



Sunday March 6, 2016 TONE 7

SUNDAY OF MEATFARE — Tone 7. Sunday of the Last Judgment. The 42 Martyrs of Ammoria in Phrygia, including: Constantine, Aetitus, Theophilus, Theodore, Melissenus, Callistus, Basoës and others (ca. 845). The Uncovering of the Precious Cross and the Precious Nails by Empress St. Helen (Elena) in Jerusalem (326). Monk Martyrs Conon and his son, Conon, of Iconium (270-275). Ven. Arcadius of Cyprus (4th c.).

This Week's Schedule

Saturday 3/12: Great Vespers 5:00 p.m.

Sunday 3/13: Hours 8:40 a.m. **Divine Liturgy 9:00 a.m.**
*followed by Coffee hour & *Forgiveness Vespers**

Reader Schedule

DATE	3 RD HOUR	6 TH HOUR EPISTLE
Mar-6	CARPENTER	SULPIZI, L PECK
Mar-13	BUNITSKY, S	BUNITSKY, K BRASOWSKI
Mar-20	RILEY, A	RILEY, J RILEY, J.
Mar 25	<i>ANNUNCIATION</i>	
Mar-27	CARPENTER	SOUDER, C. CAREY

Hymns and Prayers

Tone 7 Troparion *(Resurrection)*

By Your Cross You destroyed death.
To the thief You opened Paradise.
For the Myrrhbearers You changed weeping into joy.
And You commanded Your disciples, O Christ God,
to proclaim that You are risen,//
granting the world great mercy.

Tone 1 Kontakion *(from the Lenten Triodion)*

When You, O God, shall come to earth with glory,
all things shall tremble,
and the river of fire shall flow before Your judgment seat;
the books shall be opened, and the hidden things disclosed;
then deliver me from the unquenchable fire,//
and make me worthy to stand at Your right hand, O Righteous Judge!

Tone 3 Prokeimenon

Great is our Lord, and abundant in power, His understanding is beyond measure. (Ps 146/147:5)

v: Praise the Lord! For it is good to sing praises to our God! (Ps 146/147:1)

Epistle 1 Corinthians 8:8-9:2

But food does not commend us to God; for neither if we eat are we the better, nor if we do not eat are we the worse.

But beware lest somehow this liberty of yours become a stumbling block to those who are weak.

For if anyone sees you who have knowledge eating in an idol's temple, will not the conscience of him who is weak be emboldened to eat those things offered to idols?

And because of your knowledge shall the weak brother perish, for whom Christ died?

But when you thus sin against the brethren, and wound their weak conscience, you sin against Christ.

Therefore, if food makes my brother stumble, I will never again eat meat, lest I make my brother stumble.

Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are you not my work in the Lord?

If I am not an apostle to others, yet doubtless I am to you. For you are the seal of my apostleship in the Lord.

Tone 8

Alleluia, Alleluia, Alleluia!

v: Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (Ps 94/95:1)

v: For the Lord is a great God and a great King over all the earth. (Ps 94/95:3)

Gospel Matthew 25:31-46

When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory.

All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides his sheep from the goats.

And He will set the sheep on His right hand, but the goats on the left.

Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world:

'for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you

took Me in;

'I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.'

Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink?'

'When did we see You a stranger and take You in, or naked and clothe You?'

'Or when did we see You sick, or in prison, and come to You?'

And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.'

Then He will also say to those on the left hand, 'Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels:

for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink;

'I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.'

Then they also will answer Him, saying, 'Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?'

Then He will answer them, saying, 'Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.'

And these will go away into everlasting punishment, but the righteous into eternal life.

Communion Hymns

Praise the Lord from the heavens, praise Him in the highest! (*Ps 148:1*)

Rejoice in the Lord, O you righteous; praise befits the just! (*Ps 32/33:1*)

Alleluia, Alleluia, Alleluia!

This Week's Announcements

Archbishop MARK to Visit Next Sat. & Sun. March 12th & 13th (Cheesefare Sunday) His Eminence Archbishop MARK will be making an archpastoral visit to St. Michael's. Cheesefare Sunday is also "Forgiveness Sunday" where we make the transition from the Sunday's after Pentecost to the Lenten period. Following coffee hour that day we will come back in to the church for Forgiveness Vespers and begin our lenten journey together. Please make plans to join us for this wonderful opportunity in the life of the church.

CheeseFare Sunday is next Sunday, March 13th, and Archbishop Mark will be visiting! Please sign up for the potluck luncheon on the sheet in the Narthex. We will need help setting up and cleaning up,

as Forgiveness Vespers will follow. Contact Hope LaChance (302.561.1870) or Alice Morjana (302.588.5836) with any questions.

Please Save The Date - We have set a date of Saturday, May 21 for our Spring rummage sale. Please begin setting aside any of your attic treasures of clothes, household items, furniture, knick knacks, etc. Also, please save the date as we can use your help anytime before, during, and after the sale. It's fun to help with the sale and it helps to build relationships in our community and among our parishioners, all while raising money for St. Michael's. Further details will be provided as we get closer to May.

Grass Cutting Spring is around the corner and we are looking for volunteers to help with the grass cutting again this year. We had 5 teams last year which made it easier on everyone involved. Please add your name to the signup sheet in the Narthex. Once we form the teams, we will be cutting on a rotating basis with more cutting being required in the spring and less in the dry summer months. Most of the cutting can be completed in 3 hours as a team. We have found out that due to individual schedules, you do not need to cut with your team and can do your share as your schedule permits. Just coordinate the sections to cut with your team. If you have any questions, please contact Jim Riley.

Study Group Our next study group will meet Thursday March 17th. We will continue with second Corinthians. The study group will meet every Thursday during lent and is an excellent opportunity for continuing adult education. Please join us!

The Ladder of Divine Ascent On Friday evenings during Great Lent Fr. Barnabas will be offering a study and discussion group on St. John Climacus' "Ladder of Divine Ascent". We will try and make it through the first six or seven steps in this important spiritual work. Please make plans on joining us following services on Friday evening's during Lent.

Journeys to Orthodoxy We are asking both cradle Orthodox and convert alike to share your journey to the Orthodox Church. We hope to compile these stories and make them available to both the faithful of St. Michael's and our guest and visitors. We hope that your story may be an inspiration and a help to others. Journeys to Orthodoxy may be submitted to Laura Najemy or Fr. Barnabas. Please consider sharing your journey with us.

Attention Parents We believe that educating our children and youth in the Orthodox way is very important. We need all parents to help with this necessary work. Due to the number of children we have been blessed with our church school is asking for teacher's aids or assistants. We would like all parents to take a turn serving as an aid or assistant. Please see Fr. Barnabas or Catalina Fink to help do your part.

Two Chroniclers of Holy Lives

On March 11 the Church celebrates the memories of two saints who collected and recorded accounts of the lives of holy people.

They lived in different times and places, but shared the conviction that Christians always need examples of courageous faith.

Saint Sophronius of Jerusalem was born in Damascus in about 560. He became a monk and entered the Monastery of Saint Theodosius, where he was befriended by the hieromonk John Moschus, and became John's disciple. The two traveled together through monasteries in several countries, gathering inspiring stories of the monks and elders they met. Their collection has come down to us as a book called "The Spiritual Meadow."

In the prologue, which he dedicates to Sophronius, Saint John Moschus describes a meadow full of flowers of various colors, each with their own beauty. Similarly, he writes, holy men serve God in different ways, but all are equally pleasing to Him. Like meadow flowers, the men he writes about are different, but their varied examples all can lead others to lives of holy service. He continues: "Just as a bee seeks out only what is useful and true, so I have described the lives of the holy fathers that souls may be enlightened."

Saint Sophronius himself was a prolific writer. His work includes 950 troparia and stikhera, many odes, a life of Saint John the Almsgiver, and the Prayer for the Great Blessing of Water at Theophany. He is also the author of the Life of Saint Mary of Egypt. This is the only saint's life that is a requisite part of an Orthodox worship service; it is read during the fifth week of Great Lent.

Saint Sophronius saw heresies divide the Church, and was forced as Patriarch to surrender the city of Jerusalem to Saracen, or Muslim, conquerors. But his personal example and his writings about other exemplary people continue to be "useful and true."

Cordoba, Spain in the 850's was also a time and place in which Christians lived under Muslim rule. Saint Eulogius of Cordoba, the second chronicler commemorated on this day, was born sometime before 819, and raised in a devout Christian family. He was sad to see some Christians getting comfortable with their second-class citizenship and becoming increasingly assimilated. Then there were others who fearfully concealed or even abandoned their faith in order to "get along" in the dominant culture.

Saint Eulogius wanted to inspire his fellow Christians to be braver and more faithful. He collected and wrote stories of Cordoban Christians who refused to deny or hide their faith and were martyred. Among them were priests, government officials, monks and nuns, soldiers, and other believing men and women. Saint Eulogius himself was beheaded when the authorities discovered that he was hiding Christians.

A reading for this day is Proverbs 9: 11, in which God promises the wise that He will add years to their lives. Saints Sophronius and Eulogius knew that those promised years would be granted in a world beyond this one, where peace overcomes the strife they wrote about in their accounts of holy people.

Troparion - Tone 5

Patriarch Sophronius, you were glorious
in the splendor of sobriety,
and through the radiance of your words
you revealed ineffable enlightenment from heaven.
For by your life you attained wisdom
and now you confirm the Church
as an illustrious hierarch and intercessor
for us with the Lord.

This weekly bulletin insert complements the curriculum published by the Department of Christian Education of the Orthodox Church in America. This and many other Christian Education resources are available at <http://dce.oca.org>.

Prayers for the Departed: *Archpriest John Udics, Archimandrite Athanasy*

Prayers for the Sick and Those in Need: *Fr. Vladimir Petorak, Fr. Joseph Chupeck, Fr. David Shewczyk,, Fr. Josef Petranin, Mat Julia Petranin, Mat. Ellen Chupeck, Mat. Jennifer Franchak, Lemlem Resat, Harry Wujcik, Alfred Mokhiber, Peter Melnik, Lily Nassif, Agnes Timchak, Olga Riley, Anna Hotrovich, Marie Holowatch, Marie Karawulan, Barbara Hicks, Maria Current, Anna Herko, Zack Bajuyo, Luke Wales, Nona Carey, Joseph Wojciechowski, Mona Elia, Lydia Kendall, Georgia Harb, Maria and Doug Dozier, Mary Anne Farrell, Caton Tompkins, Michael Vannello, Catalina(Mary) & Jeremy (John) Fink*

Prayers for Women and the Children to be Born of Them: *Maria Peck,, Elizabeth Clause, Matushka Anastasia Hojnicky*

Birthdays : *Eric (Moses) Jennings (Feb 28th) , Susan Skomorucha (Mar 10), Stephen Conover (Mar 11)*

Service Ministries

Date	<u>Coffee/ Fellowship Hour</u>	<u>Service Duty</u>	<u>Church Cleaners</u>	<u>Library</u>
6-Mar	Whale/ Gabriel/ Sheeler	Sulpizi/ Fink	Whalen/ Fink	Farrell
13-Mar	Cheesefare Forgiveness Sunday	Hojnicky/ Souder	Farrell	Skomorucha
20-Mar	Lachance/ Shatley/ Hines	Sheeler/ Baldychev	Kendall	Maloney
27-Mar	Najemy/ Kendall	Bunitsky/Lewis	Baldychev/ Shatley	Lewis
3-Apr	Souder/ Riley	Riley	Sulpizi	Gundersen
10-Apr	Kraiter/Cretu/Vladimirova	Elia/ Morjana	Riley	Farrell