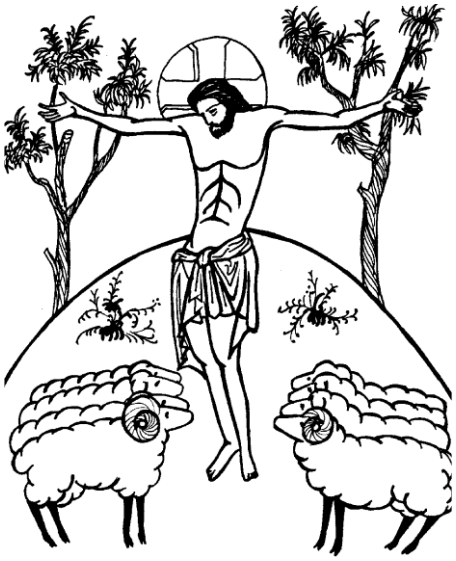

CHRIST THE SAVIOR ORTHODOX CHURCH

10315 Carey Road; Berlin, MD 21811
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frjohn@orthodoxdelmarva.org

BULLETIN OF FEBRUARY 19, 2017

A Warm Welcome!
We welcome all of our visitors. It's good to have you with us!

What is Cheese-week?
During the week before Great Lent, called Cheese-week, though we aren't partaking of meat anymore, dairy products are permitted on every day, including Wednesday and Friday. This week is meant to help transition us into the season of the Great Fast. Questions? Health concerns? Please ask Fr. John.

The Rite of Forgiveness – Sunday, February 26th
The day before entering the Great Fast is called Forgiveness Sunday, for on this day we ask each other's forgiveness, remembering that there can be no true fast, no genuine repentance, no reconciliation with God, unless we are at the same time reconciled with one another. Don't miss it!

Sunday of Orthodoxy – Sunday, March 5th

This year's celebration on the Sunday of Orthodoxy will be held here at Christ the Savior Mission. The Vespers will start at 1:30pm and will be followed by a Lenten meal. Joining us will be clergy and faithful from the other local Orthodox churches. Interested in preparing food for the meal? Please see Ellen Kaloroumakis. Thank you!

Spiritual Reading

is an important way for Christians to grow in their relationship with God. This is because the more we come to understand our Faith the better we can live it. What spiritual book are you currently reading? Want a recommendation, just ask Fr. John.

Memorial Saturdays
On Saturdays during the Great Fast we remember those who have departed this life before us in the hope of the resurrection to eternal life. Memorial services will be offered during which the names of our departed family members and friends are commemorated. If you have not yet submitted a list for commemoration, please see Fr. John.

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.

SUNDAY, FEBRUARY 19TH
Sunday of Last Judgment
8:40a.m. Hours
9:00a.m. Div. Liturgy
Coffee Hour

SATURDAY, FEBRUARY 25TH
5:00p.m. Bible Study
6:00p.m. Great Vespers

SUNDAY, FEBRUARY 26TH
Forgiveness Sunday
8:40a.m. Hours
9:00a.m. Div. Liturgy
Rite of Forgiveness
Coffee Hour
7:00p.m. *Vespers: Start of Lent*

Looking Ahead:

- Feb. 19th – Meat-fare Sunday
- Feb. 26th – Cheese-fare Sunday
- Feb. 27th – Great Lent Begins
- Feb. 27-Mar. 4th – Clean Week
- Mar. 5th – Sun. of Orthodoxy

READER SCHEDULE

Sunday, Feb. 26th
Megan Borodulia
Sunday, Mar. 5th
George Kaloroumakis

CASH FLOWS THROUGH 1/31/17					CASH FLOWS IN FEBRUARY 2017					FINANCIAL SNAPSHOT		
OPERATING		OTHER		ALL	OPERATING		OTHER		ALL	AS OF: 2/19		
Income	*Expense*	*Income*	*Expense*	*Net*	*Income*	*Expense*	*Income*	*Expense*	*Net*	*Available*	*Restricted*	*Savings*
7,482	8,222	943	500	-297	2,571	8,222	175	0	-5,476	2,608	4,900	0

General Rules of Fasting for the Great and Holy Lent

Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat.
Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from every passion.

The Orthodox idea of fasting is first of all that of an ascetical effort. It is the effort to subdue the physical, the fleshly man to the spiritual one, the "natural" to the "supernatural." Limitations in food are instrumental; they are not ends in themselves. Fasting thus is but a means of reaching a spiritual goal and, therefore, an integral part of a wide spiritual effort. Fasting, in the Orthodox understanding, includes more than abstinence from certain types of food. It implies prayer, silence, an internal disposition of mind, an attempt to be charitable, kind, and-in one word-spiritual. "Brethren, while fasting bodily, let us also fast spiritually..."

And because of this the Orthodox doctrine of fasting excludes the evaluation of fasting in terms of a "maximum" or "minimum." Everyone must find his or her maximum, weigh his or her conscience and find in it his or her "pattern of fasting." But this pattern must necessarily include the spiritual as well as the "bodily" elements. The Typikon and the canons of the Church give the description of an ideal fast: no meat, no dairy products, and total abstinence on certain days. "He that is able to receive it, let him receive it" (Matthew 19:12). But whatever is our measure - our fasting must be a total effort of our total being.

Keeping this in mind we should fast in order to achieve the goal of prayer, repentance, and forgiveness. To fast means abstaining not only from certain foods, but most importantly from passions, bad habits, overindulgence, rudeness and selfishness. It means also that we should abstain from everything that might take the focus of our life away from the spiritual effort. Among these things are every kind of entertainment, such as going to the movies, watching TV or going on spring vacations. For married couples it will also imply abstaining from intimacy.

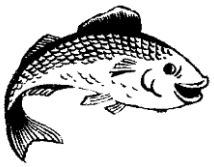
The fundamental meaning of the fasting effort is to discover the true values of our life, to discover that we live not for our own sake but in the context of our relationship with each other and with the living God. So we fast not in terms of our individual piety but by linking our life with that of the Church. In essence, fasting is an exercise in being faithful: to each other in observing the same rules and sharing in the same hardship, and to our Lord Himself Who has given us fasting as a school of love.

By Protopresbyter Alexander Schmemann

Meat is not permitted on any day.

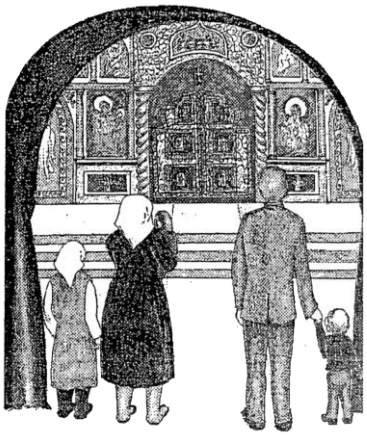
Dairy is not permitted on any day.

Wine and oil are permitted on weekends, and on a few other days (see your wall calendar)



Fish is permitted only on the Annunciation (March 25th) and on Palm Sunday.

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 (see below). 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 since Saturday and Sunday are holy days.
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 the TV, computer and smartphone. Some give these up for all of Lent, while others strictly limit their time. Try less Facebook and more "face in book"; reading the Holy Scriptures and other spiritual texts. Ask your priest for suggestions.

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*)

Yes, 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. (*12x's, with as many bows, and then again the whole prayer from the beginning to end, and after that one great prostration*)

Notes: 1) If one cannot make prostrations, then make bows, or the sign of the Cross. 2) This prayer is not done on Saturdays and Sundays.

Suggested Reading: The Lenten Spring
By Fr. Thomas Hopko

The Church welcomes the Lenten spring with a spirit of exultation...with the enthusiasm of a child... The tone of the church services is one of brightness and light. Thus the author begins the first of forty meditations on Great Lent, casting out the gloom and darkness with which many Christians approach this holy season and revealing, in a simple, clear and beautiful manner, its true meaning.

All Christians who undertake the yearly journey to the blessed Pascha of our Lord will find inspiration and guidance in these meditations. All can enjoy reading and rereading them and share in the profound thoughts of the author as they make their own spiritual way through this holy season.

Christ the Savior Orthodox Church
10315 Carey Road
Berlin, Maryland 21811

Dear Father John and members of the Parish Council,

Christ is among us!

Please accept my most sincere gratitude for your kindness, attention and help to me and my wife. The Spirit of God is truly at work in Christ the Savior Mission, not because of your attitude towards us, but, and more importantly, your attitude towards each other and your welcoming spirit to visitors and newcomers.

I thank God that you are instilling this same kind of Christian spirit and attitude in your children and I treasure the photo of me and Matushka Dunia surrounded by the parish children in marking my ninetieth birthday.

I thank God for all who expressed their greetings, contributed to the festive meal and presented monetary gifts.

In my humble prayers, I commend all of you to our Lord's loving care.

With love in Christ,

Daniel Hubiak

Daniel Hubiak, Protoprebyter