

SAINTS OF THE DAY:

THE SUNDAY OF ST. GREGORY PALAMAS

St. Gregory Palamas, who is annually commemorated on the Second Sunday of Lent (today), was the archbishop of Thessalonica, Greece, in the 1300s. He was one of the main leaders of *hesychasm*, the type of spiritual life the purpose of which is to achieve divine quietness (hesychasm) through the contemplation of God in continual prayer. St. Gregory defended this teaching against opponents who claimed such a close communion with God could not take place in this world. A church council officially recognized Gregory's teaching as true. St. Gregory is also important for greatly helping a restrengthening of monasticism in his time, not long before the start of the 400 long occupation of Greece by the Muslim Turks.

ST. JOHN AND HIS COMPANIONS AT ST. SABBA MONASTERY

The monastery of St. Sabba in the deserts of Palestine was about to be attacked by Muslim Arabic tribes in 796 A.D. The monks knew their lives would be greatly endangered but, led by Abbot John, they decided to stay, saying, "We fled from the world to this wilderness for love of Christ. It would be shameful to flee from this wilderness for fear of men!" So they stayed, unarmed. The Muslim attackers came and martyred all of them, some with arrows, some with fire. Their martyrdoms took place on March 20, 796 A.D. (The monastery was restored and is still functioning today.)

WOMEN IN ORTHODOXY---St. Anna of Novgorod

St. Anna was born and baptized in Sweden and was the daughter of Swedish King Olaf Skotkonung, the "philanthropist king," who did much to spread Orthodoxy throughout Scandinavia. In 1019, she married Yaroslav the Wise, Grand Prince of Kiev, and took on the name Irene. Together they had five children and the whole family was profoundly devout and pious. St. Irene-Anna founded the convent of St. Irene the Great-Martyr. She reposed in 1050 and is buried in the Cathedral of Holy Wisdom (St. Sophia) in Kiev. She is revered by Orthodox Christians in Sweden as the protectress of Sweden. A portion of her relics are kept in St. Anna of Novgorod Orthodox Church in Norrkoping, Sweden.

WORDS OF ENCOURAGEMENT FOR BRINGING KIDS TO CHURCH:

Give your child a prayer rope and teach him/her to use it to say the Jesus prayer. Children should practice at home and may also bring their prayer rope to help them pray at church.

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

10383 Albion Rd, North Royalton, OH

March 20, 2022

Sunday of St Gregory Palamas

His Eminence Metropolitan JOSEPH
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 Mark Katzbach
Sub-Deacon Richard Sahley • Sub-Deacon George Simon
Reader Anthony Harmon

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Saturday Vespers 5:00 PM

Saturday Confessions 5:30 PM

Sunday Confessions 9:45 AM

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.

We use the Liturgy of St. Basil during Lent—Some of the prayers from sermon time on are different than usual. The changes are noted in the liturgy book. See elsewhere in bulletin for hymn changes.

THE HOLY BREAD OF OBLATION is offered by Al & Susan Blazek for the health & salvation of their goddaughter, Catherine Miller, on her 2nd birthday; and by the Scanlon family for the health & salvation of their daughter, Katy, on her birthday; and is offered by Rim Alsaifi for the health & salvation of her daughter, Nawal, on her 14th birthday; and by David & Rudylin Glaser for the health & salvation of David's grandmother, Pauline Hanna, on her 105th birthday; and by Maria Simescu for the health & salvation of her relatives and in beloved memory of all her departed family members.

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

Josephine Katzbach	Jean Caldaroni	Ruth Zheltov
Justin Mosier	Paraschiva Blaz	James Padzerski
Tony Burhen	Phyllis Simmons	Jan Kattouf
Lucy Kinkaid	Nancy Yanik	Barbara Ensley
Marc Balke	Dolores Kaleal	Photia Boukis
Christopher Samuel	William	Ron Hakaim
Peter George	Ron & Donna Teaman	Camille Patrick
Pauline Hanna	Jerry Morrision	Ralph Parker
Frank Popovich	Marianna Russyn	James Schwind
Issa Zaboura	Iliana Radivoj	Ben
Argie Katsaros	Lena Batina	Pamela Stephanoff
Archdeacon Joseph Harb	Danielle	Robert Homyak
Joseph Watson	Nolan Bunch	Michael Vovos

And for the newly departed servants of God: Rebekah McKlintok, Cindy Retzler, William Campbell, Jay Burns (Cindy George's uncle), Janice Bilski (Gail Malaniak's cousin), John Skinner (friend of Richard & Catherine Morton), Janice Timko (Tara Reidy's friend)

EPISTLE LESSON: Hebrews 1:10-2:3 **WOMEN'S MONTH EPISTLE READER:** Judy Yanik

GOSPEL LESSON: Mark 2:1-12 **HOMILY:** "What Is Your Personal Roof?"

WOMEN'S MONTH USHERS: Dima Kash & Jean Rafeedie

MARCH IS WOMEN'S MONTH IN THE ANTIOCHIAN ARCHDIOCESE. Our women are serving this month by reading the epistle lesson and ushering. A letter concerning Women's Month will be read at the end of the liturgy.

---**THE 40-DAY CHURCHING** will be done today for Jessica Karam and her son, Luca

---**CATECHUMEN BLESSING**---Lindsey Katsaros will receive the blessing today to become a

Catechumen in preparation to enter the Orthodox Faith at a later date.

SUNDAY SCHOOL AFTER LITURGY TODAY.

PLEASE STAY FOR COFFEETIME IN THE HALL RIGHT AFTER LITURGY

It is being hosted by Rim Alsaifi-----thank you!

His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

Great Lent, 2022

Beloved Clergy and Faithful of our Archdiocese,

Blessings to you and your families in the name of our great God and Savior, Jesus Christ!

As we enter Great Lent—this consecrated season of repentance—the Church summons us to focus even more intently on drawing near to God. She shows us proven paths of approach to Him: not just fasting and prayer but also sharing our material blessings with others. From the saints we learn that charitable giving is not just about helping our neighbor, but even more importantly, it is a means of approach to God. St. Paul encourages us, "Do not forget to do good and to share, for God is well pleased with such sacrifices" (Heb. 13:16), and he thus teaches us that charity is a form of holy sacrifice—an act of worship that shows our love for God and invites Him into our lives.

In the same vein, St. John Chrysostom describes philanthropy as a holy and priestly ministry, urging us to "put on the vestment of philanthropy, which is holier than the priestly clothing." He goes on to exhort us: "When you see a poor believer, think that you behold an altar; when you see a miserable beggar, do not just refrain from insulting him but even reverence him" (Homily 20 on Second Corinthians). His words remind us that people in need do us a service, by providing us a way to show God love and honor. For, as our Lord said, "As you did it to one of the least of these my brethren, you did it to me" (Matt. 25:40).

With this in mind, over the past 48 years our Archdiocese has encouraged you to give alms during Lent through *Food for Hungry People and Charitable Outreach*. Once again, we appeal to your generosity and your love of God, asking you to offer God a gift by putting food and other necessities into the hands of the poor. May your gift from the heart be received by God as a pleasing and holy sacrifice, and may He give you in return the joy of His presence.

With prayers that we all be granted strength for the holy struggle ahead and that we be found worthy to celebrate joyously the victory of our Crucified and Risen Lord, I remain,

Your Father in Christ,

+ **JOSEPH**

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

Join us for fellowship, friendship, and worship!




SAINT GEORGE
ANTIOCHIAN ORTHODOX CHURCH

Grand Rapids, Michigan
invites you to join us for the

2022 Parish Life Conference
June 15 to June 19, 2022

HOTEL NOW ACCEPTING RESERVATIONS!

 <https://group.embassysuites.com/jhuywp>
\$99—\$129 room rates!

Includes Complimentary Daily Breakfast & Evening Reception



EVENT WEBISTE IS LIVE!

www.antiochianevents.org

Please visit to register your "AD" in our Souvenir Journal
In Celebration of Bishop Anthony's 10 Years or In Memory of Fr. John Winfrey

Find us on Socials!

 #GRPLC2022

 St.georgegr

DIVINE LITURGY VARIABLES ON SUNDAY, MARCH 20, 2022

TONE 6 / EOTHINON 6; SECOND SUNDAY OF GREAT LENT

Commemoration of Gregory Palamas, archbishop of Thessalonica

The holy fathers slain at the monastery of Mar Sabbas; New-martyr Myron of Crete

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

RESURRECTIONAL APOLYTIKION IN TONE SIX (p. 14)

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, 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/ANNUNCIATION 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

Thou, O Lord, shalt keep us and shalt preserve us.

Save me, O Lord, for the godly man is no more!

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!"













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

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.

LENTEN CONFESSIONS

All Orthodox Christians should go to the sacrament of Confession during Lent or Holy Week. Confessions at St. Matthew's will be held at 5:45 p.m. most Saturdays (after 5 p.m. Vespers), during Sunday matins before the liturgy, or before or after the many other services. And it is possible to make an appointment for confession at other times. If you have questions about the sacrament, please feel free to contact Father Andrew

OUR JOURNEY TO PASCHA! 2022		
Created by Fr. Jonathan Benson (ACROD)		
SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 13th	 Publican and the Pharisee Epistle: 2 Timothy 3: 10-13 Gospel: Luke 18: 10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 20th	 The Prodigal Son Returns! Epistle: 1 Corinthians 6: 12-20 Gospel: Luke 15: 11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare FEBRUARY 27th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8: 9-12 Gospel: Matthew 25: 31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 6th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13: 11-14 Gospel: Matthew 6: 1-12	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 13th	 SUNDAY OF ORTHODOXY Epistle: Hebrews 11: 24-26, 32-12: 2 Gospel: John 1: 43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 20th	 ST GREGORY PALAMAS Epistle: Hebrews 1: 10-2: 3 Gospel: Mark 2: 1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 27th	 GENERATION OF THE HOLY CROSS Epistle: Hebrews 4: 14-5: 6 Gospel: Mark 8: 34-9: 1	Wear your cross to church and kiss the cross each morning with a bowl
4th Sunday of Lent APRIL 3rd	 ST JOHN of the LADDER Epistle: Hebrews 6: 13-20 Gospel: Mark 9: 17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 10th	 ST MARY of EGYPT Epistle: Hebrews 9: 11-14 Gospel: Mark 10: 32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY APRIL 17th GREAT WEEK BEGINS	 GREAT AND HOLY WEEK ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4: 4-9 Gospel: John 12: 1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 22nd	 GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 24th NO FASTING!	 BRIGHT WEEK HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1: 1-8 Gospel: Jan 1: 1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

THE AKATHIST SERVICE FOR THE HOLY THEOTOKOS

The Little Compline with the Akathist Hymn, commonly simply called "Akathist Service", was written in Constantinople in the 600's A.D. At that time the city was besieged by the non-Christian Avar barbarians. The people put their hope in the Protectress of the city, the Holy Theotokos. Through her prayers to God, the city was saved. This hymn of thanks to God and the Virgin was written and the people gathered to sing it. In joy, they stood for the whole service----thus, the name "Akathist", Greek for "not sitting." Antiochian practice is to have this beautiful service on the first five Friday nights of Lent. We will have it at 7pm with a black-fast potluck meal before hand at 6pm.

UPCOMING SERVICES

GREAT COMPLINE SERVICE---TUES, March 22, 6:30 p.m. (*Note switch from usual Monday night---due to movie about St. Nektarios being shown in area on Monday.*)

PRE-SANCTIFIED LITURGY---Wednesday, March 23, 6:30 p.m. Potluck meal right after.....

FEAST OF THE ANNUNCIATION IS THIS FRIDAY---Here is our schedule:

---Thursday, March 24: Vespers with Artoklasia, 6:30 p.m.

---Friday morning, March 25---Matins, 9 a.m.; Liturgy, 10 a.m.

---Friday evening---Potluck meal (fish okay for this holy day), 6 p.m. Meal coordinated by the Brotherhood; Vespers with 3rd Stasis of Akathist Hymn, 7 p.m.; Saints Alive class, 8 p.m. Cindy George will teach on St. Romanos the Melodist.

SAT, MAR 26- Vespers 5pm

SUN, MAR 27- Matins 8:50am, and Divine Liturgy, 10am; The Holy Bread of Oblation will be offered by the Scanlon family on the anniversary of their entrance into the Orthodox Faith; and by Anthony and Judy Yanik for the health & salvation of Paul on his 20th birthday and in memory of their son, Michael. The 3 year trisagion memorial service will be offered by Anthony & Judy Yanik in memory of their son, Michael Yanik.

MEETINGS

PATHWAYS TO PEACE---No meeting this week---will resume Mon, Mar 28. Meets on Mondays, 7:15 p.m., at church & by Zoom. "A gathering place for those who are broken from hurts, hangups, or habits. Join us as we renew our minds and encourage each other through the love of Christ." Call Dcn Basil, 440-665-3591, for zoom info. See flier in this bulletin.

SOUTH BIBLE STUDY--- Tues, Apr 5 at 6:30pm at Craig & Cindy George's, 9451 Sherwood Trl, Brecksville. Regularly meets the 1st & 3rd Tues of the month. The topic is the book of Ruth.

WEST BIBLE STUDY--- March meeting already held, April date to be announced. (Meets monthly at church after Vespers). We are studying the book, "The Wisdom of Sirach."

NORTH BIBLE STUDY--- Not meeting in March as host is not available. Studying the book of Isaiah.

St. John Chrysostom compares the church to a hospital... a place of healing.

Game and Experience

"Pathway to Peace"

A gathering place for those who are broken from hurt, hangups or habits.

Pathway to Peace is a group of Orthodox Christians that meets for support in seeking practical solutions for problems and healthy spiritual fellowship.

Join us as we renew our minds and encourage each other through the love of Christ.

Mondays, 7:15 PM

10383 Albion Rd. N Royalton

For more information, Deacon Basil williams2002@jabglobal.net or 440-665-3591

WOMEN'S PRAYER GROUP---April 15, 1pm. Meets monthly at Tara Reidy's, 274 Elmwood, Berea. For more info, call Sandy Tolbert, 440-773-9162.

HOMESCHOOL SUPPORT GROUP--- Friday, April 8, 9am

ADULT SUNDAY SCHOOL--- Sun, April 10 during coffeetime will be led by Craig George.

MINISTRY NEWS

ST. HERMAN'S MINISTRY TEAM--- OUR MARCH DATE TO PROVIDE, COOK, AND SERVE A MEAL TO THE POOR AT ST. HERMAN ORTHODOX HOMELESS SHELTER IS TODAY. We already have plenty of volunteers---thanks!

OUR PARISH'S MINISTRY OF DELIVERY OF FOOD, CLOTHING, ETC. TO THE HOMELESS ON THE STREETS OF CLEVELAND is today. Alms box to help fund this is on counter right by main hall entry door.

FOOD PANTRY- We are "in the middle" between Christmas and Holy Week deliveries and the pantry is well-stocked for now. Details on Holy Week donations and deliveries soon.....

ANOTHER MISSION TO HELP THE POOR is now scheduled for Sat, April 30---details soon.....

NEW MINISTRY BEGINNING AT ST. MATTHEW'S-St. Matthew Parish is now officially affiliated with OCLife, a "non-profit organization dedicated to equipping the Orthodox Christian community to strengthen its commitment to the sacredness of human life from conception to death, illuminating the Church's teaching on life issues through education and engagement." If you would like to get involved in this new ministry, please contact Lisa Palivoda at LDPAL1703@outlook.com or Cindy George at cindygeorge127@gmail.com.

OTHER ANNOUNCEMENTS

HOME ALMS BOXES---now available in the breezeway

Giving to the poor is one of the main Lenten spiritual disciplines. Please take home an alms box. Fill it with money during the Lenten Fast as you should be saving some money from your grocery budget. Then bring it back to church at Pascha---the monies will be distributed by our archdiocese to the poor around the world.

FLOWERS FOR THE SUNDAY OF THE ADORATION OF THE CROSS CEREMONY, MARCH 27---If you would like to donate for them, please see Subdeacon Richard Sahley today or call him at 440-457-7089/216-513-9738.

COFFETIME HOSTS NEEDED---sign up in the hall by the bulletin board!

HOLY BREAD OBLATIONS SIGN-UP for 2022 is in the hall to the right of the sink area. Please sign up for what Sundays you wish to offer an oblation.

DONATE BY TEXT- You can now donate to St. Matthew's via text message. It's secure, quick, and free to sign up and takes seconds to make a donation. Send a text message to 440-390-4330 to get started. Reach out to Al Blazek (440-799-2487 by text or phone) if you'd like help or further info.

VACUUMING VOLUNTEER SIGN-UP SHEET is on a little table in the narthex.

What volunteers do is, either after Sun liturgy or later Sun or Mon, is vacuum the church-----nave & narthex entry area. Also, they clean up any stray bulletins or other papers left behind. It is fine for two people to do it together (we have enough vacuum cleaners). They do not do any cleaning in the hall, kitchen, rooms, etc. Please consider signing up to do it one week.

SEEKING WORK---Catechumen Michael Palmer is seeking work. He has 15 years experience in customer service, most recently as a health screener at Cleveland Clinic. He is seeking a job of 20-25 hrs/week in Berea/Middleburg Heights area. If you know of anything, please call him---216-212-7436. **SAVE THE DATE!** On Saturday, May 28 and Sunday, May 29 St. Matthew's will be holding the inaugural (God willing!) Traditional Orthodox Family Camp Out. ALL ARE WELCOME! Families, singles, old and young, new parishioners and founders and everyone in between. Come and go during the day, but for the full experience bring your tent and camp out for the night! The full agenda is forthcoming, but expect good old-fashioned camp fun – sack races, softball, egg tosses, water balloons and more – combined with Orthodox talks and services – that will end with a pizza meal after Divine Liturgy on Sunday. Enjoy our beautiful Church property while spending time together in Christ as a Church family. Cost? FREE! There will be a freewill offering, but only if you feel led by the Lord to give. Either way, we want YOU to be there!

STILL FAR AWAY BUT LENT GOES FAST, SO: HOLY WEEK DONATIONS NEEDED

Needed: Lilies, carnations, palms, congregational candles, olive oil, eggs, large Paschal candles, etc. Contact Subdeacon Richard Sahley---216-513-9738/440-457-7089

CLASS ON "PRAYER IN OUR LIVES" BEGINNING IN APRIL

Father Andrew Harmon, pastor of St. Matthew Orthodox Church in North Royalton, will be teaching a 6-session course about prayer, entitled "Prayer In Our Lives", this spring through the Baldwin-Wallace Institute For Learning in Retirement program. The 6 classes will be on Mondays, April 4-May 9, from 2:40-4 p.m. They will be held in either Berea or Middleburg Heights---the location will be definite by the time registration is under way.

There are no age requirements. A person has to join the ILR (annual membership fee of \$20) in order to take a course, which costs an additional \$15. Registration begins on March 14 by computer only at ilrbw.org One can join ILR and register for a class at the same time. The deadline is March 27. For any help on registering, go to ilrhelpdesk@bwu@gmail.com

Here is ILR's description of the course---**PRAYER IN OUR LIVES---**

This class, taught by an Orthodox Christian priest, will look at different types of prayer and at the mystery of how prayer works. And why sometimes it does not seem to work....

Some of the types of prayer that will be looked at are: praying for others, praying for ourselves, having a disciplined time of daily prayer, praying through the day, and striving towards unceasing prayer (especially by use of the ancient Jesus Prayer). Class members (and their insights) from all religious traditions---or none at all---are welcome.

His Eminence Metropolitan JOSEPH's statement regarding the situation in Ukraine Feb 25, 2022. "As Orthodox Christians, we oppose any type of violence or injustice throughout the world. Rather, we call upon Almighty God to send us His heavenly peace and bring us together to resolve our disputes through fair and open discussions. I join with all the clergy and faithful of this God-protected Archdiocese to pray fervently for the immediate end of hostilities, and for the health and safety of His Beatitude Metropolitan Onufriy, the Ukrainian Orthodox Church and the Ukrainian people in these difficult times.

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 money on food in order to give more to the poor, etc.

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 7 through April 15. During Lent, we give up meat and animal foods (such as eggs, dairy, and fish) and wine and olive oil. Shellfish are eaten. On Annunciation Day, March 25, wine, oil, and fish are consumed. And wine and olive oil are used on all Saturdays and Sundays in Lent. During Holy Week, April 16-23, 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, April 22&23, are to be observed as especially strict fast days, with as little eating and 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 gradually "tighten up" year by year. However, we should also 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, and 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 any one else's business. We should only be concerned with our own fasting, not judging others for what they 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 during Lent as a church family, we should abide by the Church's Lenten fast---so we should keep any parish meals or coffeetimes during Lent "black fast".***

THE PRE-SANCTIFIED LITURGY

Canon law does not permit celebration of the liturgy on weekdays during Lent due to the solemnity of those days and the joyous nature of the liturgy. However, due to increased spiritual struggle in Lent, Holy Communion is needed! Therefore, our Orthodox Tradition allows the receiving of Communion from the reserved Host (from Sunday) on Wednesdays and Fridays in Lent, and occasional holy days. The most common Antiochian practice is to have it on Wednesday nights only due to our having the Akathist services on Fridays. This ornate and solemn service is one of the most beautiful of all. We will have it at 6:30 p.m. No Pre-Sanctified service on March 24 because that night there will be Vespers leading up to Annunciation Liturgy the next morning. In order to receive Holy Communion, the minimal preparation is to fast after a light lunch if one is not able to fast from after breakfast or for the entire day.