



LET US BEGIN THE FAST WITH JOY!

SUNDAY, MARCH 1ST

FORGIVENESS SUNDAY

- 8:40a.m. Hours
- 9:00a.m. Divine Liturgy
Rite of Forgiveness
Coffee Hour
- 7:00p.m. Vespers (*1st Lenten Serv.*)

MONDAY, MARCH 2ND

- 7:00p.m. Canon of St. Andrew

TUESDAY, MARCH 3RD

- 7:00p.m. Canon of St. Andrew

WEDNESDAY, MARCH 4TH

- 7:00p.m. Canon of St. Andrew

THURSDAY, MARCH 5TH

- 7:00p.m. Canon of St. Andrew

FRIDAY, MARCH 6TH

- 7:00p.m. Memorial Service w/
Blessing of Wheat

SATURDAY, MARCH 7TH

- 6:00p.m. Great Vespers

SUNDAY, MARCH 8TH

SUNDAY OF ORTHODOXY

- 8:40a.m. Hours
- 9:00a.m. Divine Liturgy
Installation of Council
Coffee Hour
Parish Council Meeting

CHRIST THE SAVIOR ORTHODOX CHURCH

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BULLETIN OF MARCH 1, 2009

Please Remember in Prayer

Carole Boris, Kathy Parrish, Diane Evanusa, Bill Parrish, Marie, Gail, Raymond, Thomas, Judith Kocinski, Jane Koshutko, Robert Evanusa, Nicholas & Linda, Yvonne, Katherine, Michael, Gregory, Todd & Olga Leisure, Nina Gordon, Fr. Christian, Constantina & Christos. If you have a request, let Fr. John know.

The Rite of Forgiveness

Today we will ask each other's forgiveness following the Divine Liturgy. This Rite of Forgiveness is not without meaning – in fact it is one of the most important acts of Great Lent, as the Christian is one who forgives and is forgiven. Let us take the opportunity before us to sincerely ask one another's forgiveness for whatever offenses we may have caused each other. And, likewise, let us whole-heartedly forgive those who may have offended us, offering to them the same forgiveness which we hope to receive from God Himself. Without such forgiveness we cannot truly be united to God or each other.



The Great Fast

begins tonight with the first Lenten Vespers at 7:00pm. As we know, from this service until Pascha we are called to much more than simply a change in diet – we are called to a change in lifestyle. And it is this change of lifestyle which allows us to more fully experience Christ's resurrection within us. However, Great Lent is not just a personal journey to newness of life – it is a journey that the people of God make together. This is why we not only limit our personal activities and entertainments so we can increase our prayer, fasting, and almsgiving but we also come together more frequently as a community, taking advantage of the extra services and educational opportunities afforded to us. In this way we receive strength for the struggle, not only from the Lord but also from each other. As your priest and fellow struggler, I ask you to make that extra effort to participate in the Lenten services, if not for your own benefit then at least to help your brothers and sisters in Christ.



Congratulations!

to Michael and Katherine Cook on the birth of their new baby boy, Constantine Michael, who was born on Wednesday, February 25, weighing in at 9.0 lbs. May the Lord grant them all many blessed years!

Choir Practice

There will be a short choir practice following the Liturgy today. All choir members are asked to please stay. The choir will be going over some of the special music for Lent. If you are interested in joining the choir, please come!



READER SCHEDULE

Sunday, March 8th

Jen Alexion

Sunday, March 15th

Sandy St. Germain



The 2009 Parish Council

will be installed on Sunday, March 8th. Parish Council Members are reminded to prayerfully review the Oath of Office (available in the back of the church) and make a good Confession before receiving the blessing to serve. If you have any questions, please see Fr. John.

The Next Parish Council Meeting

will be on March 8th following the installation of the new Council. All members of the parish are welcome to attend but voting privileges are reserved for those who have been blessed to take office.



The Canon of Saint Andrew of Crete

is one of the most beautiful and powerful services of the Lenten season, and will be served Monday through Thursday this week at 7:00pm. In this service, only about 50 minutes long, St. Andrew wonderfully weaves our own personal story of sinfulness and restoration in Christ with the accounts of the sinful and righteous of the Old and New Testaments, giving us greater awareness of not only the history of salvation for the people of God, but also greater insight into how we must participate in the writing of our own personal salvation history. This is one of the most important services of Great Lent.

Did You Know?

Geese fly in the V-formation because when each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in the V-formation, the whole flock can fly at least 71% further than if each bird flew on its own. Christians who share a common direction and sense of community can also get where they are going quicker and easier because they are traveling on the thrust and uplift of one another. What a great image for Great Lent!



Green Tips

When grocery shopping, consider bringing re-usable cloth tote bags. Get away from plastic that doesn't biodegrade. Also, buy a reusable water bottle, instead of plastic ones that stay forever in landfills.



Reading Group

The next Reading Group will meet on Monday, March 16th at 7pm at the church. The text is "The Way into the Kingdom of Heaven" by St. Innocent of Alaska and is available for pickup at the candle stand. All are encouraged to pickup the reading, even if you cannot make the discussion group.

2009 Directory Corrections:

Romanos and Genevieve Barbarita
503 Canning House Row
Milton, DE 19968
302-354-6810

Fr. Christian Lesinsky
302-231-2046

ABOUT SAINT EPHREM'S PRAYER

The famous lenten prayer of Saint Ephrem the Syrian summarizes our entire struggle during the forty day fast – that of turning from vice to virtue, sin to holiness, and self-love to love of God and neighbor.

This powerful prayer is said every day of Great Lent, except on Saturdays and Sundays. It should be part of our morning and evening prayers, but may also be said at any other time throughout the day – especially in time of temptation.



THE PRAYER OF SAINT EPHREM

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power, and idle talk. (Prostration)

But grant rather the spirit of chastity, humility, patience, and love to thy servant. (Prostration)

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother; for blessed art Thou unto the ages of ages. Amen. (Prostration)

O God, cleanse Thou me a sinner. (12 times, with as many bows, and then again the whole prayer from the beginning to end, and after that one great prostration)

Note: If one cannot make prostrations, then make bows, or simply the sign of the Cross.

London, February 18, Interfax – Head of the Moscow Patriarchate Sourozh Diocese (Great Britain) Bishop Yelisey expressed his concerns with the London “No God” bus campaign.

“Atheistic propaganda in London is especially painful for us, members of the Russian Orthodox Church. We have a unique experience of life in atheistic state and we can prove that true atheism is not as joyful as they try to present it,” the Bishop told Interfax-Religion on Wednesday. Thus, Bishop Yelisey reacted on the recent ad action of the British Humanist Association, which launched several dozens buses running on the streets of London with the slogan “There’s probably no God. Now stop worrying and enjoy your life.”

According to the interviewee of the agency, “the appeal “to enjoy your life” without God is unattainable as existence without supreme truth and justice inevitably lead to losing moral orientation and the very meaning of life.” He also backed up the “contra-campaign” unfolded by the Russian Hour TV. Twenty-five buses with depictions of the Holy Trinity St. Sergius Laura, cupolas of Russian Churches and slogan “There IS a God, BELIEVE. Don’t worry and enjoy your life.” will appear on London streets on March 1.

Activists of the Christian Party, who run for the European Parliament, backed up the Orthodox initiative. They made posters, also to be placed on London buses. They read, “There definitely is a God. So join the Christian Party and enjoy your life.”

YOU CAN GO HOME AGAIN

How can I find God? Many times this questions is asked. But it is a wrong question. For God is not lost, so He need not be found. It is we who are lost; it is we who have so often wandered away from our true home. Throughout the entire Bible from the law and the prophets of the Old Testament to the sending of His Beloved Son in the New Testament, we get a picture of a loving Heavenly Father seeking and calling His children to come home.

With warnings, invitations, promises and offering of His Only-begotten Son, has the call of God gone throughout the world. He has spoken to us in words and gracious deeds and by the Holy Spirit in our consciences. Yet over and over again has that generous invitation been refused. A life of carelessness, indifference, worldliness and idolatrous attachment to things of time and sense has impeded the path of our full return home.

The call of Great Lent is a call to return home as did the prodigal. It is a call to fear the Lord, to love Him, to serve Him, to glorify Him, to rejoice in Him. So much has been done for us, especially that great sacrifice of Christ upon the Cross for the sake of our salvation, to bring us home. God has endless blessings to bestow upon us if we open our hearts to Him. “How shall we escape if we neglect so great a salvation?” (Hebrews 2:3) - By Fr. Nicholas Gobora

THE TOP 10 LENTEN TIPS

1. Regardless of how you fast, fast every single day. This type of fasting helps wear down the passions and build spiritual endurance.
2. Know exactly what the fasting regulations are and try to approximate them as best you can. Each Lent, try to be more exact in fasting.
3. Particular concerns about fasting? Age, health issues, never fasted before, mixed-marriages? Speak with your priest.
4. Be sure to recite the lenten prayer of Saint Ephraim. If you cannot make prostrations just make bows or cross yourself.
5. On weekends, we do not make prostrations and our fasting is slightly relaxed.
6. The lenten services and tones are offered only during the week – strive to participate as much as possible in these services and the spirit of lent will rub off on you.
7. Sports and outdoor activities are not contrary to the Lenten spirit.
8. Strive to avoid going to movies, parties, vacations, and other entertainments. This we do so we can have more time to devote to spiritual things.
9. Confession and Holy Communion are central to securing the benefits of Lent. Without fail, we should receive the Sacraments during the period of Great Lent.
10. Be mindful of what we look at and how much time we spend on TV and computer. Some give up TV for all of Lent. Others strictly limit their time and watch only educational and news programs. Surfing on the web? Hit the theological sites.





AN INTRODUCTION TO GREAT LENT

Excerpts from Fr Alexander Schmemmann's *Great Lent*



When a man leaves on a journey, he must know where he is going. Thus with Lent. Above all, Lent is a spiritual journey and its destination is Easter, "the Feast of Feasts." It is the preparation for the "fulfillment of Pascha, the true Revelation." We must begin, therefore, by trying to understand this connection between Lent and Easter, for it reveals something very essential, very crucial about our Christian faith and life.

Is it necessary to explain that Easter is much more than one of the feasts, more than a yearly commemoration of a past event? Anyone who has, be it only once, taken part in that night which is "brighter than the day," who has tasted of that unique joy, knows it. [...] On Easter we celebrate Christ's Resurrection as something that happened and still happens to us. For each one of us received the gift of that new life



and the power to accept it and live by it. It is a gift which radically alters our attitude toward everything in this world, including death. It makes it possible for us to joyfully affirm: "Death is no more!" Oh, death is still there, to be sure, and we still face it and someday it will come and take us. But it is our whole faith that by His own death Christ changed the very nature of death, made it a passage — a "passover," a "Pascha" — into the Kingdom of God, transforming the tragedy of tragedies into the ultimate victory. [...]

Such is that faith of the Church, affirmed and made evident by her countless Saints. Is it not our daily experience, however, that this faith is very seldom ours, that all the time we lose and betray the "new life" which we received as a gift, and that in fact we live as if Christ did not rise from the dead, as if that unique event had no meaning whatsoever for us? [...] We simply forget all this — so busy are we, so immersed in our daily preoccupations — and because we forget, we fail. And through this forgetfulness, failure, and sin, our life becomes "old" again — petty, dark, and ultimately meaningless — a meaningless journey toward a meaningless end. [...] We may from time to time acknowledge and confess our various "sins," yet we cease to refer our life to that new life which Christ revealed

and gave to us. Indeed, we live as if He never came. This is the only real sin, the sin of all sins, the bottomless sadness and tragedy of our nominal Christianity.

If we realize this, then we may understand what Easter is and why it needs and presupposes Lent. For we may then understand that the liturgical traditions of the Church, all its cycles and services, exist, first of all, in order to help us recover the vision and the taste of that new life which we so easily lose and betray, so that we may repent and return to it. [...] And yet the "old" life, that of sin and pettiness, is not easily overcome and changed. The Gospel expects and requires from man an effort of which, in his present state, he is virtually incapable. [...] This is where Great Lent comes in. This is the help extended to us by the Church, the school of repentance which alone will make it possible to receive Easter not as mere permission to eat, to drink, and to relax, but indeed as the end of the "old" in us, as our entrance into the "new." [...] For each year Lent and Easter are, once again, the rediscovery and the recovery by us of what we were made through our own baptismal death and resurrection.

A journey, a pilgrimage! Yet, as we begin it, as we make the first step into the "bright sadness" of Lent, we see — far, far away — the destination. It is the joy of Easter, it is the entrance into the glory of the Kingdom. And it is this vision, the foretaste of Easter, that makes Lent's sadness bright and our lenten effort a "spiritual spring." The night may be dark and long, but all along the way a mysterious and radiant dawn seems to shine on the horizon. "Do not deprive us of our expectation, O Lover of man!"

MARCH CONGRATULATIONS!

Birthdays:

3/5	Mat. Emily Parsells
3/6	John Jenkins
3/8	Monica Stoicovy
3/21	Fr. John Parsells
3/24	Mat. Dunia Hubiak

Namesdays:

3/1	St. Evdokia
	Mat. Dunia Hubiak
	Karen Nichols

If your name is not on this list and it should be, please see Fr. John, as soon as possible!