

ST. MATTHEW THE EVANGELIST ANTIOCHIAN ORTHODOX CHURCH

10383 Albion Rd, North Royalton, OH

March 24, 2024

Sunday of Orthodoxy

His Eminence Metropolitan SABA

Archbishop of New York and Antiochian Metropolitan of all North America

His Grace Bishop ANTHONY

Auxiliary Bishop of the Antiochian Diocese of Toledo and the Midwest

V. Rev. Father Andrew Harmon

Rev. Deacon Macarius Tolbert • Rev. Deacon Basil Vazquez

Sub-Deacon Fred N. Bourjaily • Sub-Deacon Samuel Harmon

Sub-Deacon Mark Katzbach • Sub-Deacon Richard Sahley

Sub-Deacon George Simon • Sub-Deacon Samuel Snyder

Reader Anthony Harmon

Church contacts:

Hall rentals: Gail Malaniak [440-552-4586](tel:440-552-4586)

Coffee hour: Electra Floasiu [216-671-0743](tel:216-671-0743)

Kitchen use: Fred Bourjaily [216-219-4656](tel:216-219-4656)

Phone: Fr. Andrew (h) [440-826-0662](tel:440-826-0662); (c) [440-539-1116](tel:440-539-1116)

Email: fatherharmon@outlook.com

Website: stmattroyalton.org

Mailing Address: P.O. Box 33183, North Royalton, OH 44133-3183

Saturday Vespers 5:00 PM

Saturday Confessions 5:30 PM

Sunday Confessions during Matins

Sunday Matins 8:50 AM

Divine Liturgy 10:00 AM

Sunday School 11:15 AM

WELCOME TO OUR VISITORS! We are glad to have you praying with us. *The reception of the Sacrament of Holy Communion* is limited to members of the Orthodox Church who are in good sacramental standing & have made proper preparation to receive. All are welcome to receive the blessed antidoron bread at the end of the service.

THE HOLY BREAD OF OBLATION is offered by Maria Simescu for the health & salvation of her husband, Daniel, on his birthday; and for her son, Cristian, and her grandchildren Zachary, Emma, & Brian; and by Al & Susan Blazek for the health & salvation of their son, Paul, on his 22nd birthday; and is offered by Larry & Gail Malanaik for the health & salvation of Andrew Meena, Carla Aramouni, and Noah Aboumrad on their birthdays.

During today's liturgy we will pray for the health & safety of:

Justin Mosier	Mary Malaniak	Veronica & child	Theodore Bunevich
Tony Burhen	Julie Dunn	Father Basil Caldaroni	Judy Yanik
Lucy Kinkaid	Ed Haddad	Charles & Judy Burhen	Ann Ghianni
Marc Balke	Michael Francu	Constantine & Maria Kornea	Eric Ghianni
Christopher Samuel	Jean Fadil	Deacon Macarius Tolbert	Matt Davenport
Peter George	Victoria Thorp	Christopher Bokjanc	Gina DeFilippo
Pauline Hanna	Paraschiva Blaz	Christine Simon	Christine Maharg
Frank Popovich	Dolores Kaleal	Joseph Hollis	Nancy Brown
Issa Zaboura	Josephine Katzbach	Alice Marantides	Shari Brennan
Argie Katsaros	Father John Henry	Elias Karam	Matthew
Nancy Yanik	Mary Violanti	Corrine George	Jason Bowden
Jerry Morriston	James Padzerski	Danielle	Thomas Connolly

And for the newly departed servants of God: Iliana Radivoj, Betty Christianson (Father Andrew's Cousin), Tony Mlakar (grandfather of David Mlakar), Randy Brennan, Teodor Stroeie (Father-in-law of Fr. Petru at Buna Vestire Church), George Tabanji, Mark Farage (brother of Chris Farage), Faye Farris, Bud Linder

EPISTLE LESSON: Hebrews 11:24-26; 32-40

GOSPEL LESSON: John 1: 43-51

WOMEN'S MONTH EPISTLE READER: Lisa Amer

HOMILY: "How to Use Icons"

On Lenten Sundays, we use the St. Basil Liturgy. Some hymns and prayers are different. They are in *italics* in the liturgy book.

WOMEN'S MONTH USHERS: Besan Collado and Jean Rafeedie

ALTAR BOY TEAM 2—Samir Amer, captain; Sebastian Blazek, Miles Hunter, Isaac Kash

MARCH IS WOMEN'S MONTH IN OUR ANTIOCHIAN ARCHDIOCESE. Women from our parish will be reading the epistle lesson and serving as ushers each Sunday.

THE ANNUAL CHILDREN'S ICON PROCESSION will take place at the liturgy as we celebrate the Sunday of Orthodoxy **SUNDAY SCHOOL CLASSES will be dismissed after the procession---for ages 3- 19PARENTS---PLEASE HAVE YOUR CHILDREN ATTEND TODAY!**

PLEASE STAY FOR COFFEETIME RIGHT AFTER THE LITURGY!

Thank you to our parish's Orthodox Christians For Life group for hosting today!

OCLife is hosting coffee hour today in anticipation of the Annunciation tomorrow. On the day of Annunciation we commemorate the divine initiative of God, in taking flesh from the Virgin for our salvation, as well as the human response by the Theotokos, freely accepting the vocation offered to her. May we all emulate this willingness to cooperate with the divine will of God.

DIVINE LITURGY VARIABLES ON SUNDAY, MARCH 23, 2024
TONE 1 / EOTHINON 9; FIRST SUNDAY OF GREAT LENT (SUNDAY OF ORTHODOXY)

Venerable Zachariah the recluse and Artemon, bishop of Seleucia

****Divine Liturgy of St. Basil the Great****

VERSES OF THE FIRST ANTIPHON

The Lord is King, and hath clothed Himself with majesty. The Lord is robed; He is girded with strength. For He hath established the world so that it shall never be moved.

Who shall tell of the mighty acts of the Lord? Who shall make all of His praises to be heard? Let the redeemed by the Lord say so, whom He has delivered from the hand of the enemy.

Glory... Both now...

VERSES OF THE SECOND ANTIPHON (*Normal Sunday Refrain*)

Let them acknowledge the Lord for His mercies, and for His wondrous works for the sons of men.

Let them exalt Him in the church of the faithful, and in the assembly of the presbyters.

The eyes of the Lord are upon those that fear Him, upon those that hope in His mercy; to hear the mourning of those in captivity, and to loose the sons of those appointed to death.

Glory... Both now... *O only begotten Son and Word of God...*

THE THIRD ANTIPHON

Let the heavens and the earth praise Him. This is the day which the Lord hath made; let us rejoice and be glad in it. O Lord my God, I will acknowledge Thee forever. (*now sing the Apolytikion of the First Sunday*)

RESURRECTIONAL APOLYTIKION IN TONE ONE (*p. 11*)

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

APOLYTIKION OF FIRST SUNDAY OF GREAT LENT IN TONE TWO

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own good will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O Savior, to save the world.

APOLYTIKION OF ST. MATTHEW THE EVANGELIST IN TONE THREE (*p. 16*)

With zeal you followed Christ the Master, Who in His goodness appeared to men on earth. He called you from the custom house, revealing you to be a chosen apostle, a trumpet proclaiming the Gospel to the whole world! Therefore, divinely eloquent Matthew, we honor your precious memory. Entreat the merciful God, that He may grant us remission of our sins.

KONTAKION FOR THE AKATHIST IN TONE EIGHT (p. 80)

Verily I, thy servant, O Theotokos, inscribe unto thee the banners of conquest, O Defending Soldier; I offer thanks to thee as a deliverer from tribulation. And since thine is the might unconquerable, deliver me, O deliver me from oppression, that I may sing unto thee: Rejoice, O Bride without bridegroom.

THE EPISTLE

Blessed art Thou, O Lord, the God of our fathers. For Thou art just in all that Thou hast done for us.

The Reading from the Epistle of St. Paul to the Hebrews. (11:24-26, 32-40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter; choosing rather to share ill-treatment with the people of God, than to enjoy the pleasures of sin for a season; esteeming the reproach of the Christ greater riches than the treasures of Egypt; for he looked to the recompense of reward. And what more shall I say? For the time would fail me if I tell of Gideon, Barak, Sampson, Jephthah, of David and Samuel and all the prophets, who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accepting their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy), wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, since God had foreseen something better for us, that apart from us they should not be made perfect.

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

- *The Divine Liturgy of St. Basil the Great continues as usual with the following variables.*

ST. BASIL LITURGY MEGALYNARION

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

THE PROCESSION OF THE HOLY ICONS

(immediately after the Prayer behind the Ambon)

Choir: “Holy God...” (repeatedly)

When the priest reaches the Solea the choir sings the Troparion of the First Sunday of Lent.

Then the Priest and People loudly proclaim together the following (excerpted from the Synodikon):

As the prophets beheld, as the Apostles have taught, as the Church has received, as the teachers have dogmatized, as the Universe has agreed, as Grace has shown forth, as Truth has revealed, as falsehood has been dissolved, as Wisdom has presented, as Christ awarded, thus we declare, thus we assert, thus we preach Christ our true God, and honor His Saints in words, in writings, in thoughts, in sacrifices, in churches, in holy icons; on the one hand worshipping and reverencing Christ as God and Lord; and on the other hand honoring as true servants of the same Lord of all, and accordingly offering them veneration.

(Louder) This is the Faith of the Apostles, this is the Faith of the Fathers, this is the Faith of the Orthodox, this is the Faith which has established the Universe.

Choir sings the Prokeimenon three times: “Who is so great a God...”

Choir sings the Troparion of the First Sunday of Lent.

SUNDAY SCHOOL NEWS:

Today- Dismissal for Sunday School will be after the icon procession that will take place at the end of liturgy today for the Sunday of Orthodoxy. Cindy George will be the guest speaker in the teen class. All creative festival projects should be turned in today. Parents- please be sure to complete a submission form for each project. See Gail Malaniak or Agni Wagner if you need one.

Mar 31- choir followed by a special lenten activity for preschool through grade 6. Parents will need to assist with the activity.

Apr 7- regular classes

UPCOMING SERVICES

OUR WORSHIP SCHEDULE FOR THE SECOND WEEK OF LENT

TODAY--SUNDAY OF ORTHODOXY PAN-ORTHODOX EVENING VESPERS----

4 p.m., at St. Theodosius Cathedral, 733 Starkweather, Cleveland. See flier elsewhere in bulletin

ANNUNCIATION DAY EVENING LITURGY---Monday, March 25 9 months before Christmas we celebrate the Virgin Conception of the God the Son in the womb of the Holy Theotokos! Liturgy at 6 p.m. (please note different time than most evening services). Followed by potluck celebration feast in hall. Because of the great joy of this Holy Day, the usual strict Lenten fast is relaxed---fish, wine, and oil are fine.

GREAT COMPLINE----Tuesday, March 26, 6:30 p.m.

PRE-SANCTIFIED LITURGY---Wednesday, March 27th, 6:30 p.m. Followed by potluck meal—strict fasting food, please.

AKATHIST FOR THE THEOTOKOS---Friday, March 29th, 7 p.m. Preceded by potluck meal, 6 p.m. Coordinated by the Parish Council. Strict fasting food, please. The service will be followed by Saints Alive! class in the hall by 8 p.m. Teacher---Deacon Basil Topic—St. Paisios

SAT, MAR 30-5pm Vespers

SUN, MAR 31- 8:50am Matins, 10am Divine Liturgy; The Holy Bread of Oblation will be offered by Deacon Basil & Joanne Vazquez for their 44th wedding anniversary; and is offered by Maria Simescu for her brothers, Ioan and Mihael; and by the Blazeks in memory of Susan's parents, Alan & Kathleen Metzger; and by Dan & Camille Patrick in memory of Khourie Ruth Meena (Camille's mother) on her birthday and in memory of Margaret Patrick (Dan's mother) on her birthday; and by Father Andrew & Khourie Bonnie and Subdeacon Samuel & Anya Harmon in memory of Bud Linder. Also, the 40 day memorial service will be held for Bud Linder.

THE PRE-SANCTIFIED LITURGY

Canon law does not permit celebration of the liturgy on weekdays in Lent due those days being so solemn and the liturgy being so joyful. However, due to increased spiritual struggle in Lent, Holy Communion is more needed than usual! Therefore, our Orthodox Tradition allows the receiving of Communion from the reserved host from the Sunday before. This beautiful and ornate service can be held on Wednesdays and Fridays.

The most common Antiochian practice is to have it on Wednesdays only due to the Friday Akathist services. We will be having at 6:30 p.m. on Wednesdays. In order to receive Holy Communion, the minimal preparation is to fast after a light Lenten lunch if one is not able to fast from after breakfast or all day. After each of these services, there will be a strictly Lenten potluck meal.

THE AKATHIST SERVICE FOR THE HOLY THEOTOKOS

The Little Compline with the Akathist Hymn originated in Constantinople in the 600's A.D. The city was besieged by the non-Christian Avar barbarians. The people put their hope in the Protectress of the city, St. Mary. Through her prayers to God, the city was saved. The Akathist hymn of thanks to God and the Holy Virgin was written and the people gathered to sing it. It was customary, as a sign of joy, to stand for the whole service---“akathist” is Greek for “not sitting”. Antiochian practice is to have it on the first five Friday nights of Lent. St. Matthew's will have it at 7 p.m. those 5 evenings. It will be preceded by a Lenten community potluck meal at 6. And after the service at 8, we will have our Saints Alive! classes in the hall.

LENTEN SAINTS ALIVE! CLASSES As we have for many years, we will again have layperson-led brief classes on a different Saint each week. The classes will be in hall on Friday evenings at 8 p.m. after the 7 p.m. Akathist service. If you can lead one, please let Father Andrew know. The teacher picks the Saint and gives information about his or her life....and we have some time for questions & answers. Contact Father Andrew for more info.

LENTEN CONFESSIONS

All Orthodox Christians should go to the Sacrament of Confession during Lent or Holy Week. Confessions at St. Matthew are held at 5:45 p.m. most Saturdays (after 5 p.m. Vespers); during part of the 8:50 Matins service on Sundays; and sometimes (not always) before or after other worship services. And it is fine to make an appointment to come for Confession at other times. If you have questions about the sacrament, just contact Father Andrew.....

MEETINGS

YOUNG ADULT BIBLE STUDY—Mar meeting already held, Apr date to be announced. Meets one Sat a month, 6pm at the church. Studying the Gospel of St. Mark. For more info, contact: Sbdcn Samuel Harmon, 216-598-9230, samuelharmon15@gmail.com or Colton Bose, 440-567-6101

WEST BIBLE STUDY---Mar meeting already held. Apr meeting date to be announced. Meets at the church one Sat a month at 6pm (after 5pm Vespers). We are studying the book of Revelation.

SOUTH BIBLE STUDY--- *Will not meet during Lent.. They will resume meeting on May 21.*

WOMEN'S PRAYER GROUP— Tues, Apr 23, 10:30am. Meets monthly at Tara Reidy's (274 Elmwood, Berea). For info, call Sandy Tolbert, [440-773-9162](tel:440-773-9162).

HOMESCHOOL ENRICHMENT GROUP--- Meets at the church on Fridays from 9:30-1:30 (Aug-May). Includes classes for preschoolers & social time for moms. Contact Olivia: oharmon15@gmail.com,

KNIT/CROCHET GROUP---Next date to be announced. Meets quarterly at the church. Do you knit or crochet? Would you like to learn? Please join us! Contact Lisa Bowden at [440-667-2767](tel:440-667-2767) for info.

CHESS CLUB--- Mar meeting already held, Apr date to be announced. Meets monthly at church.

TEEN CLUB MEETING—After liturgy next Sunday, March 31st.

MINISTRY NEWS

STREET DELIVERY TO THE HOMELESS----- TODAY is the next monthly day that parishioners deliver food, clothing, etc. to homeless in downtown Cleveland. The alms box to help fund the lunches is near main hall doors. **WHITE SOCKS NEEDED**—box is by main hall entry doors. Call Josie Katzbach, [440-668-9831](tel:440-668-9831), for information.

NON-PERISHABLE FOOD ITEMS- are being collected in the big wooden box under the coat rack. They will go to St. Herman's Homeless Shelter this month.

MEAL SERVING AT ST. HERMAN ORTHODOX HOMELESS SHELTER Sunday, April 21 is next monthly date to serve a meal to the poor at St. Herman Orthodox Homeless Shelter in Cleveland. If you can help by serving the 5:30 meal, please see Deacon Basil or call him at 440-665-3591.

MARTHA MINISTRIES--- We are a group of parishioners who cook or deliver some freezer meals to families in time of need (new babies, recovering from illness/surgery, grieving a loss...). Can you help by cooking or delivering? Please see/email/call Erin Musarra: [440-799-0838](tel:440-799-0838) Erin.musarra@gmail.com.

ST. MATTHEW'S PRISON MINISTRY--This new ministry will be in conjunction with the national Orthodox Christian Prison Ministry. We will have a zoom meeting with their director, Mark Santana, after liturgy (12:30 p.m.) on Sunday, March 31. If you wish to get involved or just want more info for now, please attend! It is possible to help with prison ministry even without ever going inside a prison. For more info, contact our local prison ministry leader, Vincent Defilippo, 330-352-6678 vdefilippo@neo.rr.com

OTHER ANNOUNCEMENTS

BREAD OBLATION SIGN-UP—Please use the chart in the hall (chart is on the right wall by the counter) to sign up for which Sundays you wish to offer the oblation for the liturgy. *If you are not sure how oblations work, just check with Father Andrew.*

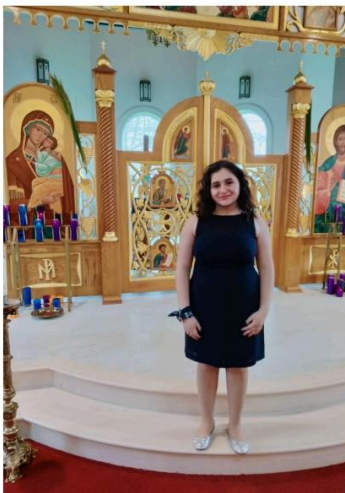
HOSTING COFFEETIME AFTER SUNDAY LITURGY- *THE NEXT AVAILABLE DATE IS APR 14-fasting food please.* If you can bring food for Mar 31 or another date please sign up on the chart to the left of the counter in the hall! Contact Electra Floasiu with questions, 216-671-0743.

VACUUMING VOLUNTEERS-Sign-up sheet is in the narthex to vacuum the nave after liturgy!

ANCIENT FAITH MEN’S RETREAT- at Antiochian Village in Bolivar, PA Aug 22-25, 2024; Forge enduring connections with Orthodox brothers, strengthen your faith, be encouraged, and challenge yourself at the first ever Ancient Faith Men’s Retreat. Join us for engaging speakers, daily services, and fellowship with like-minded Orthodox men! Get more info and register at: <https://store.ancientfaith.com/2024-ancient-faith-mens-retreat/>

Antiochian Village Summer Camp

Nawal Yared Camper Spotlight



What session will you attend?

Session 3

What is your favorite camp memory?

When we would chant "Rejoice, O Father Raphael."

What is a favorite activity at Antiochian Village camp?

I enjoy the morning program because it helps me learn much more about God and makes me feel like I am closer to him. I feel like AV Camp has brought me closer to God and it helps get you off of technology so you could reconnect with the outside world. It's very fun and has many activity options to choose from.

What are you looking forward to about camp?

Becoming closer to God and making new friends and meeting new people.

IT TAKES A VILLAGE

Adopt a Camper

Here's how:

- CHOOSE A CAMPER YOU WOULD LIKE TO SPONSOR. (*SEE KENDRA HUNTER OR GAIL MALANIAK FOR A LIST OF CAMPERS.*)
- COMPLETE THE FORM BELOW AND TURN IT IN TO THE DONATION BOX WITH YOUR CHECK, IN AN ENVELOPE.

When:

- FROM NOW UNTIL APRIL 15, 2024.

Cost:

- TUITION IS \$1,100 BUT ANY AMOUNT TOWARDS THAT IS APPRECIATED.
- CHECKS SHOULD BE MADE OUT TO "ST. MATTHEW CHURCH" WITH "CAMP SCHOLARSHIP FUND" IN THE MEMO.

ON A RECENT SURVEY DONE BY OUR ARCHDIOCESE, ANTIOCHIAN VILLAGE CAMP WAS FOUND TO BE THE LARGEST FACTOR THAT IMPACTED THE FAITH OF OUR YOUTH.

Thank you for your generosity!

.....

• CAMPER'S NAME: _____

• AMOUNT: _____

• SPONSOR'S NAME: _____

• DO YOU WISH TO REMAIN ANONYMOUS? _____



GREATER CLEVELAND COUNCIL OF
Orthodox Clergy



**MARCH 24, 2024
@ FOUR O'CLOCK
SAINT THEODOSIUS**

**GREAT VESPERS FOR
ANNUNCIATION ON THE
SUNDAY OF ORTHODOXY**

CHIEF CELEBRANT & HOMILIST

Metropolitan Nicolae
of the Romanian Orthodox
Metropolia of the Americas

EVERYONE IS WELCOME

All are Encouraged
to bring Holy Icons & kids will
carry them during the
procession

Join us at Saint Theodosius Cathedral
for Great Vespers & a Reception to Follow
733 Starkweather Ave., Cleveland, Ohio 44113



SAVE THE DATE

2024 DIOCESE OF TOLEDO PARISH LIFE CONFERENCE

All Saints and Holy Transfiguration invite you to join us for a few days of Christian fellowship, prayer, and fun for all ages. Whether you are new to the Diocese or have been attending PLCs for many years, we welcome each of you and your families.

We look forward to seeing you and getting to know you at the Toledo Diocese Parish Life Conference in Chicago-Land in June 2024!

DATE

June 26-29
Wednesday - Saturday

LOCATION

Chicago Marriott Oak Brook
1401 W 22nd St, Oak Brook, IL 60523



ORTHODOX CHRISTIAN WOMEN PRESENTS

ANNUAL LENTEN RETREAT

SATURDAY APRIL 20TH

9:30AM – 3PM

ST. NICHOLAS ORTHODOX CHURCH

755 S. CLEVELAND AVE.

MOGADORE, OH 44260



FR. BARNABAS POWELL

AUTHOR AND SPEAKER

**“BE WATCHFUL – BE SOBER,
ST. PAUL’S WISDOM FOR
SPIRITUAL MATURITY”**

Fr. Barnabas Powell was born and raised in Atlanta, GA. His journey to Orthodoxy came as a result of many years searching for a “lifestyle” that would be truly Christian. After years in Evangelical Protestant ministry and serving in Christian media, both radio and television, he launched Faith Encouraged Ministries to use what he learned in sharing faith through media for the Orthodox Faith. Fr. Barnabas is an author, pastor, podcaster, and teacher committed to offering a credible witness of the timeless Orthodox faith for this culture.

**\$20 TICKETS INCLUDE CONTINENTAL BREAKFAST,
MORNING SESSION, LENTEN LUNCH, AND AFTERNOON
SESSION**

**MAKE CHECKS PAYABLE TO OCW AND REMIT TO:
SUSAN EVANOFF**

**404 19TH STREET NE. MASSILLON, OHIO 44646
RSVP BY FRIDAY, APRIL 12, 2024**

**FOR MORE INFORMATION CALL:
SANDY GRAHAM 330-988-8107 OR NANCY STUDEBAKER
330-655-9638**

Hall Use Calendar:

(The hall and kitchen will be unavailable on the shaded days)

IF YOU ARE GOING TO USE THE HALL OR KITCHEN for any purpose...
you must first contact a Hall Committee member to make sure it is still available.

Electra Floasiu [216-671-0743](tel:216-671-0743) Gail Malaniak [440-552-4586](tel:440-552-4586)

March 2024				
		Morning	Afternoon	Evening
Friday	1	Homeschool 9-2		Chili cook off 5-9
Saturday	2			
Sunday	3			
Monday	4			
Tuesday	5	Orthodox Clergy meeting 10-1		
Wednesday	6			
Thursday	7			
Friday	8	Homeschool 9-2		
Saturday	9			
Sunday	10			
Monday	11			
Tuesday	12			
Wednesday	13			
Thursday	14			
Friday	15	Homeschool 9-2		
Saturday	16			
Sunday	17			
Monday	18			
Tuesday	19			
Wednesday	20			
Thursday	21			
Friday	22	Homeschool 9-2		
Saturday	23			
Sunday	24			
Monday	25			
Tuesday	26			
Wednesday	27			
Thursday	28			
Friday	29	Homeschool 9-2		
Saturday	30			
Sunday	31			



**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

Prot. no.: 112/2024

March 16, 2024

To my sons and daughters, the youth of this blessed Archdiocese,

It is my joy to address you on the occasion of the Orthodox Youth Day (March 16):

You are the blossoms of the Church, how delightful is the flower with its fragrant scent.

You are the dynamism of the Church, and how many dreams lie before you to become reality with your youthful capabilities.

You are in the age of zeal and vitality, so may you use your energies in the service of your souls, not just your bodies and minds.

You are the hope of the Church because you are its future, and how many great deeds have been achieved by individuals like you.

I dream of you as strong in grace and insightful in the matters of your lives.

I dream of you as brave in facing evil, and enthusiastic in supporting what is good.

I dream of you as rejectors of what is presented to you for imitation, and examining everything before adopting it.

I dream of you as distinguishing between the behaviors of a world that is not inspired by God, and the behaviors required by the Gospel.

I dream of you as humble and fruitful trees, and as upright as cypress trees, brave, fearing nothing, because through Christ you can overcome the world.

I dream of you being successful and excelling in your lives, so that your church will be proud of you, and the name of your Lord may be glorified wherever you go.

I dream of you seeking your salvation and placing Christ above everything else.

I dream of you as saints, for your calling is nothing less than this.

* * *

I encourage you to delve deeper into your faith and examine the validity of things presented today as if they are necessary or not.

I encourage you to find true and lasting joy in the embrace of your church and be assured that there is no joy or peace except in living in the sweet presence of your Christ.

I encourage you to experience the sweetness and power of living with Christ that makes the mountains dance.

* * *

I know how much evil awaits you,

And how many challenges you face,

And I also know, my beloved, that you need courage to be true Christians.

But I also know that your Christianity deserves this courage.

Or else the world is heading towards more slavery, despair, and coldness.

I encourage you to ignite your hearts with pure love and lit up the world around you and warm it.

You are the ones who will warm the world, or else woe to us all.

May God bless you and keep you,

With all my love, my prayers, and blessings.

Yours in Christ,



+SABA

Archbishop of New York and Metropolitan of all North America

"The disciples were first called Christians in Antioch" (Acts 11: 26)

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238
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PASCHA THIS YEAR IS MAY 5TH

THE LENTEN FAST

Great Lent is a time to especially work on spiritual disciplines to help us grow in Christ. These disciplines include such things as extra worship services, beginning or strengthening the habit of daily prayer, Confession, more Bible reading, almsgiving, and fasting.

Fasting is a discipline meant to help us in several ways: learning self-denial, gaining self-control, helping us to focus more on God and less on food, allowing us to spend less on food and, thus, give more to the poor.

The Lenten fast involves both eating less and giving up certain types of food. Throughout Lent, we should eat less and avoid snacks, in addition to abstaining from some types of food.

Lent this year is from March 18 through April 26. During Lent, Orthodox give up meat and animal foods (such as eggs, dairy, & fish) plus wine and olive oil. Shellfish are eaten. On Annunciation Day, March 25, wine, oil, and fish are consumed. And wine and oil are used on all Saturdays and Sundays in Lent. During Holy Week, April 27- May 4, the fast is the same as in Lent itself except that wine, olive oil, and fish are used on Palm Sunday. Also, Holy & Great Friday and Holy & Great Saturday, May 3rd and 4th, are to be observed as especially strict fast days, with as little eating & drinking as possible.

As with all fasting, the Church's Lenten fasts allows for adjustments for children, pregnant mothers, nursing mothers, and those with health problems that require certain foods. Also, those who are new to fasting may need to begin with a less strict fast and then "tighten up" year by year---on the other hand some new folks do just fine with diving right in. We should always remember that unless we fast strictly enough to make it hard, it will be of little value to us. One should always feel free to speak to one's spiritual father about how to personally observe, & make the best spiritual use, of the Lenten fast.

The Bible and the Saints are clear that fasting is not a way to earn salvation, but is a tool to help us grow. We must guard against pride when we fast and concentrate most on fasting from sin---gossip, pride, lust, etc.

The prescribed Lenten Fast is sometimes called "the black fast" to distinguish it from less strict fasting. How strictly each person follows the recommended fast is not anyone else's business. We should only be concerned with our own fasting, not judge what others eat. ***A good rule of thumb: fast yourself as strictly as you can; and pay no attention to what anyone else eats.***

However, when we gather together at church during Lent at coffeetime and meals, we should all abide by the full Lenten fast.

ANNUAL PARISH RETREAT

**Led by Fr. Josiah Trenham of St. Andrew Parish in
Riverside, California**

**Weekend of September 22
Please mark your calendars!
More details later**