

# THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

Volume XIX

Number 25

19 February / 4 March 2018

**SECOND SUNDAY OF GREAT LENT:**

**Commemoration of St Gregory Palamas, Archbishop of Thessalonica**

## SERVICES THIS WEEK

### 2ND SUNDAY OF GREAT LENT (Tone 6)

**St Gregory Palamas, Archbishop of Thessalonica**

**Saturday, 3 March (18 February, o.s.)**

6:00 PM Vigil Service;  
Confessions

**Sunday, 4 March (19 February, o.s.)**

9:10 AM Third and Sixth Hours

9:30 AM Divine Liturgy;  
Trapeza (coffee hour)

12:30 PM Adult Study

**Wednesday, 7 March (22 February, o.s.)**

**Third Wednesday of Great Lent**

4:45 AM Lenten Hours & Typika

6:00 PM Liturgy of the Presanctified Gifts

**Friday, 9 March (24 February, o.s.)**

**Third Friday of Great Lent**

8:15 AM Lenten Hours & Typika

9:30 AM Liturgy of the Presanctified Gifts

**Saturday, 10 March (25 February, o.s.)**

**Third Saturday of Great Lent: Soul Saturday**

5:15 PM General Pannykhida

### 3RD SUNDAY OF GREAT LENT (Tone 7)

**Veneration of the Cross**

**Saturday, 10 March (25 February, o.s.)**

6:00 PM Vigil Service;  
Confessions

**Sunday, 11 March (26 February, o.s.)**

9:10 AM Third and Sixth Hours

9:30 AM Divine Liturgy;  
Trapeza (coffee hour)

12:30 PM Parish Council



## FASTING DAYS THIS WEEK

### Week of 4 March

Day of Week	Date	Commemoration and Type of Fast
<i>Sunday</i>	4 March (19 Feb, o.s.)	Apostles Archippus & Philemon Fast: wine, & oil permitted
<i>Monday</i>	5 March (20 Feb, o.s.)	Venerable Leo, Bishop of Catania Normal Fast Day ( <i>No oil</i> )
<i>Tuesday</i>	6 March (21 Feb, o.s.)	Venerable Timothy of Symbola Normal Fast Day ( <i>No oil</i> )
<i>Wednesday</i>	7 March (22 Feb, o.s.)	Martyrs at the Gate of Eugenius Normal Fast Day ( <i>No oil</i> )
<i>Thursday</i>	8 March (23 Feb, o.s.)	Hieromartyr Polycarp of Smyrna Normal Fast Day ( <i>No oil</i> )
<i>Friday</i>	9 March (24 Feb, o.s.)	Finding of Head of the Forerunner Fast: wine, & oil permitted
<i>Saturday</i>	10 March (25 Feb, o.s.)	St Tarasius of Constantinople Fast: wine, & oil permitted
<i>Sunday</i>	11 March (26 Feb, o.s.)	St Porphyrius, Archbishop of Gaza Fast: wine, & oil permitted



## SCRIPTURE READINGS

### Week of 4 March

2nd Sunday of the Great Fast: St Gregory Palamas		
<i>2nd Sunday</i>	<i>Matins Gospel:</i>	
	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>3<sup>rd</sup> 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>3<sup>rd</sup> 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>3<sup>rd</sup> 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>3<sup>rd</sup> 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>3<sup>rd</sup> 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>3<sup>rd</sup> 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>3<sup>rd</sup> Sunday</i>	<i>Matins Gospel:</i>	
	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.

**The Liturgy of the Presanctified Gifts** will be served this Wednesday evening at 6:00 PM. We hope that this evening Presanctified Liturgy will make it possible for those whose schedules do not permit them to be present at weekday morning services to be able to attend this most beautiful service. The Lenten Services of the Third, Sixth, and Ninth Hours and the Typika, which precede the Liturgy, will begin at 4:45PM.

**Although the Eucharistic Fast for an evening** Presanctified Liturgy ideally begins at Midnight the evening before the Liturgy, just like a Liturgy served in the morning, with no food or drink being taken from that time until the time one communes, many Orthodox Bishops (including some in our own Russian Orthodox Church) have recognized that this places a burden too heavy to bear on most of the Faithful today and nearly ensures that almost no one will be able to receive Holy Communion at an evening Presanctified Liturgy. Therefore Episcopal permission has been given for the Eucharistic Fast to begin at 10 o'clock in the morning after eating breakfast, or even at noon after an early lunch. If conditions exist which make an observance of the Eucharistic Fast from Midnight for an evening Liturgy impossible, such *economia* is appropriate.

**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 second of the three mid-lenten Soul Saturdays** is this Saturday. A General Pannykhida will be served on Saturday evening at 5 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.

**If anyone is able to provide a donation of kolyva** (sweetened boiled wheat) on any of the next two 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 Proskomedia. If you have included Non-

Orthodox in your Commemoration Book or Commemoration Lists, please clearly indicate which persons named, if any, are Non-Orthodox.

**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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## LOOKING AHEAD

**St Elizabeth's Annual Meeting** will be held on the fourth Sunday of March. The Rector, Church Warden, and Treasurer will present year-in-review reports for the past year. Planning for the current year will also take place. Parishioner concerns will be heard. All voting members of the Parish are asked to attend.

**Those attending the Annual Meeting** are asked to bring a dish of food for the meal that will precede the Meeting. Please let Matushka Faith know what you plan to bring.

**We have a few individuals and families** who regularly attend services at St Elizabeth's, and even confess and commune, but have not yet sought to become formal members of the Parish. If you are one of these and would like to be a formal member of the Parish, please speak to Fr David about this.