

ST. NICHOLAS NEWS

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ST. NICHOLAS ORTHODOX CHURCH

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March 24, 2013

SUNDAY OF ORTHODOXY

PARISH CALENDAR HI-LITES

More changes to the Schedule: After talking with some of the people who come to Lenten services, I decided to move Presanctified Liturgy to 6:00 PM during Lent (instead of 6:30). This should make it easier for people to drive while still daylight, and allow them to eat supper a little earlier.

The Holy Week schedule will be different, so when that time comes you will want to check it out.

Sun., Mar. 24 **Sunday of Orthodoxy.** Archbishop Sophronios of Jerusalem.

9:30 Divine Liturgy - Special Sheet

Church School - Elementary & High School

Schedule Change: Parish Board meets today!

4:00 PM Orthodoxy Vespers at St. John's, Perth Amboy with Bishop Gregory.

Wed., Mar. 27 Monk Benedict

AM: Pirohi Prep

Schedule Change:

6:00 PM Presanctified Liturgy. Confessions.

Thu., Mar. 28 Martyr Agapius et al.

AM: Pirohi Making

Fri., Mar. 29 Martyrs

9:30 - 4:30 Pirohi Sale

Schedule Change:

6:00 PM Presanctified Liturgy. Confessions.

Sat., Mar. 30 **All-Souls Saturday**

9:00 AM Divine Liturgy & reading of Hramoty.

Sun., Mar. 31 **St. Gregory Palamas.**

9:30 Divine Liturgy - Special Sheet

FEASTS . . . & FASTS

Please note: The "traditional rules" regarding fasting published here have been very simplified from the actual rules.

LENT, WEEKS 2 THROUGH 6:

DIOCESAN RULES require fasting from meat on Wednesdays and Fridays (which we are supposed to do all year anyway).

TRADITIONAL RULES call for STRICT FAST (no meat, dairy, wine or oil products) *every weekday* during the Great Lenten Season, with some few exceptions which I note in the bulletin. On Saturdays and Sundays the Traditional Rules permit wine and oil. Meals should be limited to one a day.

DURING GREAT LENT:

EVERYONE IS ENCOURAGED TO DO MORE THAN THE MINIMUM, AS MUCH AS YOU ARE ABLE. PLEASE REMEMBER THAT TOGETHER WITH FASTING, WE ARE CALLED ESPECIALLY TO GIVE ALMS - I.E., GIVE TO THE POOR - DURING THIS SEASON.

We are always called to grow in our spiritual life. With the Lenten Fast, we should be trying each year to be more and do more than we did last year. Here are a couple of ideas to get you started thinking:

1) Try fasting one more day a week than last year. For example, if you abstained from meat 2 days a week, go for 3 days this year.

2) Try fasting more on one or more days of the week. For example, if you abstained from meat 2 days a week, then abstain from meat and dairy both on those days.

By building up slowly, we become stronger spiritually. If we just do the same old thing we always did, we never exercise our spiritual muscles, and never grow in our faith and love for God.

Please remember that the rules are given to us so that we may THINK about what we are doing, and not just go through the motions. Thinking about it can lead us to praying about it, and hopefully enriching our life through the fast.

COMMUNION FASTING:

For the reception of Holy Eucharist in the morning, we must fast from bed-time until we receive, as usual. To receive Holy Eucharist in the evening (for instance, at the Liturgy of the Presanctified Gifts), we must fast for *at least 3 hours before the beginning of the service.* ESSENTIALLY, THIS MEANS NOT EATING AFTER LUNCH UNTIL YOU RECEIVE THE EUCHARIST, IF POSSIBLE. Of course, those who are under a doctor's care or are infirm must follow the doctor's orders. If you have any question about this, please see me.

PEOPLE STUFF

Please remember in your prayers:

Deceased: Kathryn Derenick.

Living: Stephanie Bonk. Gloria Bracey. Mary Chupron. Susan Danchak. Louis, Terri Nicholas & Norah Anne DiMichele. Michael Danchak. Robert & Eddie Hawley. Michael Hrywnak. John & Jen Hrywnak. Lorraine Kacaba. Dee Lositski. Peggy Majcher. Emma Sacco. Amy Shimo. Connie Lou Slater. Jeff Thomas. Ann Marie Tigie. Gary Wassel. Julia Worobey.

At Home: Michael Andreosky. Elizabeth Basalyga. Steve & Julie Roberts. George & Anna Senich. Kathryn Stocoski.

In Assisted Living Homes: Julie Kovacs. Irene Munchak. Julie Soares.

God's Blessings & our prayers to John Michael Hrywnak, born March 18 at 8:33 PM, 7 lbs. 5 oz. to

John & Jennifer Hrywnak. Mother and child healthy and doing well. Please pray for a John, Jen, Ashley, Shelby & John Michael. Many years!

YOUR GIFTS TO GOD AND HIS CHURCH

March 17, 2013

\$ 437.00	General Collection
\$ 24.00	1st Sunday
\$ 75.00	7 Day Light
\$ 21.00	Pirohi
\$ 26.00	IOCC Donations
\$ 90.00	Maintenance & Repairs
\$ 210.00	Donation Memory of Kathryn Derenick
\$ 883.00	Total Collection

PARISH EVENTS

Parish Board meets today. Even so, Fr. Nik will still be holding the High School Church School class.

Church School - Elementary & High School meet today! Once again, I emphasize the value of Church School for helping our children know and keep their faith!

PLEASE HELP! I remind you that Terri DiMichelle, our pre-school/elementary teacher, will be a bit busy the next few months with a new baby and will not be able to teach our Church School. We *really really* need a new teacher for these children. If you are interested in giving your time to this vital ministry, please see Fr. Nik as soon as possible and we can talk. I can give you an idea of what is involved and we can make a decision. Thank you and God bless!

Pirohi Making: This week we will be making pirohi Wednesday and Thursday as usual.

Pirohi Sale for our Lent: The pirohi-makers talked about this while pinching the other day, and they felt that we should make pirohi available for those of us celebrating Orthodox Pascha. *So,*

Fri., April 12 will be the last pirohi sale of the season. We will be prepping and pinching as usual on Wed., 4/10 & Thu., 4/11.

Church Easter Cleaning: We will be spring cleaning the Church on Saturday, April 13, from 10 AM on. The Altar Society is spearheading this project, but we could use all the help we can get. Come down and give us a hand!

RUMMAGE SALE/ETHNIC DINNER Saturday, May 18. The Altar Society asks that you all start saving up your spring cleaning stuff that you wish to donate. Clothes must be clean and in slightly used condition and they are seeking larger sizes. Other household items in good condition are accepted.

COMING UP SOON!

Lenten Deanery Missions. Upcoming:

- Today: St. John's Church, Perth Amboy, NJ – March 24 - Sunday of Orthodoxy Vespers 4:00 p.m. Bishop Gregory presiding. All are encouraged to attend.
- Dickson City: Sunday, April 7 - Moleben to the Cross @ 3:00 p.m. – (Fr. Larry Preaching)

FURTHER DOWN THE ROAD

Eastern Region Diocesan Lenten Retreat:

- Saturday, April 20
- 9:00 AM to 5:00 PM
- Holy Ghost Church, Starr & Bridge Sts., Phoenixville, PA
- Cost, (includes lunch): \$20/adult or teen. \$7/child 6-12 yrs old
- Registration Deadline: April 10
- Contact Tracey Bilanin @ tbilanin@yahoo.com or 484-624-4664.
- Sponsored by the National ACRY.

3rd Annual International Children's Classic Golf Tournament: St. Michael's in Binghamton will again be the host of the Third Annual International Children's Classic Golf tournament. See flyer in hall for information. Also, please feel free to contact Dr. Nicholas Seketa, chairperson of the event, if you have any questions. You can reach him by e-mail at NFSeketa@gmail.com or by phone at (607) 729-0261.

Pan Orthodox Sports Tournament & Fellowship Weekend May 17-19, 2013, Akron, OH.

From Michael Pacurar, consultant to the Assembly of Bishops Youth Committee:

I would like to invite you to the first event we are organizing, the Pan Orthodox Fellowship Weekend, which will be held in Akron, Ohio on May 17-19, 2013. The weekend will include a round-robin Soccer Tournament, Ethnic Dance Competition, Corn-hole Tournament, and International Festival. This weekend is in conjunction with the International Festival at Presentation of Our Lord Orthodox Church, which has activities and entertainment for everyone. Therefore, people of all ages are encouraged to attend.

More information is available on the flyers available in the vestibule and posted in the hall.

FIRST SUNDAY OF THE GREAT FAST THE TRIUMPH OF ORTHODOXY

Antiphons & Beatitudes

[Music Pew Book p. 8] Bless the Lord, O my soul, * and all that is within me, bless his holy Name. * Bless the Lord, O my soul, * and forget not all his benefits. * Blessed are You, O Lord.

[Music PB p. 10] Glory to the Father and to the Son and to the Holy Spirit, now and ever and forever. Amen. O Only-begotten Son and Word of God, Who being immortal, willed for the sake of our salvation to become incarnate of the holy Birth-giver of God and ever-Virgin Mary, and without change became man. And was crucified for us, O Christ God, Who by your death did conquer death. O You, Who are One of the Holy Trinity, equally glorified with the Father and the Holy Spirit, save us.

[Music PB p. 14-15] O Lord, remember us when You come into your kingdom.
Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are those who mourn, for they shall be comforted.
Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called the children of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you, when men revile you and persecute you, and say all manner of evil against you falsely for My sake.

Rejoice and be exceedingly glad, for great is your reward in heaven.

Tropar of the Resurrection - Tone 1 [*Music PB p. 81*]

Your tomb was sealed with a stone by the Jews, * and the soldiers guarded your most pure body. * yet You arose on the third day, O Savior, * giving life to the world. * The heavenly powers cried out to You, O Giver of Life: * "Glory to your resurrection, O Christ! * Glory to your Kingdom! * Glory to your plan of salvation, for You alone love mankind.

Tropar of the Holy Icons - Tone 2

We venerate your most pure Image, O Good One, * and ask forgiveness for our transgressions, O Christ our God. * For You of your good will were pleased to ascend the cross in the flesh * to deliver your creatures from the bondage of the enemy. * Therefore, with thankfulness we cry aloud to You: * "O Savior, by your coming to save the world You have filled all with joy."

Kondak of the Holy Icons - Tone 8

Glory to the Father and to the Son and to the Holy Spirit, now and ever and forever. Amen.

No one could describe the Word of the Father, * but when He took flesh from you, O Birth-giver of God, * He accepted to be described * and restored the fallen image to its former state, * by uniting it to divine beauty. * We confess and proclaim our salvation in words and icons.

Prokimen - Tone 4

Blessed are You, O Lord the God of our fathers. * Your Name is praised and glorified forever.

Reader: In all that You have done your justice is apparent.

Epistle: Heb 11:24-30. 12:1-2

Alleluia - Tone 4

Alleluia! Alleluia! Alleluia!

Reader: Among his priests were Aaron and Moses; among those who invoked his Name was Samuel.

Reader: They invoked the Lord and He answered.

Gospel: John 1:43-51

Instead of "You are truly deserving"

In you, O Woman Full of Grace, the angelic choirs and the human race, as well as all creation rejoices. O Sanctified Temple, Mystical Paradise, and Glory of Virgins, He Who is our God before all ages took flesh from you and became a child. He made your womb a throne greater than the heavens. In you, O Woman Full of Grace, all creation rejoices. All praise be to you! All praise be to you! All praise be to you!

2nd Communion Hymn

Rejoice in the Lord, O you righteous; praise befits the upright. Alleluia!