



LET US BEGIN THE FAST WITH JOY!

**SUNDAY, FEBRUARY 14<sup>TH</sup>**

**FORGIVENESS SUNDAY**

**Cheese-Fare Sunday**

- 8:40a.m. Hours
- 9:00a.m. Divine Liturgy  
Rite of Forgiveness  
Coffee Hour
- 7:00p.m. **1<sup>st</sup> Lenten Service**  
**Forgiveness Vespers**

**MONDAY, FEBRUARY 15<sup>TH</sup>**

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

**TUESDAY, FEBRUARY 16<sup>TH</sup>**

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

**WEDNESDAY, FEBRUARY 17<sup>TH</sup>**

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

**THURSDAY, FEBRUARY 18<sup>TH</sup>**

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

**FRIDAY, FEBRUARY 19<sup>TH</sup>**

- 7:00p.m. Pre-Sanctified Liturgy  
Potluck Lenten Meal

**SATURDAY, FEBRUARY 20<sup>TH</sup>**

- 9:00a.m. Memorial
- 5:00p.m. Orthodoxy 101
- 6:00p.m. Great Vespers

**SUNDAY, FEBRUARY 21<sup>ST</sup>**

**SUNDAY OF ORTHODOXY**

- 8:40a.m. Hours
- 9:00a.m. Divine Liturgy  
Coffee Hour

**CHRIST THE SAVIOR ORTHODOX CHURCH**

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orthodoxdelmarva.org / frjohn@orthodoxdelmarva.org

**BULLETIN OF FEBRUARY 14, 2010**

**Please Remember in Prayer**

Gabriela Jones, Connie Mitsopolous, Anna Varone, Jerrie Rife, Michelle Wilson, Bill & Kathy Parrish, Carole Boris (newly-departed), Archpriest Michael, Monk Christian, Nadia, Marie, Thomas, Judith Kocinski, Jane Koshutko, Robert Evanusa, Nicholas & Linda, Nicholas, Anna, Steven, Yvonne, Katherine, Michael, Gregory, Todd & Olga Leisure, Nina Gordon, Constantina & Christos, Mirela & Chris, Jaroslav, Troy Paul Duker, Frank & Mary Miranda, Kathy T. Requests? 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.



**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.

**Questions Regarding Keeping the Fast?**

If you have any questions about fasting this Great Lent, for the Pre-Sanctified Liturgy, or health concerns, or perhaps something else that is on your mind, please consider talking to your priest.

**Choir Practice**

will be held today and next Sunday (2/14 & 2/21) to review music for Great Lent. Everyone is welcome to stay for the practices!

**February Congratulations!**

According to our directory, in the month of February the only one celebrating a birthday, namesday, or anniversary is Lois Hamaty whose birthday is February 20<sup>th</sup>. If your name should be on this list, please let Fr. John know and Lois' monopoly will come to an end. Just kidding, Lois – May the Lord grant you many blessed years!

**READER SCHEDULE**

**Sunday, Feb. 21<sup>st</sup>**

Kathy Parrish

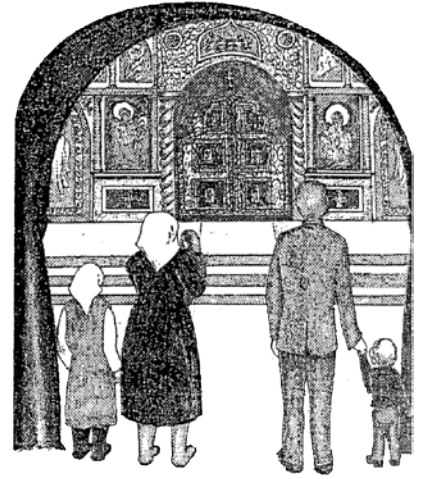
**Sunday, Feb. 28<sup>th</sup>**

Gabriela Jones



## 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 strict yet humble.
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.



### THE LENTEN PRAYER OF SAINT EPHRAIM

**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)**

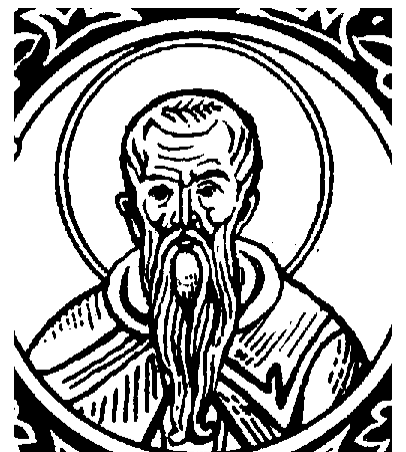
**Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother; for blessed art Thou unto the ages of ages. Amen. (Prostration)**

**O God, cleanse me a sinner. (12 x's, 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 the sign of the Cross.*

### THE CANON OF SAINT ANDREW OF CRETE

One of the most beautiful and powerful services of the Lenten season is the Canon of St. Andrew of Crete, served Monday through Thursday during the first week of the Great Fast, called Clean Week. In this Canon, 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 men and women 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. If you have never attended the Canon of St. Andrew in the past, then start attending it now.





**Disclaimer No. 1 – If you are experiencing financial hardship or are on a fixed retirement income, please disregard this commentary.**

**Disclaimer No. 2 – If you are tithing 2 percent to 10 percent of your income to your church, please disregard this commentary with the thanks and gratitude you deserve.**

In 1979 the Pittsburgh Steelers beat the Dallas Cowboys to win their third Super Bowl, and the Pittsburgh Pirates defeated the Baltimore Orioles in a seven game World Series classic - with Sister Sledge's "We Are Family" as their theme song. Ronald Reagan had not been inaugurated yet, and disco music was nearing its end. Most Greek Orthodox parishes in America were still on a "dues" system with \$350 a year being typical.

During the last 30 years, a cup of coffee has gone from 35 cents to over a dollar, a \$13,000 family sedan now cost \$28,000, an \$80,000 home now costs \$300,000, college tuition and health insurance expenses have quadrupled, and \$350 is now worth \$1,180. If your parish is not averaging \$1,200 per unit, "stewardship" has failed.

After thousands of meetings, mailings, seminars, workshops, campaigns, gimmicks, sermons and platitudes, we haven't even kept up with inflation.

Instead of "stepping up" or "coming through" with no minimum requirement, most parishioners have marginalized the church. Donations are flat, attendance is down, and the number of Orthodox Christians in America has declined.

In October of 2000, during the presidential debates, candidate Al Gore quoted scripture by saying "Where your heart is, there is your treasure also." He got it backward. Matthew 6:21 reads "Where your treasure is, there will your heart be also." Our hearts are not in the church because

they are in our cars, homes, I-phones, laptops, video games, jewelry, golf clubs, manicures, wardrobes, shoes, Starbucks, bottled water and 72-inch television screens. That is what we are pouring our money into, so that is where our hearts are.

Since our treasurers are not in the church, we then have the nerve to tell the church how to raise funds, and claim that we don't have to go to church to be spiritual. There are few things more laughable than the theologically ignorant instructing the church on its mission, and excusing themselves from worship.

While it is correct to assert that one does not have to go to church to be a good person, the world needs more than just good people; the world needs holy people. One cannot become holy on one's own. To be spiritual without a community of faith is to worship in the cathedral of the ego. That is no way to transfigure oneself, let alone change the world.

Worshipping and tithing are not optional, they are essential in saving us from ourselves; freeing us from self-righteousness, judgment and materialism. Let's face it – we have taken advantage of the notion of "free-will offering" and have diminished the church. We need to get back to requirements.

Effective immediately, go to church every Sunday, and don't be late. When you go, save your dollar bills for the junk food machines, and place a more respectable denomination in the tray.

Tithe 2 percent to 10 percent, and don't be so concerned about the things you can't take with you when you graduate this life.

Invest in your faith, and give your heart a chance to overflow with all that is good.

*By Fr. Artemis Artemas, pastor of Sts. Peter and Paul Church in Glenview, Ill.*



**GUIDELINES FOR PRAYERFUL CONSIDERATION**

- ❖ Giving in proportion to what God has done for each of us: Luke 12:48.
- ❖ Giving regularly (weekly, monthly), as encouraged in 1 Corinthians 16:2.
- ❖ Giving "first fruits" (or the promised amount) first: Nehemiah 10:35.
- ❖ Giving sacrificially: 1 Chronicles 21:24.
- ❖ Giving cheerfully and joyfully: 2 Corinthians 9:8.
- ❖ Giving to care for the needs of others: Galatians 6:10.
- ❖ Giving likens us to God: John 3:16.