

**ST. MATTHEW THE EVANGELIST  
ANTIOCHIAN ORTHODOX CHURCH**

10383 Albion Rd, North Royalton, OH

**March 31, 2024**

*Second Sunday of Great Lent*

**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](mailto:fatherharmon@outlook.com)

Website: [smattroyalton.org](http://smattroyalton.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 Deacon Basil & Joanne in thanksgiving to God on their 44<sup>th</sup> wedding anniversary; and by Dan & Camille Patrick in beloved memory of Khourie Ruth Meena (Camille's mother) on her birthday and in beloved memory of Margaret Patrick (Dan's mother) on her birthday; and by the Blazeks in beloved memory of Susan's parents, Alan & Kathleen Metzger; and by Maria Simescu for the health & salvation of her brothers, Mihael & Ioan.

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

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

**And for the newly departed servants of God:** Nikki Bober, Victor Petkoff, Livia Coconocu (Mark Monalache's grandmother), Archbishop Simon of Olomouc, George Spevoc (brother-in-law of Marianne Feuerstein), Eric Ghianni (brother-in-law of Ginger Defilippo), Iliana Radivoj, Betty Christianson (Father Andrew's Cousin), Tony Mlakar (grandfather of David Mlakar), Teodor Stroie (Father-in-law of Fr. Petru at Buna Vestire Church), George Tabanji, Mark Farage (brother of Chris Farage), Bud Linder

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**EPISTLE LESSON:** Hebrews 1:10-2:3      **GOSPEL LESSON:** Mark 2: 1-12

**WOMEN'S MONTH EPISTLE READER:** Livia Dinu

**HOMILY:** "Angels---What St. Paul Tells Us About Them in Hebrews"

**WOMEN'S MONTH USHERS:** Electra Floasiu, Lisa Palivoda

**ALTAR BOY TEAM 3**—Josiah Blazek, captain; Gabriel Amer, Gregory Blazek, Adam Heatwole

**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.

**A SPECIAL OFFERING WILL BE RECEIVED AT END OF TODAY'S** liturgy for our Archdiocese's seminarians.

**SUNDAY SCHOOL CLASSES will be dismissed after communion---for ages 3- 19 PARENTS---PLEASE HAVE YOUR CHILDREN ATTEND TODAY!**

**PLEASE STAY FOR COFFEETIME RIGHT AFTER THE LITURGY!**

*Thank you to Host Team G for hosting today---Electra Floasiu, Florentina Popa, Dijana & Kosta Bokjanc, Dorel Radivoj, Ana Galita, Eleni Indres, & Marcella Simescu*

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

**DIVINE LITURGY VARIABLES ON SUNDAY, MARCH 31, 2024**  
**TONE 2 / EOTHINON 10; SECOND SUNDAY OF GREAT LENT**  
**Commemoration of Gregory Palamas, archbishop of Thessalonica**  
Hypatios the wonderworker, bishop of Gangra; Prophet Joel

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

RESURRECTIONAL APOLYTIKION IN TONE TWO (p. 12)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT

Light of Orthodoxy, pillar and teacher of the Church, adornment of monastics, invincible champion of theologians, O Gregory thou wonderworker, boast of Thessalonica, herald of grace: ever pray that our souls be saved.

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 OF 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

*The Lord is my strength and my song. The Lord has chastened me severely.*

**The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)**

Thou, “O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail.” But to which of the angels did He say at any time, “Sit on My right hand, until I make thine enemies a footstool for thy feet?” Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

## THE GOSPEL

### **The Reading from the Holy Gospel according to St. Mark. (2:1-12)**

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven." Now, some of the scribes were sitting there, reasoning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, "Why do you reason thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of Man has authority on earth to forgive sins" – He said to the paralytic – "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, "We never saw anything like this!"

### 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.

### ST. MATTHEW'S PRISON MINISTRY---MEETING TODAY AT 12:30

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.) TODAY.* 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](mailto:vdefilippo@neo.rr.com)

### SUNDAY SCHOOL NEWS:

We had 22 entries for the creative festivals. All students who entered will receive a ticket today for each entry they submitted. The drawing will be on April 7.

**Today-** choir; After choir there will be a special lent activity for preschool through grade 6. Parents will need to supervise their children outside (weather permitting)

**Apr 7-** regular classes

**Apr 14-** regular classes

**Apr 21-** regular classes

## **UPCOMING SERVICES**

### **OUR WORSHIP SCHEDULE FOR THE THIRD WEEK OF LENT**

**GREAT COMPLINE**---Monday, April 1, 6:30 p.m.

**PRE-SANCTIFIED LITURGY**---Wednesday, April 3, 6:30 p.m. Followed by potluck meal—strict fasting food, please.

**AKATHIST FOR THE THEOTOKOS**---Friday, April 5, 7 p.m. Preceded by potluck meal, 6 p.m. Coordinated by the Women’s Prayer Group. Strict fasting food, please. The service will be followed by Saints Alive! class in the hall by 8 p.m. Teacher---Vincent DeFilippo Topic—St. Joseph the Hesychast.

**SAT, APR 6-5pm Vespers**

**SUN, APR 7- 8:50am Matins, 10am Divine Liturgy**; The Holy Bread of Oblation will be offered by Subdeacon Samuel & Anya Harmon and Father Andrew & Khourie Bonnie in memory of Bud Linder; and by the Palivoda family for the birthdays of Johnny, Sondra, Jack & Lisa; and by Marcella Simescu for her brothers, Ioan and Mihael; and by the Vazquezes for the birthday of their granddaughter, Nadeema Gazal; and by Father Andrew for the birthday of Khourie Bonnie. Also the 40 day memorial is being offered for Bud Linder; and the 40 day Churching will take place for Laura Oluich Allen and her daughter, Zoe. And the Veneration of the Cross procession & ceremony will take place at the end of the liturgy.

### **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 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**—Sat, Apr 13, 6pm. Meets one Sat a month, 6pm at the church. Studying the Gospel of St. Mark. Bible, fellowship, food.....For more info, contact: Sbdcn Samuel Harmon, 216-598-9230, [samuelfharmon15@gmail.com](mailto:samuelfharmon15@gmail.com) or Colton Bose, 440-567-6101

**WEST BIBLE STUDY**---Sat, Apr 6. 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](mailto: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**--- Sunday, April 14<sup>th</sup>, after church. *If you don't know how to play, you are welcome to come and they will teach you!*

**TEEN CLUB MEETING**—After liturgy today.

**MUSIC PRACTICES**- We will be restarting regular monthly singing practices after vespers, both to learn new music and to refine what we already know. Practices will be held Apr 20 and 27 immediately after vespers. Please join us as we “make a joyful noise unto the Lord”! All ages welcome, no experience necessary! Please contact Lisa Amer with any questions.

## MINISTRY NEWS

**STREET DELIVERY TO THE HOMELESS**----- SUNDAY, APRIL 21, 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 Katsbach, [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](mailto:Erin.musarra@gmail.com).

## **OTHER ANNOUNCEMENTS**

**CARNATIONS NEEDED FOR SUNDAY MORNING, APRIL 7<sup>TH</sup>**--Carnations are used to decorate a cross for the Veneration of the Cross ceremony next Sunday. If you wish to donate them, please tell Subdeacon Richard Sahley or contact him at 216-513-9738.

**THE ANNUAL LENTEN ALMS BOXES for our Archdiocese's out reach to the poor around the world are on a table in the narthex.** Please take a box home and fill it with money during Lent--then bring it back to church and Holy Week. We will send the money to the Archdiocese which will distribute around the world. God will bless you for being a blessing to His needy ones!

**A THANK YOU:** Jean Fadil and Eleanore Parker wish to express their thanks to all who wrote or called or made a gift in memory of their recently departed sister Adrienne. May her memory be eternal!

**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/>

## **HOLY WEEK NEEDS**

**VARIOUS ITEMS ARE NEEDED FOR HOLY WEEK AND PASCHA**

**If you can help with any of the things below, please let Subdeacon Richard Sahley know---216-513-9738, [richardsahley@yahoo.com](mailto:richardsahley@yahoo.com)**  
***Lilies; palms; flowers & greenery for the tomb; large Paschal candles; smaller brown candles; olive oil; eggs for dying***

**His Eminence  
The Most Reverend  
Metropolitan SABA**



**Archbishop of New York  
and Metropolitan of  
All North America**

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE  
OF NORTH AMERICA**

**Prot. no.:** 117/2024

The Sunday of Orthodoxy  
March 24, 2024

Venerable Hierarchs, Reverend Clergy, and beloved Faithful in Christ,

Greetings to you as we celebrate this glorious Sunday of the Triumph of Orthodoxy. We have just completed the difficult first week of Lent. In many ways, this one week is a microcosm of the challenges we face throughout our Christian lives, as we try to live faithfully despite weaknesses within us and trials around us. However, the Lord's words to St. Paul are a comfort to us in every season of our lives: "My grace is sufficient for you, for My strength is made perfect in weakness" (2 Cor. 12:19).

Each year on the Sunday of Orthodoxy, we remember our seminarians, who are studying at residential seminaries and through the Antiochian House of Studies. They are preparing to take up the Cross and follow our Lord on the difficult but rewarding road of priestly ministry. Those whom God calls to ordination will become pastors in our parishes, working with the children, the elderly, and all the faithful, leading them on their journey to the heavenly kingdom. They will stand before the holy altar and offer prayers to the All-Holy Trinity on behalf of us all. They will bring divine grace into all the joys and sorrows of our earthly lives. Therefore, it is our duty to provide them with the best possible education and preparation for this sacred ministry.

Today we ask you to support our dedicated seminarians through your prayers and by making a financial gift toward their theological education. Among the Orthodox in America, our archdiocese is a leader in seminarian support. We strive to provide full scholarships to these qualified men who are studying for the priesthood, and your generous contribution will help to ensure a well-prepared clergy for our future while not burdening our future pastors with excessive debt.

Fervently praying that your Lenten journey will be filled with growth in Christ, I remain,

Yours in Christ,

A handwritten signature in blue ink that reads "T. Saba". The signature is written in a cursive, flowing style.

✠ 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  
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F



*Dear Parishioners,*

*The Sisterhood will be having the coffee hour on Sunday, April 7<sup>th</sup> to raise funds for the NAB 2024 Project which is creating an Endowment Fund for our Widowed Clergy-Wives. A free-will basket will be placed on the buffet table for this purpose. Please support this worthy cause for the North American Board of the Antiochian Women. Thank you!!*

*The St. Matthew Sisterhood*

*Please see the flyer on the following page...*



# Pascha Food Box Ministry 2024

## Can you help?

We are in need of about 20 Pascha boxes for needy homes!

If you are able to help us with this very important ministry, please bring your filled box to the church on Palm Sunday, April 28th. (Actually, we figured out that it's easier if you could put the food into reusable grocery bags - they are easier for the deliverers to carry).

Have fun packing and thank you so much! It is a great help!

Here are some suggestions, please feel free to add anything else you like!

Sugar  
Easter chocolate/candy  
Peanut butter  
Jelly/jam  
Canned tuna  
Canned beans, soup...  
Rice  
Potatoes (fresh or boxed)  
Pasta  
Pasta sauce  
Tea  
Toilet paper  
Dish soap  
Laundry detergent

We will also need 20 hams and grocery gift cards!

This year we'd also like to offer the opportunity to help us fill a box — but you don't have to do the shopping! You give a cash donation (any \$\$ amount is appreciated!!) and we will do the shopping for you! (Please bring your donation to church by April 21.)

Contact Louise Bouhasin 216-544-2319 or Lisa Bowden 440-667-2767 to let us know you are filling a box/ donation, bringing a ham and/or grocery gift cards.

Please put hams in church freezer or refrigerator. If you have any questions, don't hesitate to reach out! We usually need around 20 filled boxes.

We also need several people who can deliver a box - please let us know if you can help with that!

Thank you SO much for your kindness!

# SUMMER ENRICHMENT DAY CAMP

**2024 Theme: ORTHODOXY AROUND THE WORLD**



Join us as we explore the lives of saints,  
sacred arts, sports, and international foods!



**June 3-7, 2024 9:30am-12:30pm**

*Monday:* Romania, Kolyva, Iconography, Soccer

*Tuesday:* Russia/China/OCA,

Prospora, Woodworking, Martial Arts

*Wednesday:* Antioch, Prayer Rope Weaving, Basketball

*Thursday:* Serbia, Slava Bread, Candle Making, Dance

*Friday:* Greece, Icon Corners, Olympic Games

At St. Matthew's Antiochian Church

10383 Albion Rd., North Royalton, OH

Free! (Donations Accepted)

To register children ages 3-10 or to volunteer:

call, text, or email Olivia Harmon

440-220-2624, [oharmon15@gmail.com](mailto:oharmon15@gmail.com)

By May 20th

**+St. George Antiochian Orthodox Church**

**1118 Cherry Ave. NE Canton, Ohio**

**Lenten Retreat - Saturday, April 13**

**“Ascending the Ladder of Virtues”**

**His Grace Bishop ANTHONY**



**10am: Arrival**

**10:30-11:30am: Session 1**

**11:30am-12:30pm: Lunch**

**12:30-1:30pm: Session 2**

**1:30-2:00pm: Q and A**

***(Held in Church Lower Level)***

Register via QR code for the Saturday Retreat or call/email the church office (330-455-8482/stgeorgecanton@sbcglobal.net)



Antiochian Village Summer Camp

# Anthony Esper

## Camper Spotlight



**What session will you attend?**

Session 1

**What is your favorite camp memory?**

Being in the same cabin with my friends for seven years.

**What is a favorite activity at Antiochian Village camp?**

Chanting and Canoeing with friends.

**What are you looking forward to about camp?**

Finding spiritual peace and getting away from the secular world.



# 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: \_\_\_\_\_

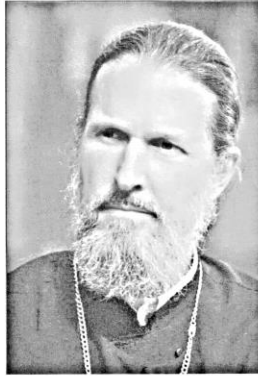
• SPONSOR'S NAME: \_\_\_\_\_

• DO YOU WISH TO REMAIN ANONYMOUS? \_\_\_\_\_

# SAVE THE DATE

FOR A WEEKEND RETREAT  
WITH

FATHER JOSIAH  
TRENHAM, PH.D.



DATE: SEPTEMBER 20 – 22, 2024

TIME AND SCHEDULE: TBA

LOCATION:

St. Matthew the Evangelist  
Orthodox Church  
10383 Albion Road  
North Royalton, OH 44133

A native Southern Californian, Father Josiah attended Westminster Seminary California, receiving his M.Div. in 1992 while studying under some of the most influential teachers in the Reformed tradition.

In 1993, he was ordained to the Holy Priesthood of the Orthodox Church and in 2004 he was awarded a Ph.D. in Theology from the University of Durham, England.

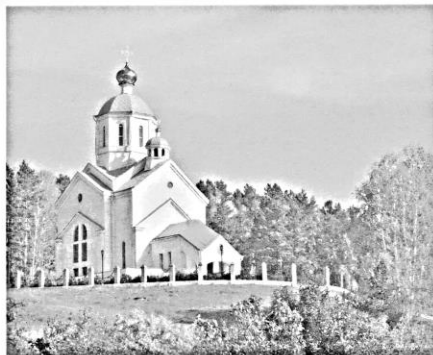
Father Josiah has published numerous articles and two books and is also the founder of Patristic Nectar Publication, a non-profit ministry. His weekly homilies are entitled "The Arena Podcasts", and are available on Patristic Nectar Publications, Apple Podcasts, Spotify and Google Podcast.

You can find links to his homilies at <https://www.saintandrew.net/arenapodcast>. His video reflections are available on YouTube under Patristic Nectar Films.

New to the Orthodox Faith or want to learn more? This is a great opportunity to learn what the Orthodox Church teaches.

Come with your questions and learn what our ancient Church Fathers have taught us. Father Josiah will inspire with his wealth of knowledge and understanding of our church teachings.

For more information or to get the latest schedule with Father Josiah, contact Cindy George at [cindygeorge127@gmail.com](mailto:cindygeorge127@gmail.com)







# 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 20<sup>TH</sup>  
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 19<sup>TH</sup> 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)

April 2024				
		Morning	Afternoon	Evening
Monday	1			
Tuesday	2			
Wednesday	3			
Thursday	4			
Friday	5	Homeschool 9-2		
Saturday	6			
Sunday	7			
Monday	8			
Tuesday	9			
Wednesday	10			
Thursday	11			
Friday	12	Homeschool 9-2		
Saturday	13			
Sunday	14			
Monday	15			
Tuesday	16			
Wednesday	17			
Thursday	18			
Friday	19	Homeschool 9-2		
Saturday	20			
Sunday	21		Kitchen in use-George and Christine Nassif 1-4	
Monday	22			
Tuesday	23			
Wednesday	24			
Thursday	25			
Friday	26	Homeschool 9-2		
Saturday	27			
Sunday	28			
Monday	29			
Tuesday	30			

## **PASCHA THIS YEAR IS MAY 5<sup>TH</sup>**

### **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 a 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.***