

ST. MATTHEW THE EVANGELIST ANTIOCHIAN ORTHODOX CHURCH

10383 Albion Rd, North Royalton, OH

March 10, 2024

Sunday of the Last Judgement

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)

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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 the Amer family for the health & salvation of their daughter, Xenia, on her birthday; and by Father Andrew & Khourie Bonnie for the health & salvation of their sons, Christopher & Nicholas, on their birthdays; and by Maria Simescu for the health & salvation of her husband, Dan, her friends Rodica, Mihaela, & Veronica, and her brothers Mihael & Ioan; and by the Blazek family for the health & salvation of their son, Gregory, on his Saint Day (St. Gregory the Great); and by Hani Saddic for the health & salvation of his doctor, John Fircina.

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

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

And for the newly departed servants of God: George Tabanji, Mark Farage (brother of Chris Farage), Faye Farris, Bud Linder, Adrianne Andrews (sister of Jean Fadil & Elle Parker)

EPISTLE LESSON: I Corinthians 8:8- 9:2

WOMEN'S MONTH EPISTLE READER: Sandy Tolbert

GOSPEL LESSON: Matthew 25: 31-46 **HOMILY:** "Am I A Sheep Or A Goat?"

WOMEN'S MONTH USHERS: Georgette Dye & Rudylin Glaser

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.

THE 10 YEAR MEMORIAL SERVICE will be served at the end of liturgy for Metropolitan PHILIP

PLEASE STAY FOR COFFEETIME RIGHT AFTER THE LITURGY!

IT IS BEING HOSTED BY LISA PALIVODA-----TACOS!

SUNDAY SCHOOL CLASSES AFTER COMMUNION---for ages 3- 19

PARENTS---PLEASE HAVE YOUR CHILDREN ATTEND TODAY!

THE PARISH WOMEN'S SOCIETY WILL MEET TODAY AFTER LITURGY

THE PARISH CHESS CLUB WILL MEET TODAY AFTER LITURGY

*****PLEASE CHECK THE COAT RACK** FOR ANY LOST OR FORGOTTEN ITEMS. EVERYTHING THAT IS NOT CLEARLY MARKED WILL BE DONATED OR THROWN AWAY TOMORROW, MAR 11!***

DIVINE LITURGY VARIABLES ON SUNDAY, MARCH 10, 2024
TONE 7 / EOTHINON 7; SUNDAY OF THE LAST JUDGMENT (MEAT FARE)

Martyr Kodratos of Corinth and his five companions; Anastasia the patrician of Alexandria

Today we will use alternate musical settings for the following hymns:

- Entrance Hymn “Come let us worship”: **Alt. #2 (p. 10)**
- Trisagion Hymn: **Alt. #1 (p. 20)**

RESURRECTIONAL APOLYTIKION IN TONE SEVEN (p. 15)

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

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 SUNDAY OF LAST JUDGMENT IN TONE ONE

When Thou, O God, wilt come to earth with glory, and all things tremble, and the river of fire floweth before the Judgment Seat, and the books are opened and the hidden things made public, then deliver me from the unquenchable fire, and deem me worthy to stand at Thy right hand, O most righteous Judge.

THE EPISTLE (For Sunday of the Last Judgment)

The Lord will give strength to His people.

Ascribe to the Lord, O sons of God, ascribe to the Lord glory and honor.

The Reading from the First Epistle of St. Paul to the Corinthians. (8:8-9:2)

Brethren, food will not bring us closer to God; for neither if we eat, are we the better, nor if we do not eat, are we the worse. But take heed lest by any means this authority of yours become a stumbling block to those who are weak. For if anyone sees you, as someone who has knowledge, reclining at a table in an idol’s temple, will not the conscience of the one who is weak be emboldened to eat of the things sacrificed to idols, and through your knowledge the weak brother perishes, for whom Christ died? And thus, sinning against the brethren, and wounding their conscience when it is weak, you sin against Christ. Therefore, if food causes my brother to stumble, I will not eat meat forever, lest I cause my brother to stumble. Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are not you my work in the Lord? If to others I am not an apostle, yet at least I am to you; for the seal of my apostleship are you in the Lord.

THE GOSPEL (For Sunday of the Last Judgment)

The Reading from the Holy Gospel according to St. Matthew. (25:31-46)

The Lord said, “When the Son of man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, ‘Come, O blessed of my

Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me, I was naked and you clothed Me, I was sick and you visited Me, I was in prison and you came to Me.’ Then the righteous will answer Him, ‘Lord, when did we see Thee hungry and feed Thee, or thirsty and give Thee drink? And when did we see Thee a stranger and welcome Thee, or naked and clothe Thee? And when did we see Thee sick or in prison and visit Thee?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these My brethren, you did it to Me.’ Then He will say to those at his left hand, ‘Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave Me no food, I was thirsty and you gave Me no drink, I was a stranger and you did not welcome Me, naked and you did not clothe Me, sick and in prison and you did not visit Me.’ Then they also will answer, ‘Lord, when did we see Thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to Thee?’ Then He will answer them, ‘Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.’ And they will go away into eternal punishment, but the righteous into eternal life.”

SUNDAY SCHOOL NEWS:

Today-regular classes **Mar 17**- regular classes **Mar 24**- regular classes* **Mar 31**- choir

*All creative festival projects are due on March 24!

UPCOMING SERVICES

SAT, MAR 16-*5pm Vespers*

SUN, MAR 17- *8:50am Matins, 10am Divine Liturgy*; The Holy Bread of Oblation will be offered by Gloria Zabala for her husband, Leonard’s, birthday & in memory of Gloria’s mother, Mary (20 years) & Gloria’s father, Nikolai (50 years); and by the Vazquezes for their granddaughter, Gabriella’s, birthday.

OUR WORSHIP SCHEDULE FOR THE FIRST WEEK OF LENT:

FORGIVENESS VESPERS FOR EVE OF LENT----Next Sunday, March 17th, 6 p.m. Preceded by meatless potluck meal at 5. At this service we ask God’s forgiveness and also forgiveness from each other as the Great Fast begins.

MONDAY, TUESDAY, THURSDAY, MARCH 18TH, 19TH, 21ST----6:30 p.m.. Great Compline with the Canon of St. Andrew of Crete

WEDNESDAY, MARCH 20—6:30 p.m. Pre-Sanctified Liturgy. Followed by potluck Lenten meal.

FRIDAY, MARCH 22—AKATHIST FOR THE THEOTOKOS—7 p.m. Preceded by potluck Lenten meal at 6. Followed by Saints Alive! class (taught by a layperson), at 8 p.m.

SATURDAY, MARCH 23----Vespers, 5 p.m., as usual.

SUNDAY, MARCH 24TH--SUNDAY OF ORTHODOXY PAN-ORTHODOX EVENING VESPERS--4 p.m., at St. Theodosius Cathedral, 733 Starkweather, Cleveland.

THE GREAT CANON OF ST. ANDREW OF CRETE

The Great Compline of St. Andrew of Crete is a penitential canon of hymns written in the 600's A.D. by St. Andrew, bishop of the island of Crete. It is served in the first week of Lent to assist us in our repentance as we begin this season of spiritual struggle and growth. The service is broken down in various ways in various parishes. We will do it in 3 sections (1 per night) in conjunction with the service of Great Compline at 6:30pm on Monday, Tuesday, & Thursday, March 18, 20, & 21, in the first week of Lent. Then the service is done with all 3 sections in it later in Lent in April. In March, Great Compline without the Great Canon will be done at 6:30pm on Tuesday the 26th.

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---Sat, Mar 16, 6pm. 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, Mar 19, 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--- today after liturgy. Meets monthly at church.

ANTIOCHIAN WOMEN'S SISTERHOOD MEETING---Today after liturgy

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

MINISTRY NEWS

STREET DELIVERY TO THE HOMELESS----- Mar 24th 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 Mar 17 is our next monthly date to serve a meal to the poor at St. Herman Orthodox Homeless Shelter in Cleveland. If you can help by providing food, cooking, or serving the meal, please contact Deacon Basil, 440-665-3591.

OCLife ST. MATTHEW CHURCH--- recently hosted a booth at the "Bringing America Back to Life" conference in Independence. For more info about OCLife contact Lisa Palivoda or Cindy George.

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- Please sign up on the chart to the left of the counter in the hall to take a turn! Contact Electra Floasiu with questions, 216-671-0743.

VACUUMING VOLUNTEERS---Can you vacuum the church one Sunday after liturgy? A sign-up sheet is in the narthex.

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/>

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. We are hoping for some “rookie” presenters, so they will have the priority—but if you are a “veteran” presenter and are willing to do it again, please let Father Andrew know because if not enough rookies, then veterans may be called upon! 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 PSALTER GROUP Begins Mar 18. If you wish to participate, it involves reading one Kathisma from the book of Psalms every day from Mar 18 through Apr 26. You read in your own home at whatever time of the day works for you. If you are interested or have questions, please contact Kh. Bonnie at bonniewharmon@gmail.com or text (216)258-4837.

Theotokos of Vladimir



**EASTERN ORTHODOX WOMEN'S GUILD
OF GREATER CLEVELAND
Unity Through Participation**

Saturday, March 23, 2024

10:00 A.M.

Memorial Service for Deceased EOWG Members

St. Theodosius Cathedral

**733 Starkweather Ave
Cleveland, OH 44113**

Program following Memorial Service

- **Lenten Refreshments**
- **Presentation by Father Ján Čižmár**
- Mini retreat explaining the significance of Memorial Saturday, why we have a memorial service and why we pray for the departed



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**

SUMMER DAY CAMP

At St. Matthew's

June 3-7, 2024

9:30am-12:30pm

Discover the richness of Orthodoxy in
Greece, Serbia, Romania, America, &
Antioch through the lives of saints.

Learn the basics of iconography,
candle making, prayer rope weaving,
woodworking, martial arts,
basketball, soccer, Serbian dance,
and more!

Free! (Donations Accepted)

To register children or to volunteer:

call, text, or email Olivia Harmon

440-220-2624,

oharmon15@gmail.com

By May 20th



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





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

Antiochian Village Summer Camp

Gianna Musarra

Camper Spotlight



How many years have you been to camp?

This is my second year at camp!

What is your favorite camp memory?

Meeting new people and attending church services.

What is your favorite camp activity?

Four square and swimming.

What are you looking forward to about camp?

I am looking forward to seeing the friends I made last year!



CHILI COOKOFF SUCCESS!

The AV campers and their families extend a **HUGE THANK YOU** to the parish for your support of our 3rd Annual Chili Cookoff, Bake Sale, and Silent Auction Fundraiser for Campers, our Adopt-a-Camper program, and our Camper Coffee Hour. Through your generosity we were able to raise over \$6,000 last weekend alone! This is nearly half of the money it takes to send our 14 campers to Antiochian Village this summer. What a blessing!! Glory to God for all things!

Our chilis brought in \$1200 at the cookoff, so thank you to everyone who participated in our “friendly” chili cookoff by making chili. This year’s Golden Ladle winners in each category are (drum roll please):

White chili: Chili number 16: Erin Musarra \$79 (2nd year in a row!)

Veggie Chili: Chili number 19: Rim Alsaifi \$61

Red Chili: 1st Place: Chili number 2: Westly Collado \$218

2nd Place: Chili number 3: Camille Patrick \$195 ('22 & '23 reigning champion)

3rd Place: Chili number 6: Cathy Sage \$123

If you would still like to donate to the Camper Fund, you may do so at any time by writing “Camper Fund” in the memo line of your check for St. Matthew’s Orthodox Church, giving cash to Gail Malaniak or Kendra Hunter, or filling out the Adopt-a-Camper form found in the bulletin and turning it in to the church office with your donation. May God bless our efforts!

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

31 January 2024

Beloved Friends in the Lord,

Greetings! The Orthodox Christian Community of Greater Cleveland and Lorain will soon be honoring the Sunday of Orthodoxy, the first Sunday of the Great Fast. A celebration of this triumph of our Faith will take place on the evening of 24 March 2024, at 4:00pm. This service of Great Vespers will be hosted by Saint Theodosius Orthodox Cathedral (OCA), located at 733 Starkweather Avenue, Cleveland, Ohio 44113. His Eminence, the Most Reverend Nicolae, Metropolitan of the Romanian Orthodox Archdiocese of the Americas, will preside as well as offer the homily.

Each year, the Greater Cleveland Council of Orthodox Clergy (GCCOC) solicits donations to help underwrite this celebration of our Faith, and this year, donations will be given to International Orthodox Christian Charities for humanitarian relief in Gaza. We humbly ask that you consider providing a contribution to the GCCOC; in return, you will be listed as a "Patron" within the handout at this special service.

If you wish to donate, we ask that you make checks payable to the "Greater Cleveland Council of Orthodox Clergy," or simply the "GCCOC." Checks can either be given to your parish priest, or they can be mailed to the address below no later than 12 March 2024.

In Christ,
>>>Father Peter Simko
GCCOC Treasurer

.....

2024 SUNDAY OF ORTHODOXY | PATRON DONATION

YOUR NAME _____

MAILING ADDRESS _____

EMAIL ADDRESS _____

YOUR PARISH NAME _____

DONATION AMOUNT _____

GCCOC, c/o St. Innocent Orthodox Church, PO Box 38208, Olmsted Falls, Ohio 44138

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			

THE HOLY MARTYR QUADRATUS OF CORINTH & HIS COMPANIONS

The Roman Emperor Decius was one of the fierce persecutors of our Church in its early centuries. St. Quadratus lived an ascetic monastic-type life near the city of Corinth, Greece. Other men followed him in this life in the country. When the Emperor's persecution reached Greece, all these men were hauled before the governor in Corinth. They refused to deny Christ and so all were martyred on March 10, 250 A.D.

THE THIRD AND FINAL PRE-LENTEN WEEK BEGINS TODAY

Today, Judgement Sunday (also known as Meatfare Sunday) is the first day of the 3rd pre-Lent week as we move toward Great Lent which begins a week from tomorrow on March 18th. Beginning tomorrow, we give up eating meat for the week as a way of gradually preparing for the full

Lenten Fast beginning on the first day of Lent. This week, starting tomorrow is called Cheesefare Week, because while we don't eat meat, we still eat cheese, other dairy, fish and eggs, even on Wednesday and Friday.

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 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.