

SS. PETER & PAUL ORTHODOX CHURCH

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BULLETIN OF MARCH 01, 2020

SUNDAY/MARCH 1

Cheese-Fare/Forgiveness Sunday

Last Day for Dairy & Fish Products

9:10a.m. Hours; 9:30a.m. Divine Liturgy

Food Basket Day/Coffee Hour

12:30p.m. Forgiveness Vespers

MONDAY/MARCH 2

Beginning of 40 Day Great & Holy Fast

Beginning of the First Week

MONDAY THRU THURSDAY/MARCH 2-5

7:00p.m. Canon of St. Andrew; Confessions

On Thursday, after Canon

FRIDAY/MARCH 6

6:30p.m. Pre-Sanctified Liturgy and Blessing

Of Boiled Wheat – Commemoration of the

Miracle of St. Theodore the Tyro

SATURDAY/MARCH 7

9:30a.m. Akathist to Our Lord; Confessions

5:30p.m. Vigil; Confessions

SUNDAY/MARCH 8

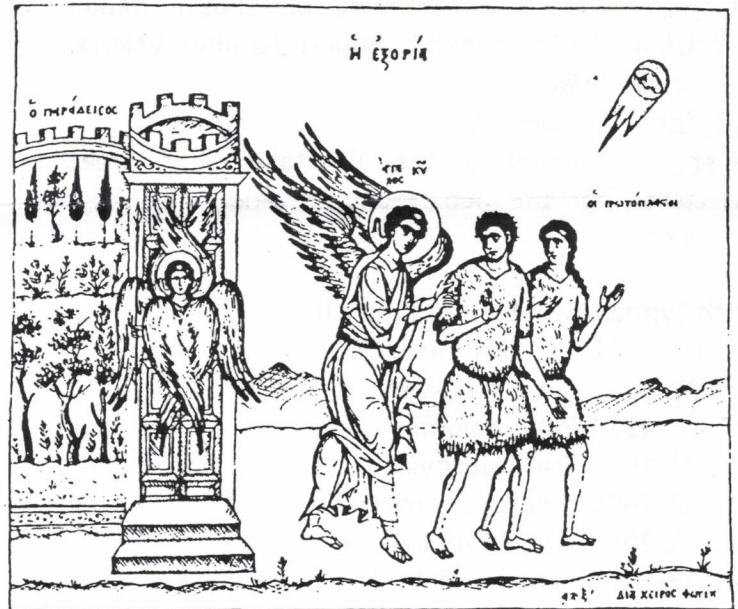
Sunday of Orthodoxy

9:10a.m. Hours; 9:30a.m. Divine Liturgy

Coffee Hour; Church School

**5:00p.m.** Deanery Vespers with Abp. Michael at  
Holy Resurrection Church in Wayne

End of the First & Beginning of the Second Week



*Adam was banished from Paradise  
through disobedience  
and cast out from delight,  
beguiled by the words of a woman.  
Naked he sat outside of the garden  
lamenting 'Woe is me!'  
Therefore let us all make hast to  
accept the season of the Fast and  
hearken to the teachings of the Gospel,  
that we may gain Christ's mercy and  
receive once more a dwelling-place  
In Paradise*

### **Offerings Week of March 01**

Relic Candle: in honor of St. John Maximovitch; for the health of Alexia; in memory of Michael, Justina, Rosalie, Anastasia, Melania, and Ivanna and for the health of Helen; for the health of Alexia; in memory of Nicholas, Eleanore, John, Ann-Marie and Jerome; for Joseph and Mark.

Olive Oil: in memory of Vaschen, Emilia; Virginia and Eugenia; for the health of Jeffery John, Susan, Daniel and Michael; for the health of Robert, Jennifer, Valeria, Rebecca and Brian.

Wine: for safe travelling.

Flowers: in honor of the Theotokos, our Great Protectress; for the health and salvation of Daniel (names day).

### **Parish Synodicon: Memory Eternal!**

Mar. 01, 1962 Constantine Bobich  
Mar. 02, 1917 George Bekzar  
Mar. 02, 1919 Peter Palomar  
Mar. 02, 1994 Traiko Josovich  
Mar. 02, 2005 Helen Rzeszowski  
Mar. 03, 1953 Xenia Kozich  
Mar. 03, 1961 Pauline Leich  
Mar. 03, 1962 Joseph Legedza  
Mar. 03, 1969 Fr. Theodore Labowsky  
(rector 1962-1969)  
Mar. 03, 1970 Samuel Savastinuk  
Mar. 04, 1935 Anna Klimovich  
Mar. 04, 1959 Sedor Dezko  
Mar. 05, 1981 Gregory Grenther  
Mar. 05, 1989 Joan Balogh  
Mar. 06, 1972 Joseph Lebedz  
Mar. 08, 1974 John Wigodinski  
Mar. 08, 1976 Sophie Rose  
Mar. 08, 1990 Henry Olszyk  
Mar. 08, 2012 Mary Rosocha

### **Coffee Hour Hosting**

Lenten Foods Only

Mar. 01 Peterson, Bakaletz, Mattei &  
Stone  
Mar. 08 Kita, Nevitt, Keller, Turri,  
Torrise & Kachek

### **Counters Schedule**

Mar. 01 Katrina G. & Ekaterina M.  
Mar. 08 Ciprian C. & Jill P.

### **Ushers Schedule**

Mar. 01 Peter B.  
Mar. 08 Jerome S. & Adrian M.

### **Readers Schedule**

Mar. 01 John Z. / Mar. 08 Austin K.

### **Names Day Greetings**

St. Daniel of Moscow/Mar. 4: Daniel Torrissi  
Many Years!

### **Kolyvia – Boiled Wheat**

Is sought for the following services:

Mar. 6<sup>th</sup>, Pre-sanctified Liturgy 6:30p.m.

Mar. 14, 21 and 28<sup>th</sup>, Memorial Saturdays 9:30a.m.

If you wish to subscribe for any of these dates please let Katherine Mantzafos know.

### **All About Confession Table in Church Nave**

On this table you will find various printed materials (free) about Holy Confession. Reading these materials may aid us in understanding and preparation for Confession.

### **Lenten Books and Booklets on Sale at Vestibule**

Check out the variety of books and booklets to help you in this Lenten Season.

### **Lenten Retreats Offered**

Flyers are posted about a number of Lenten Retreats in our area. Also the Teen Retreat (no cost) for Middle and High School students.

### **Lenten Prayer Partners**

Be faithful and remember your “partner” every day in the 40 Day Lent.

### **Installation of New Parish Council Sunday, March 22**

This will take place at the Divine Liturgy.

### **Parish Council Meeting Thursday, March 26**

First Meeting of New Council. Parishioners are invited.

## HOMILY FOR THE BEGINNING OF GREAT LENT

By Fr. John Parker, modeled on Chrysostom's Paschal Homily

If anyone be devout and love God, let him commence this radiant fast with joy! If anyone be a wise servant, let him, rejoicing, enter into the school of repentance.

We, who have wallowed long in sin, let us now begin our return. If anyone has strayed from the first hour, let him today repent with zeal. If anyone has sinned from the third hour, let him with gratitude embrace the fast. If anyone has fled God from the sixth hour, let him have no misgivings about his prompt return; because he shall in nowise be turned away therefore. If anyone has indulged the flesh since the ninth hour, let him draw near, fearing God alone and trusting in His mercy. And if anyone has turned away only at the eleventh hour, let him also not hesitate to turn back with haste.

For the Lord, who is longsuffering and full of compassion and mercy, will accept the last even as the first. He restores him who repents at the first hour, as He does him who turns back at the eleventh. And He shows mercy upon the last, and cares for the first; and to the one He gives, and upon the other He bestows gifts. And He both accepts the confession, and welcomes the intention, and honors the contrite heart and rejoices in the return.

Wherefore, enter all of you into the holiness of your Lord; offer your repentance, both the last, and likewise the first. You rich and poor together, repent, for today we stand outside the closed gates of paradise. You sober and you heedless, prostrate yourselves before your King! Return to the Lord today, both you who have sinned with knowledge and those who have done so in ignorance.

Your pantries are full; empty them to the hungry. The belly enslaves us, let no one be dominated thereby. Enter all of you into the Great Fast; stripped

of heavenly wealth by sin, all draw near to God's rich loving-kindness!

Let no one despair in his sinfulness, for the Bridegroom comes at midnight. Weep all of you for your iniquities, and draw near to the life-giving Cross of our Lord. Let no one put confidence in the flesh, for the Devil has deceived us all thereby, and therewith enslaves us to sin. By turning from God, we are made captives.

We have called good evil and evil good, and put bitter for sweet, and sweet for bitter. And Isaiah, foretelling this, did cry: Woe to those who put darkness for light, and light for darkness!

We are embittered, for we are banned from Eden. We are embittered, but it is we who have mocked God. We are embittered, for now we shall surely die. We are embittered, for we have succumbed to the serpent. We are embittered, for we are fettered in chains. We partook of a fruit, and met the deceiver. We were entrusted with paradise, but we chose Hell. Our eyes were opened to see the nakedness of sin.

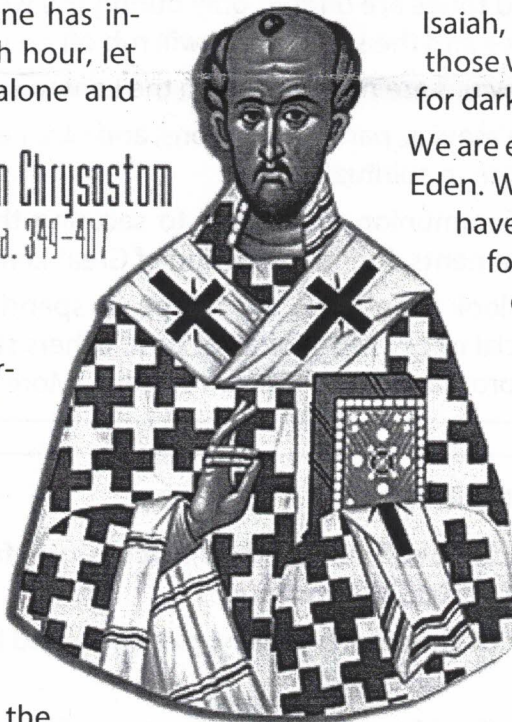
Be pleased, O Lord, to deliver us!  
O Lord, make haste to help us!

This is the acceptable time, let us repent! This is the day of salvation, let us crucify the passions! The end is at hand and destruction hangs over us! The end draws nigh, let us come again to our senses! The Kingdom of Heaven is at hand, what first-fruit shall we offer? Let us delay not, lest we remain dead in the grave, sold under sin! For God desires not the death of the sinner, but that he should turn from his wickedness and live!

So, let us choose life, and live, for the mercy of God endures forever!

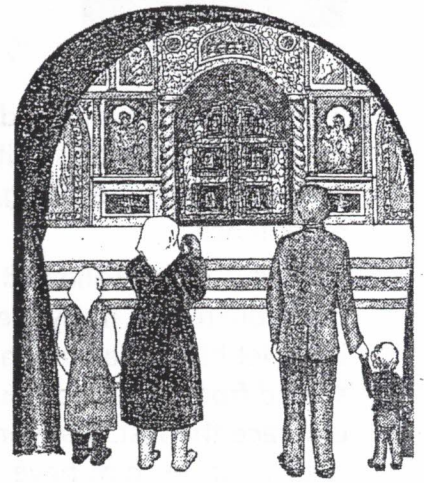
To Him be glory and dominion unto ages of ages. Amen.

John Chrysostom  
ca. 349-407



## THE TOP 10 LENTEN TIPS

1. Regardless of how you fast, fast every single day. This type of fasting helps wear down the passions and build spiritual endurance.
2. Know exactly what the fasting regulations are and try to approximate them as best you can. Each Lent, try to be more strict yet humble.
3. Particular concerns about fasting? Age, health issues, never fasted before, mixed-marriages? Speak with your priest.
4. Be sure to recite the Lenten prayer of Saint Ephraim. If you cannot make prostrations just make bows or cross yourself.
5. On weekends, we do not make prostrations and our fasting is slightly relaxed since Saturday and Sunday are holy days.
6. The Lenten services and tones are offered only during the week – strive to participate as much as possible in these services and the spirit of lent will rub off on you.
7. Sports and outdoor activities are not contrary to the Lenten spirit.
8. Strive to avoid going to movies, parties, vacations, and other entertainments. This we do so we can have more time to devote to spiritual things.
9. Confession and Holy Communion are central to securing the benefits of Lent. Without fail, we should receive the Sacraments during the period of Great Lent.
10. Be mindful of what we look at and how much time we spend on TV, computer, and other devices. Some give up TV or social networking for all of Lent. Others strictly limit their time and watch only educational and news programs. Less time on screens. More time looking to God.



## THE LENTEN PRAYER OF SAINT EPHRAIM

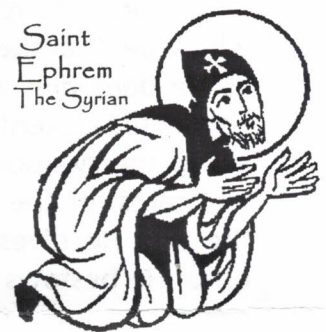
**O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power and idle talk. (Prostration)**

**But grant rather the spirit of chastity, humility, patience, and love to Thy servant. (Prostration)**

**Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother; for blessed art Thou unto the ages of ages. Amen. (Prostration)**

**O God, cleanse me a sinner. (12x's, with as many bows, and then again the whole prayer from the beginning to end, and after that one great prostration)**

*Note: If one cannot make prostrations, then make bows, or the sign of the Cross.*



## THE SACRAMENT OF CONFESSION

The Mystery of Repentance and Confession is one of reconciliation with God, bringing about not only a clearing of the conscience through the remission of sins, but also a healing of the soul through our recommitment to Christ. This Sacrament should therefore be received by all Orthodox Christians during each of the fasting seasons, including Great Lent. For those who wish to receive Holy Communion, the Sacrament of Confession is indispensable and absolutely necessary to maintaining our spiritual health and well-being.