



+++ +++ +++  
**Weekly Candle Intentions / Memorials** were offered last week by Viola Peifer; Margaret Rusnak; Tim Martin; Shuster Family; Kirish Family; Lawrence Martin; Eleanor Sanger; Mary Jane Hudak; Mirilovich Family; Joanne Nelson; Patty Watson; Cindy Pavidonis.

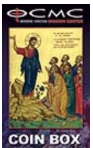
***"I am the light of the world; he who follows Me will not walk in darkness, but will have the light of life."* - John 8:12**



+++ +++ +++  
**All-Soul Saturdays (Zadušna Subota)** – The remaining All-Soul Saturday Liturgies with Panachidas for 2020 will be on **March 21<sup>st</sup>, March 28<sup>th</sup>, April 6<sup>th</sup>, and June 6<sup>th</sup>**. On these days, we especially pray for the departed loved ones of our families. If you are not working on a Saturday, come to church and pray with us, light two candles (*one for the living and one for the departed*), and remember your departed loved ones. Please inform Fr Dave if there are any additions to be made to the Commemoration Diptychs (*Hramoty*) from last year. Offering Envelopes and cards are available in the vestibule.



+++ +++ +++  
**Confessions** – will be heard following every service, on most Saturdays during Great Lent from **11am – 1pm** (*the side gate and side door will be open*), and before the Sunday Deanery Mission. Other times are available by appointment: please contact Fr. Dave to arrange this. Confessions will only be heard *through Holy Wednesday*.



+++ +++ +++  
**Lenten Coin Boxes** – “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.” (Mt 28:19) Coin boxes are available in the Church Hall to collect your spare change throughout the Great Fast for our Community Outreach next month (OCCMC). More information is available at [www.ocmc.org](http://www.ocmc.org). “Let them do good, that they may be rich in good works, ready to give, willing to share” (1 Tim 6:18)



+++ +++ +++  
**Paschal Commemorations** – We offer you the opportunity to sponsor items to be used during Holy Week and Pascha as commemorations: *anonymously, for the health of loved ones, OR in memory of departed loves ones*. If you are interested in making any of these commemorations, please sign up on the sheet in the Vestibule **by Palm Sunday (April 12)** and give an *additional free-will stewardship offering* to the Church.

**Our Stewardship Gifts To God**

Stewardship:	\$ 100
Candles/Eternal Lamp:	\$ 249
Envelopes/Stewardship:	\$ 416
Wednesday Presanctified:	\$ 260
<b>Total Collections:</b>	<b>\$ 1025</b>
<b>Capital Improvement Fund:</b>	<b>\$ 100</b>
<b>Relocation Fund:</b>	<b>\$ 570</b>

**February Financial Report:**

**Donation Income = \$ 5,701.27**

**\*Expenses = \$ 8,365.40**

**Net Deficit = \$ 2,664.13**

*\*details listed on the church hall bulletin board*  
**Average at Sunday Divine Liturgies: 48**



**ACRY NEWS**



**Pill Bottle Collection** – Our ACRY continues it's outreach to “Matthew 25: Ministries” who accepts donations of **CLEAN AND EMPTY** plastic medicine pill bottles for inclusion in shipments of medical supplies to countries in need. **PLEASE MAKE SURE THE LABEL IS REMOVED AND IT IS NOT STICKY**. Our pill bottle program fulfills the dual needs of improving medical care in developing countries and caring for our environment. *More information is on the bulletin board in the church hall.*

**Reader of the Third Hour:**

March 15: **Available to you**

March 22: **Available to you**

March 29: John Kirish

*This should begin by 9:15 and can be read or chanted. Please contact Fr Dave if you are interested in participating in this wonderful stewardship prayer opportunity!*

+++ +++ +++



**LOOKING AHEAD LOCALLY**



- ✘ **Wednesday 3/25 – 6:30 pm** - Presanctified Liturgy at the Hampton Inn
- ✘ **Saturday 3/28 – 9:30 am** All Soul Saturday (*Zadušna Subota*) Liturgy & Panachida (*4th of 5*) 11a – 1p Mystery of Holy Confession offered
- ✘ **Sunday 3/29 – 3 pm** Deanery Lenten Mission

“Let not one think, my fellow Christian, that only priests and monks need to pray without ceasing and not laymen. No, no, every Christian without exception ought to dwell always in prayer.” +*St. Gregory Palamas*

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

**LIVES OF THE SAINTS**

**SUNDAY OF ST. GREGORY PALAMAS**

falls at a crucial time in the Great Fast. On the 2nd Sunday of this fasting season, we commemorate the man who articulated and defended what had always been true. Today, we freely accept the reality of God's saving grace. We accept that it comes from God's

divinity and nurtures us in our bodies & our souls, inasmuch as we choose to participate in it. In Gregory's day, in the 14th century, he came against those who argued against our ability to know God in this way, through His saving grace.

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

**A Song of Trust in God Alone: Psalm 62:5-8**

Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.





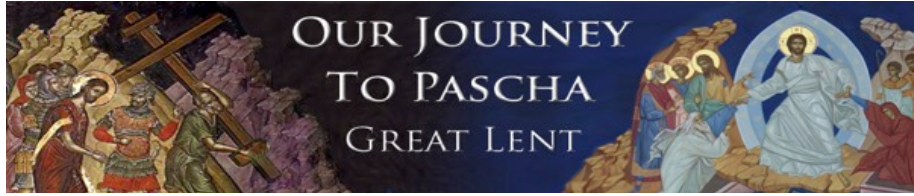
+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

### The Divine Shepherd: Psalm 23:1-4

The Lord is my shepherd, I shall not want. He makes me lie down in green pastures. He leads me beside still waters, He restores my soul. He leads me in paths of righteousness for His name's sake. Even though I walk through the valley of the shadow of death, I fear no evil; for You are with me; Your rod and Your staff, they

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

## LIVING ORTHODOXY



To assist the faithful in making the most of this holy season, additional resources have been added to our Diocesan Website at: [www.acrod.org/prayercorner/lentenresources/](http://www.acrod.org/prayercorner/lentenresources/)

+++ +++ +++

### Our Global Great Lent

by Elissa Bjeletich on March 14, 2020

What an interesting Great Lent we have this year! Just as Clean Monday arrived, COVID-19 became an international news story, a global concern. As we move deeper into the Lenten season, we are asked to retreat from our noisy lives, to avoid entertainments and parties, to spend more time quietly at home... actually, the Church calls us to do that every year, but this year, the WHO [World Health Organization] and the CDC [Center for Disease Control] are calling us too. We usually have to create conditions of struggle and asceticism, but this year they are ready-made and waiting for us. Welcome to the Global Great Lent.

I've heard a few people say that somehow the fear of this virus, and the toilet-paper-purchasing chaos that seems to be gripping our nation, is distracting us from Great Lent; it just doesn't feel like Lent this year.

It may not feel like our usual Great Lent, but it sure is lenty isn't it? They've closed down professional and college athletics, Broadway musicals and SXSW... food is a little harder to come by... those little modern luxuries we enjoy, like paper products and Lysol spray and water bottles, are scarcer and more precious. And most of all: we are constantly aware of our human mortality. Death sits steady on the radar. For once, our secular world is actually setting us up for a perfect fast.

As always, God calls us to prayer: prayer for ourselves and prayer for our loved ones, prayer for the vulnerable among us, and prayer for the hoarders and the people who shove you out of the way in the grocery store. The call is the same, but now maybe we can hear it more sharply as our mutual anxiety grows.

*"When you pray to God in time of temptation do not say, 'Take this or that away from me', but pray like this: 'O Jesus Christ, sovereign Master, help me and do not let me sin against Thee...' ~ Abba Isaiah the Solitary*

We are not called to ask God to spare us all from this virus, to send it only to distant strangers in faraway lands. We should be asking God to help us become all love: to give us the humility it will take to put aside our important meetings and conferences, to help us put others first, to share our resources when we aren't sure when we'll next be able to buy groceries. It's one thing to be generous when life is easy, but in these days when everything feels less certain and when we feel less in control of our destinies... these are the

days that test us.

*"Every affliction tests our will, showing whether it is inclined to good or evil. That is why an unforeseen affliction is called a test, because it enables a man to test his hidden desires." ~ St. Mark the Ascetic*

It's not exactly that God is testing us. God knows our hearts. Perhaps a test is just a moment that reveals our own hearts to us. I can walk through life telling myself that I am as generous and loving as they come, but in this moment I will have to face the truth of my dark and greedy heart.

This is a great Lent, indeed, for it offers us a tangible opportunity to curtail our own will in service to others and to learn to rely on God rather than on the material comforts we take for granted.

Lord of the Powers, be with us! For in times of distress we have no other help but You.

*O Lord and Master of my life, take from me the spirit of laziness, despair, lust for power, and vain talking.*

*But give to me, Your servant, the spirit of purity, humility, patience, and love. Yes, Lord and King, grant me to see my own sins, and not judge my brother, for blessed are You forever and ever. Amen.*

Wishing you good strength for a fruitful Lent!

+++ +++ +++

### Book Suggestion for the Great Fast:

#### The Orthodox Study Bible

Inspired by the new SPF50 ministry of our diocese, I encourage ALL OF US to pick up our Bibles and read it more beginning with Great Lent!

Here are some ways to consider doing this:

- ✱ follow the prescribed weekly readings in SPF50
- ✱ follow the daily readings (on page 1 above)
- ✱ begin a schedule of reading the New Testament in a year... or the Old Testament... or the whole Bible.

A schedule can be found at:

[www.michaelhyatt.com/myresources/osb-bible-reading-plan.pdf](http://www.michaelhyatt.com/myresources/osb-bible-reading-plan.pdf)

Not all Bibles are the same. (Different translations have different books in them.) We have the complete *Orthodox Study Bible (OSB)* available in our parish bookstore at a super price! One could also purchase the OSB for Kindle at just \$ 14.99.

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

"Prayer changes from entreaty to thanksgiving, and meditation on the divine truths of faith fills the heart with a sense of jubilation and unimpeachable hope. This hope is a foretaste of future blessings, of which the soul even now receives direct experience, and so it comes to know in part the surpassing richness of God's bounty, in accordance with the Psalmist's words, 'Taste and know that the Lord is bountiful' (Ps. 34:8). For He is the jubilation of the righteous, the joy of the upright, the gladness of the humble, and the solace of those who grieve because of Him." +St. Gregory Palamas

**Congratulations!** to Caitlin and Dustin Brozell and their families on the birth of **Callum Ryder Brozell** born on Tuesday, March 10<sup>th</sup> at 7:28 am. Welcome to our Parish Family!

+++ +

PRAYER CORNER

Our Parish Prayer List for Special Intentions & Other Needs

**A Prayer For The Sick:** O Christ, You alone are prompt to defend us; quickly visit Your suffering servant name(s). Through the prayers of the Theotokos, deliver him/her/them from sickness and bitter pain. Heal him/her/them so that he/she/they may sing to You and always praise You for You alone love us. Amen.

+++ + + + + + + +

**For the Health of...** Pañi Connie, Fr. Jonathan Tobias, Misha, Pañi Eleanor, Fr. Michael Rustick, Ella, Lexi, Gabriella, Kevin, Daniel, John, Susan, John, Alexandra D., Pañi Marie, Sonja, Anna Mae, Eleanor D., Viola, Juliana, Fredrick, Kenneth, Michael, Roberta, Lino, June ...*through the prayers of St. Nectarios the Wonderworker; St. Luke, the Surgeon; and St. Panteleimon, the Healer.*

+++ + + + + + + +

**For the Special Intentions of...** Metropolitan Gregory, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Nancy, Andrea, Jason, Tyrone, Sarah, Amee, Joshua, John, Kathryn, Rose, Charles, Justin *our seminarians:* Thomas, John, Daniel and Dylan *and our Church Council, Curators, and Relocation Committee:* Matthew, Lawrence, Timothy, Theresa, Rich, Gina, Robert, Jane, Anthony, Mary Jane, Steven, Kenneth, Jillian, John, Wendy, John, Margaret, John, John, Todd *and for those who labor towards our Community Outreach,* St. Cyril of the White Lake Food Pantry ...*through the prayers of*

+++ +

*St. Nicholas the Wonderworker; St. John the Baptist; the Archangels Michael & Gabriel; and the Theotokos and Ever-Virgin Mary.*

+++ + + + + + + +

**Birthday Prayers for...** Fr David Cochran (3/18), Amee Francken (3/18), Pañi Alison Archer (3/21) ...*May God allow them to grow in peace and love all the days of their lives and may He grant them many and blessed years! Na Mnohaya I Blahaya L'ita!*

+++ + + + + + + +

**For our Catechumens & Inquirers...** Dustin, Stephen, Daniel, Susan ...*through the prayers of St. Paul the Apostle, St. Mary Magdalene, and St. John Maximovitch.*

+++ + + + + + + +

**For those preparing for Marriage...** Lauren & Corey, Ashley & Derek ...*through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.*

+++ + + + + + + +

**For Pregnant Mothers...** Mallory Ann, Allison, Pañi Ileana, Faith ...*through the prayers of St Anna, the mother of the Virgin Mary, & St Irene Chrysovalantou.*

+++ + + + + + + +

**For those serving in the Armed Forces & Civil Authorities...** Thomas R. Dzadoovsky, Devin Meegan, and Trevor Meegan ...*through the prayers of St George, the Great-Martyr & Wonderworker.*

+++ + + + + + + +

**For the souls of the newly departed...** +Ron ...*May the Lord God grant them blessed repose where there is no pain sorrow or mourning. May their Memory in God be Eternal! Vičnaya Pamyat!*

DEVOTIONAL PRAYERS FOR THE WEEK:

A Prayer in Time of Epidemic

Lord our God, You who are rich in mercy, and who, with careful wisdom, direct our lives, listen to our prayer, receive our repentance for our sins, bring an end to this new infectious disease, this new epidemic, just as you averted the punishment of your people in the time of David the King. You, who are the Doctor of our souls and bodies, grant restored health to those who have been seized by this illness, raising them from their bed of suffering, so that they might glorify You, Merciful Savior, and to those who are healthy keep them from every sickness. By your grace, Lord, bless, strengthen, and preserve, all those who out of love and sacrifice care for the sick, either in their homes or in the hospitals. Remove all sickness and suffering from your people, and teach us to value life and health as gifts from You. Give us Your peace, O God, and fill our hearts with unflinching faith in Your protection, hope in Your help, and love for You and our neighbor. For Yours it is to have mercy on us and save us, O our God, and to You we give glory: Father, Son, and Holy Spirit, now and forever, to the ages of ages. Amen.

+++ + + + + + + +

THE PRAYER OF SAINT EPHRAIM THE SYRIAN

*in the Ruthenian tradition as found in St. Peter Mogila's 1639 Liturgikon (Sluzhebnik)*

O Lord and Master of my life, take from me the spirit of laziness, despair, lust for power, and vain talking. + [Prostration]  
But give to me, Your servant, the spirit of purity, humility, patience, and love. + [Prostration]  
Yes, Lord and King, grant me to see my own sins, and not judge my brother, for blessed are You forever and ever. Amen. + [Prostration]

*The following triplet is recited 4 times (making a total of 12 bows):*

O God, be merciful to me, a sinner. [bow]  
O God, cleanse me of my sins and have mercy on me. [bow]  
O Lord, forgive me, for my sins are many. [bow]

*Then the prayer again with only one prostration:*

O Lord and Master of my life, take from me the spirit of laziness, despair, lust for power, and vain talking. But give to me, Your servant, the spirit of purity, humility, patience, and love. Yes, Lord and King, grant me to see my own sins, and not judge my brother, for blessed are You forever and ever. Amen. + [Prostration]