

THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

WEEKLY BULLETIN

Volume XVI

Number 23

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SUNDAY OF FORGIVENESS: CHEESE-FARE SUNDAY (Tone 4)

THIS WEEK AT ST ELIZABETH'S

CHEESEFARE SUNDAY (Tone 4)

Saturday, 21 February (8 February o.s.)

6:00 PM Vigil Service cancelled due to weather

Sunday, 22 February (9 February o.s.)

9:40 AM Third and Sixth Hours

10:00 AM Divine Liturgy

11:30 AM Forgiveness Vespers;

Trapeza (coffee hour)

Monday, 23 February (10 February, o.s.)

6:00 PM Great Compline & Canon of St Andrew

Tuesday, 24 February (11 February, o.s.)

6:00 PM Great Compline & Canon of St Andrew

Wednesday, 25 February (12 February, o.s.)

8:15 AM Lenten Hours & Typika

9:30 AM Liturgy of the Presanctified Gifts

6:00 PM Great Compline & Canon of St Andrew

Thursday, 26 February (13 February, o.s.)

6:00 PM Great Compline & Canon of St Andrew

Friday, 27 February (14 February, o.s.)

8:15 AM Lenten Hours & Typika

9:30 AM Liturgy of the Presanctified Gifts

Canon to Great-martyr Theodore

1ST SUNDAY OF GREAT LENT (Tone 5)

Sunday of the Triumph of Orthodoxy

Saturday, 28 February (15 February, o.s.)

6:00 PM Vigil Service;

Confessions

Sunday, 1 March (16 February, o.s.)

9:10 AM Third and Sixth Hours

9:30 AM Divine Liturgy;

Trapeza (coffee hour)

FASTING DAYS THIS WEEK

Tomorrow is Pure Monday and the Great Fast begins. Therefore all the days of this week from Monday onwards 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

Su	Cheesefare Sunday: The Sunday of Forgiveness	
	<i>8th Resurrectional Matins Gospel: John §64 (20:11-18)</i>	
	Rom. §112 (13:11b-14:4)	Matt. §17 (6:14-21)
FIRST WEEK OF THE GREAT FAST		
<i>1st Monday of Great Lent</i>	<i>Sixth Hour: Isaiah 1:1-20</i>	
	<i>Vespers: Genesis 1:1-13 • Proverbs 1:1-20</i>	
<i>1st Tuesday of Great Lent</i>	<i>Sixth Hour: Isaiah 1:19-2:3</i>	
	<i>Vespers: Genesis 1:14-23 • Proverbs 1:20-33</i>	
<i>1st Wednesday of Great Lent</i>	<i>Sixth Hour: Isaiah 2:3-11</i>	
	<i>Vespers: Genesis 1:24-2:3 • Proverbs 2:1-22</i>	
<i>1st Thursday of Great Lent</i>	<i>Sixth Hour: Isaiah 2:11-21</i>	
	<i>Vespers: Genesis 2:4-19 • Proverbs 3:1-18</i>	
<i>1st Friday of Great Lent</i>	<i>Sixth Hour: Isaiah 3:1-14</i>	
	<i>Vespers: Genesis 2:20-3:20 • Proverbs 3:19-34</i>	
1st Saturday of the Great Fast: St Theodore the Recruit		
<i>1st Saturday</i>	Heb. §303 (1:1-12)	Mark §10 (2:23-3:5)
<i>St Theodore</i>	2 Tim. §292 (2:1-10)	John §52 (15:17-16:2)
1st Sunday of the Great Fast: Sunday of Orthodoxy		
<i>1st Sunday</i>	Heb. §329a (11:24-26, 32-12:2a)	John §5 (1:43-51)

NAMEDAYS, BIRTHDAYS & ANNIVERSARIES

LAST WEEK

Birthdays – 20th: Daniel Palko.

THIS WEEK

Namedays – 25th (St Alexis of Moscow): Alexei Darenkov.

Birthdays – 24th: Frank Fitzgerald; 26th: Elena Kostin; 27th: Nadezhda Sexton; 28th: Seraphima Morrow.

MARCH

Namedays – 2nd (Great-Martyr Theodore the Tyro): Theodore Darenkov; 13th (St John Cassian): Cassian O'Beirne; 23rd (Martyr Vasilissa): Vasilissa Seneko; 30th (St Patrick of Ireland): William Patrick Brien.

Birthdays – 13th: Sarah Brangwynne; 21st: Zydrune Ann Mladineo; 31st: Deacon Steven Barker, Natasha (Natalia) Prokopenko Ghandour.

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

Wedding Anniversaries – 16th: Father David & Matushka Faith Straut (1979); 23rd: Sami and Natasha (Natalia) Ghandour.

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

THIS WEEK'S ANNOUNCEMENTS

This Wednesday evening, His Grace, Nicholas of Manhattan, Vicar Bishop of our Diocese, we join us for Great Compline on Wednesday evening and will read the Great Canon of St Andrew of Crete. We hope as many of our parishioners as possible will be there to pray with him. There will be a strictly Lenten trapeza of soup and bread after the service. We need our families to provide Lenten soups in crock-pots and fruit for this special coffee hour.

The Hours and the Holy Liturgy began a half hour later today than usual (and an hour later than the originally scheduled times) due to the driving conditions created by the winter storm we had overnight

Today is Forgiveness Sunday. Forgiveness Vespers will be immediately after the Divine Liturgy. Please remain in church for this beautiful service, the first liturgical service of Great Lent. This Vespers service is called Forgiveness Vespers because there is a rite of mutual forgiveness at the conclusion of the service. This is our opportunity to ask each other's forgiveness for any offence that we may have committed knowingly or unknowingly over the past year, and so to begin Great Lent with a clean slate. Those that cannot kneel or make prostrations should not feel obliged to do so; those that can should.

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The Prayer of St Ephraim the Syrian is said on weekdays of Great Lent at all services and in private prayer. It is a striking characteristic of Lenten services. It is said usually with three prostrations to the ground, twelve bows, and a final prostration:

O Lord and Master of my life, a spirit of idleness, despondency, lust of power, and idle talking give me not. *Prostration.*

But rather a spirit of chastity, humility, patience, and love bestow on me Thy servant. *Prostration.*

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

O God, cleanse me a sinner. *Twelve times with a reverence (bow from the waist) at each.*

Then once more: O Lord and Master of my life...(the entire prayer) with a single prostration at the end.

The Service of the Great Canon will be served on the first four weekday evenings of Great Lent at 6 o'clock. This is the Service of Great Compline with the Great Canon of Repentance composed by St Andrew of Crete, an Archbishop and hymnographer who died in the 8th Century. This Canon, a masterpiece of Orthodox hymnography, recounts incidents and personalities throughout the whole of Biblical history, weaving the theme of repentance throughout. On each of the four evenings, a quarter of the Canon is chanted. Participating in these moving services is a most important way to begin the Fast.

The Presanctified Liturgy will be served this week on Wednesday and Friday. The Orthodox Church traditionally

ascribes the Liturgy of the Presanctified Gifts to St Gregory the Great, Pope of Old Rome. St Gregory is usually referred to in the Eastern Church as 'the Dialogist,' because he is the author of a book entitled, *The Dialogues*, a very soul-profiting work. The Presanctified Liturgy is actually not a full celebration of the Divine Liturgy in which the Gifts of bread and wine are transformed into the Body and Blood of Christ, but a Lenten Vespers Service with a communion of the Faithful from the reserved Body and Blood of Christ consecrated at the full Liturgy the previous Sunday. There are several ceremonies performed at the Liturgy of the Presanctified that are quite unique, to which the faithful look forward to participating in each year.

On Wednesday & Friday, the Presanctified Liturgy will be served in the *morning* at 9:30, preceded the Lenten services of the Third, Sixth, and Ninth Hours with the Typika at 8:15 a.m.

This Saturday is the Saturday of St Theodore. On this day we remember how the Great-martyr Theodore Tyro appeared in a dream to Archbishop Eudoxios of Constantinople to warn him that the Emperor Julian the Apostate intended to defile all the foods in the market with blood from idolatrous sacrifices so that the Christians would have no choice but to participate in idolatry by partaking of this food. St Theodore instructed the Archbishop to tell the faithful to boil wheat (*kolyva*), which they already had on hand, and eat this alone. Thus the faithful were saved from Julian's plot. At the end of the Presanctified Liturgy on Friday morning, a supplicatory canon to the Saint is chanted and *kolyva* is blessed and distributed to the faithful as a remembrance of the miracle of St Theodore.

We need a donation of *kolyva* (sweetened boiled wheat) for the Saturday of St Theodore. If you can make the *kolyva* and bring it to church for Friday morning, 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 his spiritual child an even more relaxed rule on Confession before Holy Communion. It is important for us to abstain from judging others regarding the frequency of their Confessions before Holy Communion.

No non-lenten foods are served at parish functions during the Great Fast. Nothing with meat, dairy products, or eggs is permitted on a fast day. Fish may be eaten only on the Feasts of the Annunciation and Palm Sunday. If in doubt as to what foods are permitted on a particular day, please consult Father.