

# ST. NICHOLAS NEWS

Vol. 2 No. 3.5

## ST. NICHOLAS ORTHODOX CHURCH

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March 31, 2013

ST. GREGORY PALAMAS

### PARISH CALENDAR HI-LITES

### FEASTS . . . & FASTS

**Reminder: Confessions on Wednesdays & Fridays are at 5:30 PM. Service begins at 6:00 PM.**

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

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

9:30 Divine Liturgy - Special Sheet

Wed., Apr. 3 Confessor James, Bishop of Smyrna.  
Bishop Serapion of Thmuis.

**5:30 PM Confessions**

**6:00 PM Presanctified Liturgy. Confessions.**

Fri., Apr. 5 Martyred Monk Nicon and students

**5:30 PM Confessions**

**6:00 PM Vespers for the Deceased & reading of the Hramoty.**

Sat., Apr. 6 All-Souls Saturday. Pre-festive of the Annunciation. Holy Father Zachary.

5:00 PM Great Vespers & Litija for Annunciation.

Sun., Apr. 7 **Feast of the Annunciation. Veneration of the Holy Cross**

9:30 Divine Liturgy - Special Sheet

Church School - Elementary

3:00 PM Moleben to the Holy Cross - St. Mary's, Dickson City.

FEAST OF THE ANNUNCIATION - This great feast is celebrated next Sunday, along with the Sunday of the Veneration of the Holy Cross. The fast is mitigated (lessened) this day because of the Great Feast. The Traditional Rules say you may eat fish, oil and dairy on this day. If you are not yet keeping the Traditional Fast, you may "step up" two steps on this day. For instance, if you are fasting from meat and dairy only, you may eat meat.

*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 Tigue. 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.

*Eternal Light:* Memory of Ann Marie Mahoney - Jane Togher.

### YOUR GIFTS TO GOD AND HIS CHURCH

#### Summary of Parish Income & Expenses

##### Year-to-date Jan. 1 – Feb. 28, 2013

Total Income	\$18,405.91
Total Expenses	19,862.81
Net Loss	(\$1,456.90)

#### March 24, 2013

\$ 742.00	General Collection
\$ 4.00	1st Sunday
\$ 86.00	7 Day Light
\$ 1958.00	Pirohi
\$ 216.00	IOCC Donations
\$ 212.00	Maintenance & Repairs
\$ 7.00	Eternal Light
<b>\$ 3225.00</b>	<b>Total Collection</b>

#### PARISH EVENTS

**Pussy Willow Call!** We are asking that anyone who has pussy willows to donate them for Palm Sunday. Just cut them and bring them on Sunday. You may need to hurry – they are almost done.

**Church School - Elementary** meets *next Sunday!* Once again, I emphasize the value of Church School for helping our children know and keep their faith!

**Pirohi Making:** Thanks & God Bless again! To all who have worked to make our Pirohi Sales successful.

**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:

- Dickson City: Sunday, April 7 - Moleben to the Cross @ 3:00 p.m. – (Fr. Larry Preaching)
- Freeland: Sunday, April 14 – Paraklis @ 3:00 p.m. (Fr. Ron Preaching)

### *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](mailto:tbilanin@yahoo.com) or 484-624-4664.
- Sponsored by the National ACRY.

### **DOWN THE ROAD!**

*3<sup>rd</sup> 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](mailto: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.

## SECOND SUNDAY OF THE GREAT FAST REMEMBERING ST. GREGORY PALAMAS

### **Antiphons & Beatitudes**

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.

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.

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 2**

When You submitted to death, O Immortal Life, \* You made death powerless by the radiance of your Divinity.  
\* When You raised the dead from the depths of the earth, \* all the heavenly powers exclaimed: \* "O Giver of Life, Christ our God, glory to You!"

### **Tropar of St. Gregory - Tone 8**

Light of Orthodoxy! Teacher of the Church! \* Its confirmation! O Ideal of monks \* and invincible Champion of theologians! \* O wonder-working Gregory, \* Glory of Thessalonica and Preacher of Grace! \* Always intercede before the Lord that our souls may be saved!

### **Kondak of St. Gregory - Tone 8**

Glory to the Father and to the Son and to the Holy Spirit.

We praise you, O holy bishop Gregory, \* as a divine instrument of wisdom \* and as the brilliant trumpet of the knowledge of God. \* We submit our minds to the intelligence of the Creator; \* lead our hearts to Him that we may sing: \* Rejoice, O preacher of grace.

### **Kondak of the Fast - Tone 4**

Now and ever and forever. Amen.

Now is the time for action! \* Judgment is at doors! \* So let us rise and fast, \* offering alms with tears of sorrow and crying: \* "Our sins are more in number than the sands of the sea, \* but forgive us, O Master of All, \* so that we may receive the incorruptible crowns.

### **Prokimen - Tone 5**

O Lord, protect us and guard us from this generation forever and ever, \* forever, \* from this generation forever.

*Reader:* Help, Lord, for there is no longer any that is godly, for the faithful have vanished from among the sons of men.

**Epistle:** Hebrews 1:10-14. 2:1-3.

### **Alleluia of the Resurrection - Tone 2**

Alleluia! Alleluia! Alleluia!

*Reader:* The Lord answer you in the day of trouble! The Name of the God of Jacob protect you.

*Reader:* O Lord, give victory to the King; answer us when we call.

Alleluia! Alleluia! Alleluia!

**Gospel:** Mark 2:1-12

**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!

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