

# THE ST. ELIZABETH'S PARISH NEWS

## St. Elizabeth's Orthodox Mission

2263 E. Cherokee Dr. Woodstock, GA

A Parish of the American Carpatho-Russian Orthodox Diocese

Ecumenical Patriarchate of Constantinople

Reverend Father Matthew Dutko, Pastor

Phone: 607-206-0384

Email: FatherDutko@gmail.com

Sunday March 13th 2016

Forgiveness Sunday

Epistle: Romans 13:11-14:4

Gospel: Matthew 6:14-21

### Forgiveness Sunday



*"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." -Matthew 6:14-15*

### Weekly Schedule: *The First Week of Lent*

**Monday 3/14 7:20 PM-** Canon of St. Andrew of Crete

**Tuesday 3/15 7:20 PM-** Moleben to the Holy Cross followed by *Discovering Orthodoxy Class: Topic is on Lent and living as we are created to live.*

**Wednesday 3/16 7:20 PM-** Liturgy of the Presanctified Gifts

**Friday 3/18 7:20 PM-** Liturgy of the Presanctified Gifts followed by *potluck dinner*

**Saturday 3/19 4:30 PM-** Great Vespers

**Sunday 3/20 10AM-** Divine Liturgy- Sunday of Orthodoxy Followed immediately by the procession of Icons-

**Sunday of Orthodoxy Vespers-6PM-@ St. Elias Antiochian Orthodox Church- 2045 Ponce de Leon Ave-**

**Tropar Tone and Kondak 8:** Blue Book pg 102 Red Book pg 117

**Kondak of Forgiveness Sunday Tone 6-** Blue book pg. 178, Red Book pg. 200.

**Take time today to prepare yourself for Great Lent today. Think of how you will pray more, fast more, give more to the needy. The time to prepare ourselves is here. The time to walk with our Lord to the Cross and to participate in His Resurrection is now!**

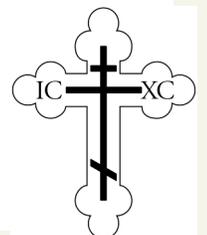


PREPARE FOR  
**GREAT  
LENT**



### Prayer List

Evelyn Melnikoff, Fr. John and Pani Betty Jean Baranek, Fr. James Gleason, The Paccio Family, Johanna, James, Herbert and Mary Schleinig, Patricia James, Anna, Basil, David, Dianna, Denise, Alex, Jason, Athanasia, Ethel, Kathy, Lester, Sally, Jack, Angela, Tyler, Maria, Bezerra Family, Jeff, Lesley, Page Family, Stephen (Blessed Repose), The Blonar Family, Anna (Blessed Repose), Louise, Emma Rae, The Floyd Family, Phillip (Blessed Repose), Zachary, George, Fred and Helen Milesenko, Robin, Michael, Dean, Margaret, Jenny (Blessed Repose) and Keith Through the prayers of the Birthgiver of God and Ever-Virgin Mary, St. Elizabeth, The Holy Fathers, and all the Saints, may our Lord God and Saviour Jesus Christ have mercy on us and save us!



# THE ST. ELIZABETH'S PARISH NEWS



*Office of the Bishop*

*312 Garfield Street*

*Johnstown, PA 15906*

## **GREAT LENT 2016**

Protocol N. 8/2016

My beloved Faithful Clergy and Laity of our God-Protected Diocese:

As we begin Holy and Great Lent this year on March 14<sup>th</sup>, I want to share with you a few thoughts so that we may journey through this reflective period and arrive at the Great Feast of Feasts, Pascha to receive the Resurrected Christ.

We are reminded that there can be no true fast, no genuine repentance, no reconciliation with God, unless we at the same time reconcile with one another. In this holiest period of the ecclesiastical year, we should honestly examine our relationships with our families, our parish families, friends, neighbors, co-workers, and the Church in general.

After all, a fast without mutual love and forgiveness is “the fast of demons”. Part of our salvation in our daily lives is practicing love and forgiveness. Forgiveness is truly a glimpse of the Heavenly Kingdom in our sinful and fallen world. Only with God’s grace and a repentant heart can we truly return to unity, love, and harmony.

Great Lent involves hard work: on ourselves, our thoughts and feelings, our relationships with those around us. Our Lenten discipline of fasting, prayer, and charity is given to us not as a burden or hardship, but rather as an opportunity for restoring our relationship with God, our neighbors and ourselves. The Church invites us to transform our lives and to receive abundantly both peace and joy. Great Lent is an opportunity to renew our souls, minds, and bodies by entering more fully into a Christ-like life.

Therefore as we begin our Lenten journey together, I am asking you for your forgiveness as I forgive you for any offenses we may have caused each other. In addition let us pray for each other so that on that day of Pascha, we may sing with loud voices the beautiful Hymn of the Resurrection.

I pray that this Great Lenten Season is a spiritually uplifting experience for all.

Working in His Vineyard with much love,

+Bishop Gregory of Nyssa

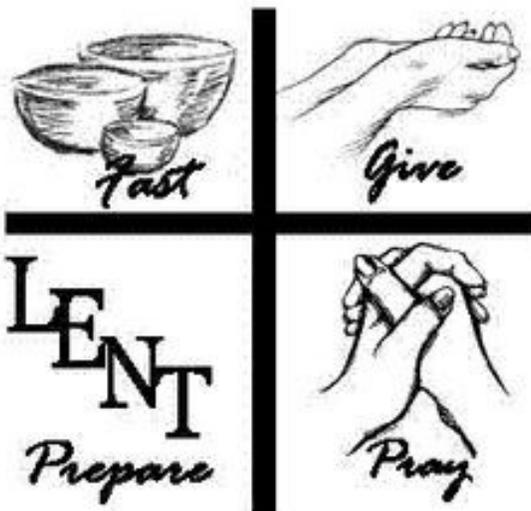
*The American Carpatho-Russian Orthodox Diocese of the U.S.A.*

ECUMENICAL PATRIARCHATE OF CONSTANTINOPLE

# THE ST. ELIZABETH'S PARISH NEWS

## Announcements:

- **Panachida for Metropolitan Nicholas+**- Today is the 5<sup>th</sup> anniversary of the passing to eternal life of His Eminence, Metropolitan Nicholas on March 13, 2011. Eternal Memory! Blessed Repose!
- **Sunday School Today!**- The St. Elizabeth's youth will meet today in the kids room to **Make Icons** for the Sunday of Orthodoxy next week!
- **The Altar Society**- will be having an Informal meeting during Coffee Hour.
- **Forgiveness Sunday**- At the Conclusion of today's liturgy as you come to venerate the Icon, the tradition of the Church is for each person to say "Forgive me a sinner" the priest responds saying "God Forgives, forgive me." the response by each person is "God forgives". At this point the priest gives you his blessing. After you receive the blessing line up to the left of the priest, forming a circle around the Church. Each person then has the same exchange with each member of the Church until everyone has asked forgiveness of each other.
- **Clean Monday**- Sunset this evening marks the beginning of our Lenten journey. Tomorrow is the first day and it's important to get off to a good start. Make sure to say extra prayers, to fast and to eat as simply as you can.
- **Services this week**- Do your very best to attend as many services as you can during this first week of lent. Services will be held Monday, Tuesday, Wednesday, Friday, and Saturday.
- **Presanctified Liturgy**- Presanctified Liturgies will be held on Wednesday and Friday this week, and on all of the following Friday evenings during lent. In order to receive the Eucharist a fast from all foods is required for at least three hours before the service, which would be which be around 4PM.
- **Potluck Friday's following Presanctified**- Last year we had a great turn out for Friday Presanctified Liturgies. After the service those who came enjoyed a potluck dinner. We will be continuing this throughout lent this year. Remember that the dishes you bring are fasting dishes consisting of no meat and no dairy products.



*Come and worship the Lord throughout the week this Lent at St. Elizabeth's!!!*

## Guidelines for the Great Fast

These are just a few guidelines to help anyone who has general questions. If you need any help with you or your families fasting regime please feel free to talk to Fr. Matthew!

- ◆ the Tradition of the Orthodox Church is a strict fast the entire 40 days of the Fast and for all of Great & Holy Week
- ◆ A *strict fast means* abstinence from both meat and dairy products.
- ◆ If you have never done this before why not try? If you cannot physically do this or feel as though you are not ready for such a strict fasting rule, you should adopt a fasting rule of some kind (see Father for some guidance) and stick to it for the duration of the Fast. Examples: doing the strict fast on certain days while keeping at least a meat fast on the others; keeping a total meat fast for certain weeks (1st, Cross Week, last week and Holy Week) and each Monday, Wednesday and Friday throughout the fast. The more effort you put forth in your fasting, the more spiritually uplifting your Lenten Season will be.
- ◆ Remember that your fast is personal, between you, your family, and God.
- ◆ Remember that a fast without prayer and almsgiving is fruitless.
- ◆ Fasting is not an end, but a means. It is a means by which we can grow closer to our Lord. To live on the Word of God and not on bread alone. It is a means by which we can obtain true humility and purify our souls of passionate and sinful thoughts, free it from slavery to sin, and acquire the grace of the Holy Spirit.
- ◆ The sick and infirm are not bound by the fast at any time. Those requiring medications or certain prescribed diets are to follow their physician's instructions.
- ◆ Finally, the Great Fast is not a "40 day diet program" or simply a "dietary adjustment." It is a return to the perfection and simplicity that was made for us in the Garden of Eden. Attend as many of the Divine Services as possible. Come to the Sacrament of Confession and approach the Chalice to receive the Holy Eucharist with the fear of God.

