

THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

WEEKLY BULLETIN

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THIRD SUNDAY OF GREAT LENT: VENERATION OF THE CROSS

THIS WEEK AT ST ELIZABETH'S

3ED SUNDAY OF GREAT LENT (*Tone 6*)

Veneration of the Holy Cross

Saturday, 22 March (9 March, o.s.)

6:00 PM Vigil Service;
Confessions

Sunday, 23 March (10 March, o.s.)

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

Thursday, 27 March (14 March, o.s.)

6:00 PM Daily Matins & First Hour;
Confessions
8:00 PM Adult Study

Friday, 28 March (15 March, o.s.)

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

Saturday of Souls

Saturday, 29 March (16 March, o.s.)

5:15 PM General Pannykhida

4TH SUNDAY OF GREAT LENT (*Tone 7*)

St John of the Ladder

Saturday, 29 March (16 March, o.s.)

6:00 PM Vigil Service;
Confessions

Sunday, 30 March (17 March, o.s.)

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

SCRIPTURE READINGS THIS WEEK

3rd Sunday of the Great Fast: Veneration of the Cross		
<i>3rd Sunday</i>	<i>6th Matins Gospel: Luke §114 (24:36-53)</i>	
	<i>Heb. §311 (4:14-5:6)</i>	<i>Mark §37 (8:34b-9:1)</i>
FOURTH WEEK OF THE GREAT FAST		
<i>4th Monday of Great Lent</i>	<i>Sixth Hour: Isaiah 14:24-32</i>	
	<i>Vespers: Genesis 8:21-9:7 • Proverbs 11:19-12:6</i>	
<i>4th Tuesday of Great Lent</i>	<i>Sixth Hour: Isaiah 25:1-9</i>	
	<i>Vespers: Genesis 9:8-17 • Proverbs 12:8-22</i>	
<i>4th Wed. of Great Lent</i>	<i>Sixth Hour: Isaiah 26:21-27:9</i>	
	<i>Vespers: Genesis 9:18-10:1 • Proverbs 12:23-13:9</i>	
<i>4th Thursday of Great Lent</i>	<i>Sixth Hour: Isaiah 28:14-22</i>	
	<i>Vespers: Genesis 10:32-11:9 • Proverb 13:20-14:6</i>	
<i>4th Friday of Great Lent</i>	<i>Sixth Hour: Isaiah 29:13-23</i>	
	<i>Vespers: Genesis 12:1-7 • Proverbs 14:15-26</i>	
4th Saturday of the Great Fast: Soul Saturday		
<i>4th Saturday</i>	<i>Heb. §313 (6:9-12)</i>	
	<i>Mark §31 (7:31-37)</i>	
<i>Soul Saturday</i>	<i>1 Cor. §163 (15:47-57)</i>	
	<i>John §16 (5:24-30)</i>	
4th Sunday of Great Lent: St John Climacus		
<i>4th Sunday</i>	<i>Matins Gospel:</i>	
	<i>Heb. §314 (6:13-20)</i>	<i>Mark §40 (9:17-31)</i>
<i>St John</i>	<i>Eph. §229 (5:8b-19)</i>	
	<i>Matt. §10 (4:25-5:12a)</i>	

NAMEDAYS, BIRTHDAYS & ANNIVERSARIES

LAST WEEK

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

THIS WEEK

Namedays – 26th (St Larisa): Larisa Kiyashko Brav.

Birthdays – 21st: Zydrune Ann Mladineo.

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

THE REST OF MARCH

Namedays – 30th (St Patrick of Ireland): William Patrick Brien.

Birthdays – 31st: Deacon Steven Barker.

THIS WEEK'S ANNOUNCEMENTS

Today, the Third Sunday of Great Lent, is the Feast of the Veneration of the Precious Cross. Although prostrations, and kneeling in general, are forbidden by the holy canons of the Church on Sundays, we do make prostrations before the Holy

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.

Cross adorned with flowers in the midst of the temple on all the Feasts of the Cross, even when they fall on Sunday.

Many thanks to those who made donations for flowers to adorn the Holy Cross and the church today.

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. A family in our parish will match the first \$900 raised by this collection. 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!

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.

The last of our short series of Adult Studies at St Elizabeth's is this Thursday evening. These Adult classes have focused on the three Old Testament Books that we read during the weekdays of Great Lent. The Adult Study will begin about 8:00, 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.

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.

The last of the mid-lenten Soul Saturdays is next Saturday. A General Pannykhida will be served late Saturday afternoon at 5:15, immediately prior to the Saturday evening Vigil Service. The names of the Departed in all the Commemoration Books kept at the church will be commemorated at this Memorial Service. If you need to update your books, please do so as soon as possible.

We need donations for flowers to adorn the church during Holy Week and Pascha. If you would like to make a donation for this, please give it to either Father David or to our Church Warden, Patrick Brien. You may include a Commemoration List with your donation.

A second printing 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.

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 Typicon 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!*