



Sunday March 13, 2016 TONE 8

SUNDAY OF CHEESEFARE — Tone 8. The Expulsion of Adam and Eve from Paradise. Translation of the relics of St. Nicephorus, Patriarch of Constantinople (846). Martyr Sabinus (Abibus) of Egypt (287). Martyrs Africanus, Publius and Terence, of Carthage

This Week's Schedule

Monday 3/14	Canon of Repentance 7:00 p.m.
Tuesday 3/15	Canon of Repentance 7:00 p.m.
Wednesday 3/16	Presanctified Liturgy 6:30 p.m.
Thursday 3/17	Canon of Repentance 7:00 p.m.
Friday 3/18	Akathist & Study Group 7:00 p.m.
Saturday 3/19:	Great Vespers 5:00 p.m.
Sunday 3/20:	Hours 8:40 a.m. Divine Liturgy 9:00 a.m. <i>followed by Coffee hour & Church School</i>

Reader Schedule

DATE	3 RD HOUR	6 TH HOUR EPISTLE
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
Apr-3	SOUDER, C	WALES WALES
Apr-10	BUNITSKY, S	BUNITSKY, K PECK

Hymns and Prayers

Tone 8 Troparion *(Resurrection)*

You descended from on high, O Merciful One!

You accepted the three day burial to free us from our sufferings!//

O Lord, our Life and Resurrection, glory to You!

Tone 6 Kontakion *(from the Lenten Triodion)*

O Master, Teacher of wisdom,

Bestower of virtue,

Who teach the thoughtless and protect the poor,

strengthen and enlighten my heart!

O Word of the Father,

let me not restrain my mouth from crying to You:

“Have mercy on me, a transgressor,//

O merciful Lord!”

Tone 8 Prokeimenon *(Resurrection)*

Pray and make your vows before the Lord, our God! *(Ps 75/76:11)*

v: In Judah God is known; His name is great in Israel. (Ps 75/76:1)

Epistle Romans 13:11-14:4

And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed.

The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light.

Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy.

But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.

Receive one who is weak in the faith, but not to disputes over doubtful things.

For one believes he may eat all things, but he who is weak eats only vegetables.

Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him.

Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

Tone 6

Alleluia, Alleluia, Alleluia!

v. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. (Ps 91/92:1)

v. to declare Your mercy in the morning, and Your truth by night.

(Ps 91/92:2)

Gospel Matthew 6:14-21

For if you forgive men their trespasses, your heavenly Father will also forgive you.

But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.

But you, when you fast, anoint your head and wash your face,

so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.

For where your treasure is, there your heart will be also.

Communion Hymn

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

Alleluia, Alleluia, Alleluia!

This Week's Announcements

Welcome to His Eminence Archbishop MARK We would like to welcome His Eminence and Deacon Matthew Joyner, leading us in the Divine Liturgy this morning. We pray that our Lord may bless and Keep His Eminence for Many Years of service to the diocese of EPA.

Our Lenten Journey Begins with Forgiveness Vespers The Lenten journey to the death and resurrection of Christ begins with Forgiveness Vespers following coffee hour. The theme of the entire day is forgiveness; proclaimed in the morning Gospel and then exercised accordingly at the conclusion of the forgiveness vespers service with each in attendance participating in the mutual "rite" of forgiveness. Our Lord says, "If you forgive men their trespasses, your heavenly Father will forgive you; but if you do not forgive men their trespasses, neither will your heavenly Father forgive you your trespasses (Mt 6:14-18)." At the forgiveness service, after the singing of the Great Prokeimenon, the liturgical vestments and furnishings are changed to dark colors, and the special Lenten melodies used signifying that lent has begun. Join us!

Orthodoxy Sunday Next Sunday please bring you favorite icon as we celebrate the triumph of Orthodoxy and the victory of the Church over the iconoclasts. The celebration will be continued Sunday evening at St. Michael's Patriarchal Church in Philadelphia. at 4:00 p.m. All are welcome.

Check out a Book for Lent We have plenty of reading material available for the Lenten season in our parish library. Please take a look! If you cannot find the materials you are looking for in our parish library please let us know.

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.

Presanctified Liturgy On Wednesday evenings we will be celebrating the Presanctified Liturgy. The Divine Liturgy is not celebrated in the Orthodox Church on lenten weekdays however, in order for the faithful to sustain their lenten effort by participation in Holy Communion, the Liturgy of the Presanctified Gifts is served. This Liturgy is called Presanctified, since the Holy Gifts are presanctified (or consecrated) on the previous Sunday. This is an evening Liturgy consisting of Vespers, followed by a portion of the full Liturgy. The Liturgy of the Presanctified Gifts comes after a day of spiritual preparation and total abstinence. All who plan on participating in Holy Communion for the Presanctified Liturgy who are unable to make the effort of total fasting because of weaknesses or illness, should eat a light lenten meal in the morning or mid morning and begin fasting for communion by noon. Reminder that our Presanctified Liturgy will be followed by a lenten pot luck dinner. All are welcome to come and bring a lenten dish and share in the extra fellowship as we make our journeys together to Pascha.

Liturgy of St. Basil the Great On Sundays during the lenten season we may notice that the Divine Liturgy is a little different. This is because we celebrate the longer Liturgy of St Basil the Great. In the 4th century Church the liturgy of St. Basil was celebrated every Sunday and feast day of the whole year. It was the official Eucharistic Liturgy to be celebrated on a regular basis throughout the year. Towards the end of the first quarter of the second millennium the Liturgy of Saint Basil was replaced by the liturgy attributed to Saint John Chrysostom another 4th century father of the Church. Some say that the celebrating of Saint Basil's liturgy still being done during Lent is because of the conservative liturgical character of Lent. And since it is the intention of the Church to dedicate more time to prayer during Lent, that it is a good opportunity to teach the faithful dogma by offering for their hearing and singing the profound and all-embracing theological elucidations of the Basilian Liturgy. It is also said that it served during lent because of its expressively doctrinal and educational character. Listen and you will hear the wisdom and beauty of this liturgy on the Sunday's of Great Lent. Handouts will be available.

Lenten Mission Vespers St. Michaels will be hosting a Lenten Mission Vespers on Sunday, April 14th at 4:00 pm. We will need assistance with food preparation, table setup and cleanup. We are planning a simple, limited menu in large quantity, as this is usually a well-attended service. Please contact Alice Morjana at 302.588.5836 or email at alusakm@aol.com to let her know how you can help!

Memory Eternal This past week parishioner Michael Choruzy fell asleep in the Lord. Funeral services will be held at St. Michael's on Wednesday March 16th at 11:00 a.m. Visitation will also be at St. Michael's from 10 -11 a.m. on the 16th. May God grant him rest and make his memory to be eternal!

Mission Coin Boxes for OCMC Today is "Mission Sunday" a Sunday which we look to those ministries around the world that are in need of our support. The OCMC Mission Coin box program is an excellent opportunity to put our faith in action during the Lenten weeks. Funds raised through the mission coin boxes assist the further growth of ministries that support Christ's Church around the world. In 2015 over \$30,000 were raised through

this program. Today we will begin collecting again. All should offer extra during this time (a few coins every day make a difference.). We should also offer our support in prayer for those around the world. Mission coin boxes will be collected at the end of Lent. Please take a box and consider giving extra this season.

Lessons from a Man of Vision

On March 18 the Church marks the repose of Saint Nikolai of Zicha.

Nikolai Velimirovich was born in 1880 to a large family in the village of Lelich, Serbia, and spent his early years there. He was educated in Belgrade and Switzerland, earning a doctorate in theology in 1909.

The next years were filled with activity. He was tonsured a monk, keeping the name Nikolai. Ordained to the priesthood, he was then given the rank of archimandrite. He taught at his alma mater in Belgrade, using the summers to study in Russia. He went to England to lecture at Oxford and received honorary doctorates from Cambridge University and Glasgow University. In 1919 he returned to Serbia, where he was consecrated a bishop and appointed to the Dioceses of Zicha and Ochrid.

After two years as a missionary bishop in the United States, Bishop Nikolai went back to Ochrid. It was then that he wrote the "Prologue from Ochrid." Its English translator, Mother Maria, describes the book: "The blend of lives of the saints and solid Christian teaching makes a rich mixture that is loved and valued in the Serbian-speaking world." Bishop Nikolai himself had the vision to add the lives of 200 saints "from different Orthodox peoples" to the older Slavonic Prologue, thus making his book widely useful to more people seeking to learn about holy people in many countries.

Bishop Nikolai was in Zicha when the Nazis overran Yugoslavia. Like many other Serbs, he was sent to the terrible Dachau concentration camp. He survived, but deprivation and suffering permanently diminished his physical health.

However, his incarceration and survival also enabled him to view faith from two perspectives: freedom and imprisonment. So he offers a unique lesson in his answer to a question once posed to him, asking what particular spiritual exercise he practiced. Bishop Nikolai said, "I tried to visualize God's presence. And as little as I succeeded, it helped enormously to prevent me from sinning in freedom, and from despairing in prison. If we kept the vision of the invisible God, we would be happier, wiser and stronger in every walk of life."

When Bishop Nikolai returned to the United States in 1946, he taught at three Orthodox seminaries, including Saint Tikhon's Seminary in Pennsylvania where he reposed. He insisted on teaching in English, though until that time most courses had been offered in Russian. Bishop Nikolai's vision led him to understand that men who would serve in American parishes needed to be taught in their own language.

Saint Nikolai's vision was extensive. He found a lesson in the life of the unbaptized Mahatma Gandhi, writing: "Against weapons, ammunition and army Gandhi places fasting; against skill, wiliness and violence he places prayer; and against political quarrel, silence."

Christ gave the example of fasting, prayer and silence to His disciples, of course. Bishop Nikolai considered Gandhi a "warning" from God to Christian believers not to abandon those three sources of spiritual power given by the Lord so long ago, but largely ignored today. The lesson Saint Nikolai took from Gandhi, like the others he offers, are helpful for every day of our lives.

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, Michael Churozy, Michael Boosalis, Gregory Telep, Raymond Popovich*

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, Caiton Tompkins, Michael Vannello, Catalina(Mary) & Jeremy (John) Fink, Alma, Mark, Catherine, Rae*

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

Service Ministries

Date	<u>Coffee/ Fellowship Hour</u>	<u>Service Duty</u>	<u>Church Cleaners</u>	<u>Library</u>
13-Mar	Cheesefare Forgiveness Sunday	Hojnicki/ 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

Last Week's Attendance

03/05 Vespers.....34

03/6 Divine Liturgy.....87