

THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

Volume XXI

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SECOND SUNDAY OF GREAT LENT (Tone 6)

Commemoration of St Gregory Palamas, Archbishop of Thessalonica

SCHEDULE OF SERVICES THIS WEEK

2ND SUNDAY OF GREAT LENT (Tone 6)

St Gregory Palamas, Archbishop of Thessalonica

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

6:00 PM Vigil Service;
Confessions

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

9:10 AM Third and Sixth Hours
9:30 AM Divine Liturgy;
No Trapeza (coffee hour) today

3rd Friday of the Great Fast

Friday, 20 March (7 March, o.s.)

5:30 PM Ninth Hour & Typika
6:00 PM Liturgy of the Presanctified Gifts

3rd Saturday of the Great Fast: Soul Saturday

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

5:15 PM General Pannykhida

3RdSUNDAY OF GREAT LENT (Tone 7)

Veneration of the Cross; 40 Martyrs of Sebaste

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

6:00 PM Vigil Service;
Confessions

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

9:10 AM Third and Sixth Hours
9:30 AM Divine Liturgy;
No Trapeza (coffee hour) today

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

Week of 15 March

2nd Sunday of the Great Fast: St Gregory Palamas		
2nd Sunday	6th Matins Gospel: Luke §114 (24:36-53)	
	Heb. §304 (1:10-2:3)	Mark §7 (2:1-12)
St Gregory	Heb. §318 (7:26-8:2) • John §36 (10:9-16)	
THIRD WEEK OF THE GREAT FAST		
3 rd Monday of Great Lent	Sixth Hour: Isaiah 8:13-9:7 Vespers: Genesis 6:9-22 • Proverbs 8:1-21	
3 rd Tuesday of Great Lent	Sixth Hour: Isaiah 9:9-10:4 Vespers: Genesis 7:1-5 • Proverbs 8:32-9:11	
3 rd Wednesday of Great Lent	Sixth Hour: Isaiah 10:12-20 Vespers: Genesis 7:6-9 • Proverbs 9:12-18	
3 rd Thursday of Great Lent	Sixth Hour: Isaiah 11:10-12:2 Vespers: Genesis 7:11-8:3 • Proverbs 10:1-22	
3 rd Friday of Great Lent	Sixth Hour: Isaiah 13:2-13 Vespers: Genesis 8:4-21 • Proverbs 10:31-11:12	
3rd Saturday of the Great Fast: Soul Saturday		
3 rd Saturday	Heb. §325 (10:32-38a)	Mark §8 (2:14-17)
Soul Saturday	1 Cor. §163 (15:47-57)	John §16 (5:24-30)
3rd Sunday of the Great Fast: Veneration of the Cross		
3 rd Sunday	7th Matins Gospel: John §63 (20:1-10)	
	Heb. §311 (4:14-5:6)	Mark §37 (8:34b-9:1)

THIS WEEK'S ANNOUNCEMENTS

The Liturgy of the Presanctified Gifts will be served this Friday evening at 6:00 PM. The Lenten Service of the Ninth Hour and the Typika, which precede the Liturgy, will begin at 5:30 p.m.

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 least 6 hours before the reception of Holy Communion. If conditions exist which make an observance of the Eucharistic Fast from Midnight for an evening Liturgy impossible, such *economia* is appropriate.

The second of the three mid-lenten Soul Saturdays is this Saturday. A General Pannykhida will be served on Saturday afternoon at 5:15. 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.

There will be a blessing of Crosses at St Elizabeth's at the conclusion of the Divine Liturgy on the Third Sunday of Great Lent: the Veneration of the Precious and Life-giving Cross. Because this day is dedicated to our veneration of the Holy Cross, it is a very appropriate day for the sanctification of Crosses, both those worn around the neck and those hung on walls. If you have crosses at home that have not yet been blessed, please bring them to church as soon as possible so that they can be placed in the altar to begin the process of sanctification that will be complete after the prayers of blessing on the Third Sunday of the Fast.

THE CORONA VIRUS: COVID-19

What You Can Do

Parishioners who have been in close proximity to someone who has tested positive for the COVID-19 virus are asked to observe a period of 14-day self-isolation and stay home from church.

Parishioners who are ill, especially those with sore throats, coughing, sneezing, or fevers, are asked to stay home from church services to take care of themselves and to protect others at church from getting ill.

Parishioners at high risk for contracting the Corona Virus may decide to not attend church services, but pray at home. We are looking into creating an internet video feed for our services for parishioners who cannot be with us in church.

Parishioners are asked to wash their hands with soap and water frequently, use hand sanitizer when hand washing is not possible, and if there is a need to cough or sneeze to do so in a tissue or the crook of their elbow.

Parishioners should be aware that many people will not want to give the normal three-fold kiss or shake hands in greeting. We need to be sensitive to the current situation and how each person is choosing to react. Smiles and hellos can be warmly felt given the situation and the fact that many people are worried.

What the Parish is Doing

All clergy and altar servers will wash their hands with soap and water before serving and hand sanitizer when indicated while serving in the altar.

Prospora will be handled by the priest only, who performs the Proskomedia with hands washed beforehand with soap and water.

Peoples' prospora will be placed in zip-lock plastic bags by an adult server with disinfected metal tongs and not with bare hands.

Holy Communion will be distributed in the normal way, because our Orthodox Faith teaches us that the Body and Blood of Christ is for the healing of soul and body and cannot communicate disease.

Communion cloths will be cleansed in boiling water in the Holy Chalice or changed frequently.

No altar boys will handle antidoron or zapivka. Two adult servers will be in charge of the blessed bread and wine distributed to the people.

Wine and hot water will be poured into small paper cups by the designated adult server. Neither parishioners themselves or altar boys will handle the wine or hot water pitchers. Used paper cups for wine will be discarded by each parishioner after consuming the contents.

Antidoron will be transferred from its bowl to small paper cups with disinfected metal tongs by the designated adult server and not with bare hands. Neither parishioners themselves or altar boys will handle the antidoron. Used paper cups for bread will be discarded by each parishioner after consuming the contents.

All metal containers, trays, and utensils used in a service will be washed with soap and water, or scalded with boiling water, after each service.

The kissing-icons without cases have been replaced by icons covered with glass. Parishioners may kiss the icons, holy relics, blessing cross, or the priest's hand as usual or show their reverence in some other way, like touching their forehead to them, as they themselves decide. The glass that covers the icons and relics will be wiped with disinfectant wipes a few times each service, as will the blessing cross after each Liturgy.

Door knobs and table surfaces will also be wiped with disinfectant wipes a few times each service.

Coffee Hour (Trapeza) is suspended until further notice. Without proper kitchen facilities, and too few parishioners who are willing to volunteer to serve and clean, this seems advisable at present. This also avoids the close social contact in an enclosed space that we are being urged by the civil authorities to avoid. Socializing in the open air outside church before going home is still possible.