

# THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

Volume XXI

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## 3RD SUNDAY OF GREAT LENT: VENERATION OF THE CROSS *(Tone 7)* Commemoration of the 40 Martyrs Who Suffered in the Lake of Sebaste

### SCHEDULE OF SERVICES THIS WEEK

#### 3RD SUNDAY 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*

**4th Friday of the Great Fast**

**Friday, 27 March (14 March, o.s.)**

5:00 PM Ninth Hour & Typika

5:30 PM Liturgy of the Presanctified Gifts

**4th Saturday of the Great Fast: Soul Saturday**

**Saturday, 28 March (15 March, o.s.)**

3:15 PM General Pannykhida

#### 4TH SUNDAY OF GREAT LENT *(Tone 8)*

**Commemoration of St John Climacus**

**Saturday, 28 March (15 March, o.s.)**

4:00 PM Vigil Service;  
Confessions

**Sunday, 29 March (16 March, o.s.)**

9:10 AM Third and Sixth Hours

9:30 AM Divine Liturgy;

*No Trapeza (coffee hour) today*

**Evening Services at St Elizabeth's will be served earlier** to allow parishioners to arrive at home before the 8:00 p.m. curfew recommended by the civil authorities. The Saturday evening will begin at 4:00 p.m. and weekday evening services (like the Presanctified Liturgy, Matins, or Compline) will begin at 5:30 until further notice.

### 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 22 March

3rd Sunday of the Great Fast: Veneration of the Cross		
<i>3<sup>rd</sup> Sunday</i>	<i>7th Matins Gospel:</i> John §63 (20:1-10)	
	Heb. §311 (4:14-5:6)	Mark §37 (8:34b-9:1)
FOURTH WEEK OF THE GREAT FAST		
<i>4<sup>th</sup> Monday of Great Lent</i>	<i>Sixth Hour:</i> Isaiah 14:24-32	
	<i>Vespers:</i> Genesis 8:21-9:7 • Proverbs 11:19-12:6	
<i>4<sup>th</sup> Tuesday of Great Lent</i>	<i>Sixth Hour:</i> Isaiah 25:1-9	
	<i>Vespers:</i> Genesis 9:8-17 • Proverbs 12:8-22	
<i>4<sup>th</sup> Wednesday of Great Lent</i>	<i>Sixth Hour:</i> Isaiah 26:21-27:9	
	<i>Vespers:</i> Genesis 9:18-10:1 • Proverbs 12:23-13:9	
<i>4<sup>th</sup> Thursday of Great Lent</i>	<i>Sixth Hour:</i> Isaiah 28:14-22	
	<i>Vespers:</i> Genesis 10:32-11:9 • Proverb 13:20-14:6	
<i>4<sup>th</sup> Friday of Great Lent</i>	<i>Sixth Hour:</i> Isaiah 29:13-23	
	<i>Vespers:</i> Genesis 12:1-7 • Proverbs 14:15-26	
4th Saturday of the Great Fast: Soul Saturday		
<i>4<sup>th</sup> Saturday</i>	Heb. §313 (6:9-12)	Mark §31 (7:31-37)
<i>Soul Saturday</i>	1 Cor. §163 (15:47-57)	John §16 (5:24-30)
4th Sunday of Great Lent: St John Climacus		
<i>4<sup>th</sup> Sunday</i>	<i>8th Matins Gospel:</i> John §64 (20:11-18)	
	Heb. §314 (6:13-20)	Mark §40 (9:17-31)
<i>St John</i>	Eph. §229 (5:8b-19)	Matt. §10 (4:25-5:12a)

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

**There will be a blessing of Crosses at St Elizabeth's** at the conclusion of the Divine Liturgy today, 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.

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

**The Liturgy of the Presanctified Gifts** will be served this Friday evening at 5:30 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 Service of the Ninth Hour and the Typika, which precede the Liturgy, will begin at 5:00 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 third and last of the mid-lenten Soul Saturdays** is next Saturday. A General Pannykhida will be served on Saturday afternoon at 3:15. 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) this Friday evening for the last mid-lenten Soul Saturday, 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.

**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 church** on Holy Friday and Pascha. If you would like to make a donation for this, please give it to either Father David or to our Church Warden, John Morrow. You may include a Commemoration List with your donation.

## 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.

*Parishioners are asked for the time being not to kiss the icons, holy relics, Cross, or the Gospel as we usually do, but to show them reverence in some other way, like bowing before them and touching their forehead to them, as they themselves decide.*

*It is best for the time being not to kiss the priest's hand. When you ask the priest for his blessing, he will give you his blessing on the top of your head (as is commonly done in Romania.) It is also best not to kiss the Hand Cross the priest holds at the end of the Liturgy. Instead he will give place the Cross on the top of your head and bless you (as is done commonly in Georgia.)*

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.