

THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

Volume XX

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SECOND SUNDAY OF GREAT LENT (*Tone 2*)

Commemoration of St Gregory Palamas, Archbishop of Thessalonica



SERVICES THIS WEEK

2ND SUNDAY OF GREAT LENT (*Tone 2*)

St Gregory Palamas

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

6:00 PM Vigil Service;
Confessions

Sunday, 24 March (11 March, o.s.)

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

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

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

St Patrick, Enlightener of Ireland

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

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

3rd Saturday of Lent: Saturday of Souls

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

5:15 PM General Pannykhida

3RD SUNDAY OF GREAT LENT (*Tone 3*)

Veneration of the Precious Cross

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

6:00 PM Vigil Service;
Confessions

Sunday, 24 March (11 March, o.s.)

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

SCRIPTURE READINGS Week of 24 March

2nd Sunday of the Great Fast: St Gregory Palamas		
2nd Sunday	10th Matins Gospel: John §66 (21:1-14)	
	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	11th Matins Gospel: John §67 (21:15-25) Heb. §311 (4:14-5:6) • Mark §37 (8:34b-9:1)	



FASTING DAYS Week of 24 March

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.

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 Great Lent. 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.

There will be a book sale at coffee hour today. You can use this opportunity to pick up some spiritual reading for yourself for the remainder of Great Lent or choose a book for your loved ones as Pascha gifts. See Elizabeth Lieuwen for more information or to purchase a book.

The Presanctified Liturgy will be served this week on Wednesday and 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.

There are two Soul Saturdays during Great Lent this year (the usual third Soul Saturday is preempted by the Forefeast of the Annunciation). The second of these is next Saturday. A General Pannikhida 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.

Many thanks to Sarah Brangwynne who provided *kolyva* (sweetened boiled wheat) for the first of the two mid-lenten Soul Saturdays.

If anyone is able to provide a donation of *kolyva* (sweetened boiled wheat) on any of the next three 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 Proskomedie. If you have included Non-Orthodox in your Commemoration Book or Commemoration Lists, please clearly indicate which persons named, if any, are Non-Orthodox.

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.

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, Pannikhidas & 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!

