend.

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!

The services of Matins and the First Hour will be served this Thursday evening at 6:00 o'clock. These services are good preparation for those planning to attend the Presanctified Liturgy on Friday morning and receive Holy Communion. The Mystery of Confession will also be available during the services. But even those who are unable to be present at the Presanctified the next morning will benefit from experiencing the 'bright sadness' and compunctionate hymnography that characterize the lenten services.

There will be a short series of Adult Studies at St Elizabeth's on Thursday evenings during the remainder of the month of March. These Adult classes will focus on the three Old Testament Books that we read during the weekdays of Great Lent. The Adult Studies will begin about 7:30, when Matins concludes, and last for about an hour. It is not necessary for those attending the Adult Study to have attended Matins, nor for those who have attended Matins to remain for the class

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.

There are two Soul Saturdays during Great Lent this year. (There are usually three mid-lenten Soul Saturdays, but the middle Saturday this year is the Feast of the Forty Martyrs of Sebaste, which eclipses the usual commemoration of the departed.) The first Soul Saturday is this coming Saturday. A General Pannykhida will be served late Saturday afternoon at 5:15, immediately before the Saturday Vigil Service. 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.

If anyone is able to provide a donation of *kolyva* (sweetened boiled wheat) on either of the mid-lenten Soul Saturdays, please let Father know.

Only the names of Orthodox Christians are permitted to be commemorated at Memorial Services and at the Proskomedias. If you have included Non-Orthodox in your Commemoration Book or Commemoration Lists, please clearly indicate which persons named, if any, are Non-Orthodox.

St Elizabeth's needs pussy willows for Palm Sunday, which is five Sundays from today. If you have some, or can obtain any, please speak to Father.

Because of the great number of communicants at our parish, especially during the Great Fast, the number of parishioners needing to go to Confession at St Elizabeth's Church is usually quite high. Because we have only one priest, who must serve in the altar as well as hear all the Confessions, this presents practical difficulties in applying the usual rule of the Russian Church insisting on Confession before every Communion. The only workable solution seems to be applying the exceptional practice of Holy Week to the rest of the year. For those who desire it, or for those whom a Spiritual Father recommends or requires it, Confession before every Communion will certainly be provided. But for those who are able to lead a disciplined spiritual life, abstaining from serious sin, and fulfilling the other preparations for Holy Communion, a more relaxed rule is in order. Confession before the Liturgy of one weekend will suffice for all the Liturgies for the next two weeks, so that regular communicants will only have to go to Confession every other weekend. There may also be some cases when a Spiritual Father has allowed, in certain individual cases, for an even more relaxed rule on Confession before Holy Communion, so it is important for us to abstain from judging others regarding the frequency of their Confessions before Holy Communion.

The second edition of the Homilies of St Gregory Palamas is scheduled for release in April 2014. We will be offering this book through the church bookstore at a discounted price of \$55.00 (retail is \$79.95). If you would like a copy, please let Elizabeth Lieuwen know by Sunday, April 23rd. We know many Orthodox who covet the first edition of this book; St Gregory's words are full of light, beauty, encouragement, and can truly enlighten us in the ways of Christ.

Book Sale



by Elizabeth Lieuwen

Books, I have found, have the power to open new worlds to the reader, and even to provide the catalyst to transform one's life. Time and time again, I have been given a book at just the right time and have been deeply helped. Lent is a beautiful but often very challenging time for us, as we seek to grow in our faith, to pray a little more, to give of ourselves to God and others and to grow in virtue to become more like our beloved Lord Jesus Christ. Below are four books to encourage us in our Lenten journey.

Thirty Steps to Heaven: The Ladder of Divine Ascent for All Walks of Life

Thirty Steps to Heaven: The Ladder of Divine Ascent for All Walks of Life gives us ways to apply St. John Climacus' Ladder of Divine Ascent in our life. The Ladder of Divine Ascent is a sixth century classic text in Orthodox spirituality. It was written by St. John of the Ladder for monastics and gives us a ladder of explaining both virtue and sinful passions. This book can at times seem either intimidating or discouraging to us who live in the world; indeed we can get overwhelmed by how far we are from ascending to the highest of these virtues: love. My spiritual father in Ottawa told me once that just to be on the ladder is a blessing. Archimandrite Vassilios' book is for all of us who need some hearty encouragement and encouraging instruction on how we too can apply St. John's words to our lives. I personally am finding this book, having read most of St. John of Climacus' Ladder of Divine Ascent, greatly encouraging! There are ways that we too can not only stay on the Ladder to Christ but be encouraged towards a step higher.

First Fruits of Prayer: A Forty-Day Journey through the Canon of St. Andrew

Separated into 40 short chapters, Mat. Frederica Mathewes-Green's book, First Fruits of Prayer, can easily be read throughout the 40 days of Lent and is a wonderful way to slowly enter into the depth of St. Andrew's Canon. St. Andrew's Canon is a liturgical work of deep and great beauty, replete with words of

repentance and hope of salvation for each of us. Frederica's book has the text of the Canon of St. Andrew of Crete on one page and footnote like meditations, with information and verses about the Canon, on the opposite page. Some of these meditations reveal the depth of theology that this Canon holds for us, both in the understanding of the human person and prayer from a deeply Orthodox perspective. I remember being surprised at how I was being almost imperceptibly taught more about the life of prayer that we can aspire to. In our often hectic over-filled lives, this book comes as a welcome relief in its short chapters opening up the beauty of not only the Canon of St. Andrew but also of the promise and hope we can find through repentance, the turning towards our Loving Saviour Jesus Christ.

Meditations for Great Lent

Archimandrite Vassilios' Meditations for Great Lent is a very accessible book that provides a guide for going deeper in understanding of this beautiful Lenten season, including the Sundays before Great Lent and the Canon of St. Andrew of Crete. His short book of meditations ends with the journey to Pascha that we all greatly desire! How many of us are not already dreaming of Pascha as the Lenten disciplines challenge us in fasting, prayer and growth? This book can help us understand how Lent is the needed preparation to truly enter into Christ's Holy Resurrection.

Meditations for Holy Week

"If we were only to live one week, Holy week is the one we would want to live!" My priest in Ottawa would always say. Archimandrite Vassilios' Meditations for Holy Week is written as a caring priest for us so that we can understand the beauty and depth of Holy Week that we will be given at the end of our Lenten journey. This book explains each day of Holy Week, from Holy Monday through to the long awaited Great and Holy Pascha. Its length is perfect in giving us not only a guide to Holy Week but as a text which will help open our hearts to embrace all that Holy Week can give us.