

St Nicholas Parish Bulletin – March 2012

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Announcements

Verse: Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? – Isaiah 55:2.

Гръцки: Βεκζίω цѣннѣтѣ сребрѣ не вѣ хлѣбѣ, ѡ трѣдѣ вѣши не вѣ сытѣостѣ; – **Исаїа, Гл̄ ѡѢ, ст̄ Ѣ.**

Стихъ: Для чего вамъ отвѣшивать серебро за то, что не хлѣбъ, и трудовое свое за то, что не насыщаетъ? – *Исаїа 55:2.*

Commentary: As we enter Great Lent, let us consider the purpose and meaning of our lives as Orthodox Christians. We live for and in Christ. During Lent we set aside all the vanities of this earthly world and all things that hinder us from the life of the Kingdom of God and labor for the true bread which alone satisfies us, which is Christ Himself.

This Bulletin

Sponsor the Bulletin: If you wish to sponsor any future issues in whole or in part, please contact our treasurer, Anastasia Milligan or ask at the Candle Desk. You may donate in memory of a departed relative, or for some milestone, a birthday, anniversary or other celebration. The cost of the Bulletin is approximately \$125.

The Bulletin by Email: It costs about \$1.25 each to produce copies of the Bulletin. Please consider receiving the Bulletin by email, which costs nothing. If you wish to change to email, please contact glardas@cs.com. We also invite our readers to support this Bulletin by donations. **Do you wish to be taken off our mailing list?** Please contact us and we will remove your name from our monthly bulletin mailing.

General Parish Meeting

The Annual General Parish Meeting was held after the Divine Liturgy on Sunday 19 February at which elections for Parish Council were held. The Parish Council now consists of the following: **Rector** (ex officio) V Rev George Lardas; **Stavrosta/President**, Leopold (Dexter) Peavy III; **Vice President**, Katherine Kendall-Callaghan; **Recording Secretary**, Victoria Licamele; **Corresponding Secretary**, Maria Peavy; **Treasurer**, Anastasia Milligan; **Assistant Treasurer**, Gregory Kendall; **Trustees**, Sonya DeBiase and Walter Wolog (continuing their 2-year term), Ann Sharog and Dr Evan Tilley; **Auditors**, Pavel Shurba, Galina Rakov, and Elena Curran; **Brotherhood President** (elected by the Brotherhood), Martin Hudobenko; and **Sisterhood President** (elected by the Sisterhood), Joan Hudobenko.

Inauguration: The inauguration of the Parish Officers will take place on Sunday 5 March after the Divine Liturgy during the Moleben of Orthodoxy. We ask the Parish Council members to be present and to prepare for Holy Communion.

Services

Daylight Time Begins: Please remember that Daylight Time begins at 2 am Sunday 11 March. Please set your clocks ahead one hour on Saturday evening 10 March, so as not to be late for church!

Time of Saturday Vigil is Changed: Beginning Saturday 10 March, Vigil on Saturdays will be at 5 pm. The service on the third Saturday of the month will not be moved up to 3 pm, but will take place at 5 pm as usual. This simplifies the calendar, and means that the service ends by 7:30 on Saturday nights. This change applies to Saturdays only; Vigil on weeknights is still at 6:30 pm.

Work Schedule: Fr George is working as a Tutor in Mathematics and Physics at the University of New Haven again this term. His hours are from 4 to 7 pm on Mondays, and from 9:30 am to 2 pm on Tuesdays, Wednesdays and Thursdays. On Wednesdays 29 February, 21 March, 4 and 18 April and 2 May, he will also be working from 5 to 10 pm. The term will end on 13 May. The week of 12-18 March is school vacation, and no work hours are scheduled that week. Although it is possible for him to trade hours with someone else if needed, this is difficult. Accordingly, Fr George is unavailable for services public or private at those times. The schedule of services in this and following Bulletins will reflect this.

Great Lent: This year Great Lent began on Monday 27 February. During Lent we abstain from meat, eggs, dairy products, and fish. On weekdays we also abstain from wine and oil. Let us also abstain from every sin, and increase our efforts for spiritual growth. We should increase prayer, attendance at the special Lenten services, almsgiving and other deeds of mercy. Lent is given to us to cleanse our hearts and souls in preparation for our Lord's Resurrection.

Presanctified Liturgy: It is customary to serve the Presanctified Liturgy on Wednesdays of Lent. Due to Fr George's work schedule, we have scheduled the Presanctified Liturgies for the following times: The first Presanctified, 3 pm Wednesday 29 February; then at 6:30 pm on Wednesdays 7 and 14 March; 9:30 am Fridays 23 and 30 March. Please note that the services on Wednesdays of March are in the evening, and the services on Fridays of March and April are in the morning.

Those wishing to receive Holy Communion should prepare by prayer, fasting and confession. Confessions will begin half an hour before the start of the Presanctified Liturgy.

Acathist and Lenten Tea: At 6:30 pm on Fridays 2, 9, 16 and 23 March, we will serve the Acathist Hymn to the Most Holy Theotokos. Each of those days we will sing a quarter of the Acathist to the Most Holy Mother of God with Small Compline. At 6:30 pm on the fifth Friday, 30 March, we will serve the en-

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tire Acahist service with Matins. The Acahists will be followed by tea and a spiritual discussion.

St Theodore: To commemorate the miracle of the kollyva by St Theodore Tyro on the first week of Lent during the reign of Julian the Apostate, we will bless kollyva at 5 pm on Saturday 3 March, just before Vigil.

Sunday of Orthodoxy: A short moleben to celebrate the Triumph of Orthodoxy and the Restoration of the Icons will follow the Divine Liturgy on the Sunday of Orthodoxy, 4 March. The Inauguration of our Parish Council Officers will take place at the end of the Moleben. Our children will carry the icons.

Soul Saturdays: The 2nd, 3rd and 4th Saturdays of Great Lent are appointed for general commemoration of the dead. Accordingly, a General Pannychida will be served on Saturdays 10, 17 and 24 March at 3 pm.

We will read the names of the reposed from all the Commemoration Books (*Pomjanniki*) at the Candle Desk. If you wish to add any names to the commemoration of the reposed, please leave your list at the Candle Desk.

Forty Martyrs: The only scheduled moleben for a Saint's day in March will be to the Holy Forty Martyrs at 6:30 pm Thursday 22 March.

Zhavoronki: We may bake batches of 40 bread skylarks (*zhavoronki*) in honor of the Holy Forty Martyrs. The actual date is Thursday 22 March, but we may bring them to church on Sunday 25 March.

Great Canon: The Great Canon of Repentance (*Andreevo Stojanie*) will be served with Matins in the Fifth Week of the Great Fast, at 6:30 pm Wednesday 28 March. This service summarizes our repentance for our sins, and enables us to meet our Lord's Resurrection with a cleansed heart.

Acahist Hymn: At 6:30 pm on Friday 30 April we will serve Matins with the entire Acahist Hymn to the Most Holy Theotokos. This concludes the series of Acahists during Lent, and prepares us for the end of the Fast. No tea will follow.

Annunciation: This year this falls on Lazarus Saturday, the day before Palm Sunday. The Vigil for the Eve of the Feast will be at 6:30 pm on Friday 6 April. Divine Liturgy for the Feast will begin at 10 am on Saturday 7 April. Fish, wine and oil are permitted on this day, as also on the next day, Palm Sunday.

Blessing of Homes: If you missed your scheduled time and still wish to have your house blessed, please contact Fr George and set up an appointment.

Our Parish

Collection for the Holy Land: According to the custom of the Russian Orthodox Church Outside of Russia, the annual collection for the Russian Spiritual Mission in the Holy Land will be held in all our parishes on Palm Sunday, 8 April. This collection is a major source of funding for our mission in the Holy Land, and some of us have had occasion to receive their hospitality. Please give generously.



Flowers for the Plaschanitsa: Please notice the collection box for flowers for the Plaschanitsa and for Pascha. This box is next to the analogion (icon stand) in the middle of the church during Lent. Please give a little each time you come to church, and the church will be beautiful with flowers on Good Friday and Pascha.

Commemoration Lists and Prospora: Because single sheet commemoration lists keep accumulating at the Candle Desk, and it is not clear which ones are to be kept to be resubmitted and which ones are intended to be used only once, we are instituting the following changes effective immediately:

- Only bound commemoration books will be kept at the Candle Desk
- All commemoration lists written on single sheets of paper will be discarded after the end of the Divine Liturgy.
- All sheets of paper inserted into the commemoration books will also be discarded after the first reading.
- We encourage those who resubmit their paper lists from time to time, to buy commemoration booklets and keep the names in a book. Books are available at the Candle Desk.

Schedule of Donations for Services: As a reminder to our readers, the schedule of suggested donations for church services is as follows:

- Baptisms: Members \$125; non-members \$300
- Weddings: Members \$200; non-members \$500
- Funerals: Members \$200; non-members \$500

Please note that if you wish to give a gift to the Priest or the Choir (if present), you must specify the recipient; otherwise all funds go to the parish.

These are suggested donations, and are intended to cover the cost of maintaining the church. If one is of greater means, please feel free to give more according to generosity. Please also be assured that no one will be denied Christian Sacraments due to lack of means.

Church Cleanup: There will be a church cleanup during Holy Week (8-14 April), the time and date to be announced. We request that all Altar Boys participate. We welcome all volunteers.

Holy Week Volunteers: We need volunteers for:

- **Plaschanitsa Setup** – Good Friday morning, 13 April.*
- **Plaschanitsa Watch** – Good Friday and Holy Saturday, 13 and 14 April. The sign up sheet will be at the Candle Desk.
- **Red Eggs** – Boil and dye red eggs to be ready for the Paschal Vigil on Holy Saturday night, 14 April. Contact Joan Hudobenko.

Please see Fr George or the Starosta, Dexter Peavy, if you wish to help. We appreciate your efforts and may God bless your zeal for His holy House.

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Candle Desk Duty: We need people to watch the Candle Desk, handle donations, light candles, and ring the bell during services – one person for Vigil and two for the Divine Liturgy. Unfortunately, Walter Wolog, who handles the sign-up sheet, is not able to find people for all positions. It is sad for visitors to come and find no parishioners to greet them, but only the servers and singers. Please sign up if you are able to come.

Lampada Sponsorship: Offerings may be made to sponsor the lighting the lampadas at the Divine Liturgy, either in memory of loved ones, or in gratitude for blessings received, or for any other good intention. The sponsorship of the lampadas is \$25 for all the lampadas in the church. Register at the Candle Desk if you wish to sponsor the lampadas, in whole or in part, on a Sunday of your choice.

Consider the Church in Your Will: Please consider including St Nicholas Church in your will. There are many advantages in making the Church one of your beneficiaries. It is possible to structure the bequest so that there is little loss to the estate. Please contact our Starosta, Dexter Peavy, for more information.

Utilities: Please remember that on the *first Sunday* of each month there is a special collection for *utilities*.

Weekly Announcements: At the end of the Liturgy Fr George gives the weekly announcements from the Ambo. But not all are present when the announcements are made. If you wish to receive a weekly email copy of the Announcements, please send Fr George an email at glardas@cs.com, and your name will be added to the distribution. The Weekly Announcements include the hymns sung that Sunday and the Epistle and Gospel readings.

Sisterhood

Bliny: Many thanks to all who supported St. Nicholas Parish Maslenitsa Celebration-Blini Dinner Fundraiser! Special thanks to everyone who donated food items and volunteered on Saturday to cook blini! We thank those who helped prepare the *Bliny* Dinner: Ann Sharog, Maria Peavy, Mary Colello, Valentina Zimbalkin, Anastasia Milligan, Elena Curran, Iryna Kheilik, Svetlana Kalinichenko and her mother Liuba, Reader James Lardas, and Karen Pallares, and any others who we may have forgotten! God Bless you all! All proceeds will be used for repairs to the church building.



Cheese Paskha and Kulichi: The Sisterhood of St Nicholas Russian Orthodox Church will be selling cheese paskha and kulichi. To place orders, or for information, call Masha Peavy at 203 / 387-8744 or email her at lpeavy@optonline.net. **Sales will be by advance order only!** **Deadline for orders is**

Palm Sunday, 8 April. Pickup is in the Church Hall at 3:30 pm Good Friday, 13 April and at 1 pm Holy Saturday, 14 April.

Сырная Пасха и Куличи: Сестричество Свято-Николаевской Церкви будет продавать пасхи и куличи. Продажа только по заказу. Раздача будет под церковью в Великую Пятницу, 13 Апреля в 3:30 ч дня, или в Великую Субботу, 14 Апреля в 1:00ч дня. Заказы нужно делать в церкви или через Машу Пиви по телефону 203 / 387-8744 – email

lpeavy@optonline.net. **Последний день заказа – Вербное Воскресенье, 8 Апреля!**

Stay for the Coffee Hour: In the early Church, the *agape* meal after the Divine Liturgy was considered part of the service. After the Divine Liturgy, our Sisterhood prepares a wonderful meal at a minimal price. Please consider staying for coffee, food, and fellowship, to get to know your fellow parishioners better. If you already attend the coffee hour, invite friends and visitors to stay! Because we ought not talk during the services, this is our time to socialize. We welcome children.

Sponsor the Coffee Hour: The Sisterhood is happy to hold the Coffee Hour every Sunday for the sake of fellowship and the community of our Parish. However, we find the same ladies working in the kitchen Sunday after Sunday. Since many of our Sisterhood are no longer so young and able, we are seeking volunteers to give the ladies in the Sisterhood a rest so that they may attend the Divine Liturgy in peace.

We need families or individuals (men can do this too!) to take responsibility for preparing and serving a meal on a rotating basis. Ideally this responsibility would not fall more than once every six weeks or so, and so it would not be a great burden. This is also an opportunity to showcase our culinary skills. It is a Christian duty to support the Parish, and there is much blessing in it. To sign up see Joan Hudobenko.

Coffee Hour Supplies: The Sisterhood again is in need of donations of supplies for our Coffee Hour. We need paper plates, Styrofoam soup bowls, cups, and paper napkins. We also need food supplies and willing hands to help prepare, set things up and clean up. Please see Joan Hudobenko if you wish to help.

Our Children

**Help your children “get into the right spirit” for Pascha...
Mark your calendar:**

ST. NICHOLAS PASCHAL EVENTS FOR CHILDREN:

Sunday of Orthodoxy: Our Church School will participate in a short moleben at the end of the Divine Liturgy on 4 March, the First Sunday of Great Lent. This celebrates the Triumph of Orthodoxy and the Restoration of the Icons. This replaces the regular classes of that day.

Lenten retreat - Saturday 31 March at 3:00 (***note the new time*** with Vigil beginning at 5 pm). Ages 3 and up. Fr George will give a talk, and the children will watch a film that pertains to Lent and Pascha, make a craft, and practice the Paschal troparion. Children will have a pot-luck supper at 4:30 (***new time***) and stay for Vespers; older children may go to Confession. Please enter your child’s name at the Candle Desk.

St Nicholas Annual Children’s Communion Breakfast – Sunday 1 April after Holy Communion. All children are invited to a festive breakfast during Coffee Hour. Parents needed to bring and prepare light breakfast fare.

Divine Liturgy – Holy Saturday, 14 April – Older children are invited to do readings. Please see Matushka Ann for a reading assignment.

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Children's Paschal Liturgy – Bright Monday, 16 April – Children carry icons during the procession (*krestnyj khod*) around the church, followed by an **Easter egg hunt and lamb dinner for all parishioners.**

Food Drive: The Food Drive for the Sterling House Food Pantry has resumed with the beginning of Lent. Our Church School will lead this effort. We ask the parents in our parish to help out by sending food, canned goods and hygienic supplies with their children when they come to church. Please leave your donations at the back of the Church Hall. We will take them to Sterling House at the beginning of Holy Week.

Excuse Notes for School: Parents, please bring your children to church on the important holy days, on Holy Thursday evening, 12 April; Good Friday afternoon, 13 April; Holy Saturday morning, 14 April; and Bright Monday to the Children's Paschal Liturgy, 16 April. The schools are obliged to recognize these as religious holidays and to excuse our children's absence on those days. If you need a written excuse note, these will be available at the Candle Desk before Holy Week.

Orthodox Neighbors

The Pew: On 12 February at St Dimitrie's Romanian Church in Easton, a panel discussion was held, entitled *The Pew*. The participants were: **Fr Cornel Todeasa**, the host and moderator; **Fr David Cochran** of St John's on Mill Hill Ave (Carpatho-Russian Diocese), who led the discussion on public prayer and the football player Tim Tebow who was in the news recently; **Fr Peter Paproski** of St John's on Broadbridge (Carpatho-Russian) who led the discussion on Church and State and the recent Federal Government mandate that violates the freedom of conscience of Roman Catholic institutions, with **Fr George Lardas** as participant in the discussion; **Fr Dennis Rhodes** of St George's Albanian Church in Trumbull (OCA) who led the discussion on Great Lent; and **Fr Patrick Burns** of Three Saints Church in Ansonia (OCA), who led the discussion on Wonder-Working Icons. Also participating was **Fr George Coca** of St Dimitrie's Church. At the end of the hour's discussion, the panel fielded questions from the audience. A coffee hour followed.

The discussions were edifying and wide-ranging, and were received with great interest by the audience. The event was videotaped, and will be published on YouTube and made available to the general public. The details will be announced in a future Bulletin.

Pan-Orthodox Lenten Vespers: Every year the Greater Bridgeport Orthodox Clergy Association sponsors a series of Lenten Vespers held at various Orthodox churches in the Bridgeport area. The Vespers are held every Sunday afternoon during Lent. This year's schedule is as follows. **All services are at 4 pm:**

1st Sunday: 4 March, **St John the Baptist Church**, 384 Mill Hill Ave, Bridgeport

2nd Sunday: 11 March, **St John the Baptist Church**, 1240 Broadbridge Ave, Stratford

3rd Sunday: 18 March, **St George's Albanian Church**, 5490 Main St, Trumbull

4th Sunday: 25 March, **St John the Baptist Church**, 600 Silver Lane, Stratford

5th Sunday: 1 April, **OCA Connecticut Deanery** Unction Service, Three Saints Church, 26 Howard Ave, Ansonia.

A **Lenten Coffee Hour** will be held after Vespers, so that parishioners may meet and be acquainted with Orthodox Christians and clergy from other parishes. The speaker at the first Lenten Vespers on the **Sunday of Orthodoxy** at St John the Baptist Church on Mill Hill Ave will be **Abbot Sergius** of St Tikhon's Monastery in Pennsylvania. He will bring with him the **Wonder-Working Icon of St Anna** that resides at the Monastery.

Liturgical Notes

Black: We change all the altar cloths and vestments to black during Forgiveness Vespers, which are held immediately after the Liturgy on Sunday 26 February. The black cloths will have been placed under the gold ones ahead of time. We use black from Sunday nights through Friday afternoons of Lent. While the black cloths are used, the red ones are hidden underneath for the next Lenten weekend services.

Dark Red or Purple: The altar cloths and vestments are red from Friday evenings through Sunday evenings of Lent, purple vestments may be used as well. While the red cloths are used, the black ones are hidden underneath for the next Lenten weekday service.

Flowers for the Cross: Before 6:30 pm Saturday 18 March, the Vigil for the third Sunday of Lent, of the Veneration of the Cross, we decorate the Cross on a tray with red carnations. These need to be purchased from the florist's ahead of time.

Blue: On Friday evenings of the first four Fridays of Lent, the blue cloths are placed on top of the red ones for the icon in the middle of the church, on the reading stand before it, and on the Holy Table, and blue vestments are used for Small Compline with the Acatist Hymn. Before Saturday morning the blue cloths and vestments are put away, and red is used.

Blue: On the afternoon of 30 March, the fifth Friday of Lent, the blue cloths are placed on top of the red ones on all icon stands and the Holy Table, and blue vestments are used. Before Saturday evening the blue cloths and vestments are put away, and red is used.

Blue: Before the Vigil of Annunciation, 6:30 pm Friday 6 April, blue cloths are placed on the black altar cloths, and blue vestments are used. On Saturday afternoon 7 April, the blue cloths and vestments are put away, and the green and gold ones for Palm Sunday are used.

Gold and Green: Before the Vigil of Palm Sunday on Saturday evening (6:30 pm) 7 April, we put gold altar cloths on top of the black (which will be used during Holy Week). We use gold and green vestments that weekend.

Palms and Pussy Willows: We need these before Vigil (6:30 pm) Saturday 16 April for Palm Sunday. We ask our parishioners to bring these in ahead of time, and the palms need to be ordered from the florist's well in advance.

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Purple: Red and purple are used for the Divine Liturgy on Holy Thursday. Before Holy Unction at 6:30 pm Wednesday 11 April, the altar cloths are turned to red, with the black hidden underneath. We will use purple vestments for the Unction and Divine Liturgy on Thursday morning 12 April. After the Liturgy, everything is changed back to black.

Plaschanitsa Flowers: On Good Friday morning, 13 April, the Tomb of our Saviour is placed in the middle of the church and decorated with flowers. A white cloth is placed over the Tomb.

White: Before the Divine Liturgy on Holy Saturday morning, 14 April, the red cloths are taken away, and white cloths are laid down. On top of these are the black cloths which will be removed before the Gospel reading at the Liturgy that morning. The white remains until the end of Pentecost week, 9 June.

On the Christian Life

On Great Lent: Let us not think of Lent as a burden or a heavy duty. It is the springtime of our soul, and a season to draw nearer to God. Repentance and compunction strengthen the soul and gladdens the spirit with the promise of salvation. We present to our readers a few thoughts on the meaning of Lent.

Troparia after the Gospel at Matins on Sundays of Triodion:

Tone 8: *The doors of repentance open unto me, O Giver of Life, for my spirit waketh at dawn toward Thy holy temple, bearing the temple of my body all defiled. But in Thy compassion cleanse it by the loving-kindness of Thy mercy.*

Theotokion: *Guide me on the paths of salvation, O Theotokos, for I have defiled my soul with shameful sins, and have wasted all my life in slothfulness, but by thine intercessions deliver me from all uncleanness.*

Tone 6: *Have mercy on me, O God, according to Thy great mercy; and according to the multitude of Thy compassions, blot out my transgressions.*

When I think of the multitude of the evil things I have done, I, a wretched one, I tremble at the fearful day of judgement; but trusting in the mercy of Thy loving-kindness, like David do I cry unto Thee: Have mercy on me, O God according to Thy great mercy.

Prayer of St Ephraim the Syrian: This prayer is said on weekdays of Lent at all services and in private prayer. It is a striking characteristic of Lenten services. It is said usually with three prostrations to the ground, twelve bows, and a final prostration:

O Lord and Master of my life, a spirit of idleness, despondency, lust of power, and idle talking give me not. Prostration.

But rather a spirit of chastity, humility, patience, and love bestow on me Thy servant. Prostration.

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

O God, cleanse me a sinner. Twelve times with a reverence (bow from the waist) at each.

Then once more: *O Lord and Master of my life*, and the entire prayer with a single prostration at the end.

Understanding Personal Troubles

On the occasion of the beginning of Great Lent

Taken with permission from the March 2012 issue of Parish Life, the Parish Bulletin of the St John the Baptist Cathedral in Washington DC

...Great Lent is a time during which one can and should come to God, when the body, not burdened by foodstuffs and not bloated with sins, gives us time to think about the soul, about what we call eternal.

Lent is a time of spiritual abstinence, of re-evaluation of our attitude towards God, the Church and other people. During Lent, all other, worldly questions should be considered of secondary importance. After every Lenten period, the Christian himself and where he is in life through somewhat different eyes. For a believer, Lent is a spiritual step up toward the Lord.

For example, as Great Lent begins, in the rite of Forgiveness of the entire people of God, there is a prayer in which Lent is described as “the banishing of evil works and doing of good works.” That is to say, that we can begin to change the way we treat our neighbor in our life together, and that we should be enlightened by this Lent.

Metropolitan Antony of Sourozh made a very good statement on the subject of Lent: “Let us receive the spirit, let us begin to live for the sake of Christ and for the sake of one another, and may the power of God, which is perfected in weakness, render the impossible possible, and make us earthly ones the children of God’s Kingdom!” Each must cut back: From what you use, allot the necessary portion to your neighbor, in order to overcome your selfishness and pride, and through acts of charity to bring yourself closer to the Lord.

It is an entirely different matter when a person’s condition does not permit limiting his intake of food. For example, what kind of fasting can there be for a nursing mother? If a person is in a hospital and awaiting surgery, it is essential that he muster his strength; in that case, there is no reason to talk of fasting. St. John Chrysostom expressed himself quite well regarding fasting: “If physical abstinence is not possible, there are prayers, charity, Christian love. Focus all your attention on these, and thereby you will have fulfilled what is lacking [in terms of] physical fasting.”

Physical fasting without spiritual fasting brings nothing to the salvation of the soul. To the contrary, it may be spiritually harmful if a person who abstains from food is permeated with a sense of his own superiority. True fasting is linked with prayer, repentance, abstaining from the passions and vices, rooting out of evil works, forgiveness of offenses, abstinence from conjugal relations, and not taking in amusements and spectacles, or watching television.

Fasting is not a goal, but a means, a means to humbling one’s flesh and cleansing oneself of sin. Without prayer and repentance, fasting becomes merely a diet. It is essential that at the same time we physically fast, we also fast spiritually. The Holy Church commands, “While physically fasting, brethren, let us also fast spiritually, let us dissolve any union with untruth.”

...All of our woes, all misunderstandings, problems, and temptations do not have an outside cause; they reside within our-

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selves. We wash our bodies daily (some, even more frequently) in bathhouses and bathtubs, while forgetting that the body's future is corruption and dust. Yet that which is eternal, that which remains for our future life, we do not clean, we do not rinse in tears of repentance, we do not scrape from our souls the crust of sins. If we do, the world turns out to be different. If we wash our souls in the bath of repentance, everything extraneous will be removed, and that which is true will remain. Scandals and misunderstandings will go away, relations will remain relations, and what is close to our hearts will draw ever closer.

Let us not forget that what is clean adheres to what is clean, while in addition to the dirt, spiritual and physical troubles accumulate on what is unclean.

– Archpriest Alexander Avdiugin

Milestones

Eternal Memory: On Sunday 19 February, *Anatole Sapronow* of Milford, a one-time parishioner of St Nicholas Church, and a long-time parishioner of Presentation Church, aged 89, reposed in the Lord at Milford Hospital. His funeral was on Wednesday 22 February at Presentation Church served by Archpriest Andrei Semyanko, Archpriest Theodore Shevzov, and Priest Constantine Semyanko, followed by burial at Novo-Diveevo Convent in Nanuet NY. His Fortieth Day will be Friday 30 March. May God comfort his grieving widow, Marianna and all his family.

On Wednesday 22 February, *John Sotir Bludevich* of Stratford, aged 43, son of the late Sotir Bludevich, reposed in the Lord at home after a long struggle with cancer. His funeral was at Adzima's Funeral Home on Thursday 23 February, served by Archpriest George Lardas, followed by burial at St John's Cemetery in Stratford. His Fortieth Day will be on Monday 2 April. May God comfort his grieving mother, Marica and all his family.

We pray for the repose of their souls and for those that grieve and seek the consolation of God. *Vjehchnaja Pamjat'!*

Prayer Requests

Reminder: If you need a hospital visit or wish Fr George to visit a sick relative, please call and let us know. Hospitals no longer give out information to non-relatives without express permission, so if you want the priest to know your or your loved one's condition you must inform the hospital or nursing home in writing.

Pray for our Soldiers: Although we do not have any parishioners of St Nicholas Church on active duty now, our parishioner, Vera Peebles asks prayers for her granddaughter's fiancé, John, who is stationed in a troubled zone in the Middle East. There are also many Orthodox Christians in the Armed Forces and serving in the War. Please keep them and all our soldiers in your prayers.

Asking Prayers: Please remember the following names in your prayers:

Ailing Clergy: Metropolitan Hilarion (knee operation), Archbishop Paul (Pavlos) of Astoria (Greek Old-Calendar), Bishop Nikon (OCA), Protopriest Theodore Shevzov, Reader Vladimir, Monk Laurence

Ailing Parishioners: Tamara Dimitruk, Emilia Hramov, Martin Hudobenko, Galina Kanonik, Kiril (Charles) Nettle, Matushka Katherine Papov, Olga Paradiso, Vera Peebles and her daughter Janet, Galina Penchuk, child Viacheslav Rakov, Galina Rudins, Angelina Schneider, Michael Shigalkowski, Elena Skorik, Irina Stettinin, Denis Zimbalkin, Tatiana Sergievsky.

Ailing Orthodox: Uliana Drobot, Nina Boldyreff, Nadezhda Jakovenko, Helen Raduk, Yvette (Eve) Girard, Sophia, Peter Nelson, Desislava Dimitrova, and Margaret, and Galina Rudins' daughter-in-law Elizabeth (Lori), and also the servant of God Velitchka. Prayers are also asked for child Taras, and infant Matvey.

Ailing Non-Orthodox: Veronica Wlodarski, the daughter of Elizabeth Wlodarski, and Sophia Sallitan, the daughter of Tatiana Sergievsky.

Other Requests, Orthodox: David, Ambrose, Matthew, and Nicholas, Andrés.

Other Requests, Non-Orthodox: Ken, and Daniel.

Soldiers, Orthodox: Michael.

Soldiers, Non-Orthodox: John.

Is Anyone Sick? "Let him call the presbyters," as it says in the Epistle of St James. If you know anyone who needs attention please let Fr George know. Call 203 209-9374 and leave a message. **Is Anyone Better?** If you have submitted any names for the list of prayers for the sick and that person has recovered, please let us know so we can keep the list a manageable length.

Notices

Administrative

Deadline for Submissions: Notices from parishioners or parish organizations must be submitted to Fr George by the 18th of the month for inclusion in the next Bulletin.

Mark Your Calendar

Please mark these events of the coming months in your calendar:

Sunday 1 April – Children's Liturgy and Communion Breakfast

Sunday 8 April – Palm Sunday, Fish Dinner

Sunday 15 April – Pascha

23-24 April – Blessing of Graves

Thursday 24 May – Ascension Day

Saturday 26 May – Russian Festival (tentative)

Sunday 3 June – Pentecost

6-9 June – Diocesan-Patriarchate Joint Pastoral Conference

Monday 11 June – Apostles' Fast begins



Saint Nicholas Russian Orthodox Church

1 Honeyspot Road, Stratford, CT 06615

Church: 203 375-4793; Priest: 203 209-9374

Russian Orthodox Church Outside of Russia

V. Rev. George Lardas, Rector

St Nicholas Russian Orthodox Church

Calendar – March 2012

Fr George Lardas, Rector – Telephone 203 / 386-9516 Rectory; Emergency: 203 / 209-9374

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Feb (13) Cheese Fare (Forgiveness) Sunday, Tone 4 Liturgy 10 am Forgiveness Vespers 12 pm	27 (14) Clean Monday Service of the First day of Great and Holy Lent 7 am to 2 pm Fast day	28 (15) Clean Tuesday Great Canon II 6:30 pm Fast day	29 (16) Clean Wednesday Presanctified Liturgy 3 pm Fast day	1 Mar (17 Feb) Clean Thursday Great Canon IV 6:30 pm Fast day	2 (18) Clean Friday Acathist I 6:30 pm Lenten Pot Luck Supper 7:30 pm Fast day	3 (19) St Theodore Saturday Blessing of Kollyva 5 pm Vigil 6:30 pm Fast day
4 (20) 1 st Sunday of Great Lent, Triumph of Orthodoxy Tone 5 Liturgy 10 am Procession with Icons 12 noon	5 (21) Fast day	6 (22) Fast day	7 (23) Presanctified Liturgy 6:30 pm Fast day	8 (24) Fast day	9 (25) ? Acathist II (in English) 6:30 pm Lenten Pot Luck Supper 7:30 pm Fast day	10 (26) Memorial Saturday I General Pannychida 3 pm Vigil 5 pm Fast day
11 (27) 2 nd Sunday of Great Lent, St Gregory Palamas Tone 6 Liturgy 10 am Fast day	12 (28) Fast day	13 (29) Fast day	14 (1 Mar) Presanctified Liturgy 6:30 pm Fast day	15 (2) Fast day	16 (3) Acathist III (in English) 6:30 pm Lenten Pot Luck Supper 7:30 pm Fast day	17 (4) Memorial Saturday II General Pannychida 3 pm Vigil 5 pm Fast day
18 (5) 3 rd Sunday of Great Lent, Veneration of the Precious Cross Tone 7 Liturgy 10 am Fast day	19 (6) Fast day	20 (7) Fast day	21 (8) Fast day	22 (9) Forty Martyrs of Sebasteia Moleben 6:30 Fast day	23 (10) Presanctified Liturgy 10 am Acathist IV (in English) 6:30 pm Lenten Pot Luck Supper 7:30 pm Fast day	24 (11) Memorial Saturday III General Pannychida 3 pm Vigil 5 pm Fast day
25 (12) 4 th Sunday of Great Lent, St John Climacus Tone 8 Liturgy 10 am Fast day	26 (13) Fast day	27 (14) Fast day	28 (15) Great Canon of St Andrew 6:30 pm Fast day	29 (16) Fast day	30 (17) Presanctified Liturgy 10 am Matins with Acathist Hymn 6:30 pm Fast day	31 (18) Saturday of the Acathist 2 pm Children's Lenten Retreat Vigil 5 pm Fast day

Note: Dates in parentheses are Old Style (Julian Calendar).

Please mark these events of the coming months in your calendar:

Sunday 1 April – Children's Liturgy

Sunday 8 April – Palm Sunday, Fish Dinner

Sunday 15 April – Pascha

23-24 April – Blessing of Graves

Thursday 24 May – Ascension Day

Saturday 26 May – Russian Festival (tentative)

Sunday 3 June – Pentecost

6-9 June – Diocesan Pastoral Conference

Monday 11 June – Apostles' Fast begins

Свято-Николаевская Русская Православная Церковь

Календарь – Март 2012 г.

О. Георгий Лардас, Настоятель – Телефон 203 / 386-9516 Церковный Дом; Сетовой: 203 / 209-9374

Воскресенье	Понедельник	Вторник	Среда	Четверг	Пятница	Суббота
26 Фев (13) Сыропустная (Прошёная) Неделя, Глас 4 Литургия 10 ч утр Прошёная Вечерня 12 ч	27 (14) Чистый Понедельник Служба Первого дня Великого Поста 7 ч утра до 2 ч дня Вел Канона нет День постный	28 (15) Чистый Вторник Великий Канон II 6:30 в День постный	29 (16) Чистая Среда Литургия Преждеосвященных Даров 3 ч дня Вел Канона нет День постный	1 Мар (17 Фев) Чистый Четверток Великий Канон IV 6:30 в День постный	2 (18) Чистый Пяток Акафист I 6:30 ч веч Великопостный Ужин 7:30 ч веч День постный	3 (19) Феодоровская Суббота, Освящение Колливы 5 ч дня Всенощная 6:30 ч веч День постный
4 (20) 1ая Неделя Вел Поста, Торжество Православия Глас 5 Литургия 10 утр Крестный Ход с Иконами 12 ч	5 (21) День постный	6 (22) День постный	7 (23) Литургия Преждеосвященных Даров 6:30 ч веч День постный	8 (24) День постный	9 (25) Акафист II 6:30 ч веч Великопостный Ужин 7:30 ч веч День постный	10 (26) Родительская Суббота I Общая Панихида 3 ч дня Всенощная 5 ч веч День постный
11 (27) 2ая Неделя Великого Поста, Св Григория Паламы Глас 6 Литургия 10 утр День постный	12 (28) День постный	13 (29) День постный	14 (1 Мар) Литургия Преждеосвященных Даров 6:30 ч веч День постный	15 (2) День постный	16 (3) Акафист III 6:30 рп Великопостный Ужин 7:30 ч веч День постный	17 (4) Родительская Суббота II Общая Панихида 3 ч дня Всенощная 5 ч веч День постный
18 (5) 3ья Неделя Великого Поста, Крестопоклонная Глас 7 Литургия 10 утр День постный	19 (6) День постный	20 (7) День постный	21 (8) День постный	22 (9) Свв 40 Мучч Севастийских Молебен 6:30 ч веч День постный	23 (10) Литургия Преждеосвященных Даров 10 ч утра Акафист IV 6:30 ч веч Великопостный Ужин 7:30 ч веч День постный	24 (11) Родительская Суббота III Общая Панихида 3 ч дня Всенощная 5 ч веч День постный
25 (12) 4ая Нед Вел Поста, Преп Иоанна Лествичника Глас 8 Литургия 10 утр День постный	26 (13) День постный	27 (14) День постный	28 (15) Великий Канон (Андреево Стояние) 6:30 ч веч День постный	29 (16) День постный	30 (17) Литургия Преждеосвященных Даров 10 ч утра Утреня Акафиста 6:30 ч веч День постный	31 (18) Суббота Акафиста Детское Говение 2 ч дня Всенощная 5 ч веч День постный

Замечание: Все даты в скобках по старому стилю (по юлианскому календарю).

Отметьте эти наступающие события в вашем календаре:

Воскресенье 1 Апреля – Детская Литургия

Воскресенье 8 Апреля – Вербное Воскресенье, Рыбный Обед

Воскресенье 15 Апреля – Пасха

23-24 Апреля – Освящение Могил

Четверг 24 Мая – Вознесение

Суббота 26 Мая – Русский Фестивал (уточнить)

Воскресенье 3 Июня – Пятидесятница (Троица)

6-9 Июня – Епархиальное Пастырское Совещание

Понедельник 11 Июня – Начало Петрова Поста

St Nicholas Russian Orthodox Church Schedule of Services – March 2012

Fr George Lardas, Rector
Telephone 203 / 386-9516 Rectory; Emergency: 203 / 209-9374

<i>Day</i>	<i>New Style</i>	<i>Old Style</i>	<i>Time</i>	<i>Service</i>
Great and Holy Lent – Starting Monday 27 (14) February, we abstain from meat, eggs and dairy products until Pascha, Sunday 15 (2) April, wine and oil permitted on Saturdays and Sundays.				
1st Week of Great and Holy Lent				
Mon	27 Feb	14 Feb	7 am-2 pm	Matins, Hrs, & Vespers
Tue	28 Feb	15 Feb	6:30 pm	Great Canon, Part II
Wed	29 Feb	16 Feb	3:00 am	Presanctified Liturgy
Thu	1 Mar	17 Feb	6:30 pm	Great Canon, Part IV
Fri	2 Mar	18 Feb	6:30 pm	Small Compline & Acahist Part I, Tea & Lenten talk
St Theodore Saturday				
Sat	3 Mar	19 Feb	5:00 pm	Blessing of Kollyva
1st Sunday of Great Lent, Triumph of Orthodoxy, Tone 5				
Sat	3 Mar	19 Feb	6:30 pm	Vigil
Sun	4 Mar	20 Feb	9:30 am	Hours and Confession
			10:00 am	Liturgy of St Basil
			11:30 am	Moleben of Orthodoxy, Procession with Icons, Inauguration of Parish Council
2nd Week of Great and Holy Lent				
Wed	7 Mar	23 Feb	6:30 pm	Presanctified Liturgy
Fri	9 Mar	25 Feb	6:30 pm	Small Compline & Acahist Part II, Tea & Lenten talk
Memorial Saturday I				
Sat	10 Mar	26 Feb	3:00 pm	General Pannychida
2nd Sunday of Great Lent, St Gregory Palamas, Tone 6; <u>Daylight time begins!</u>				
Sat	10 Mar	26 Feb	5:00 pm	Vigil
Sun	11 Mar	27 Feb	2:00 am	Set your clocks ahead!
			9:30 am	Hours and Confession
			10:00 am	Liturgy of St Basil
3rd Week of Great and Holy Lent				
Wed	14 Mar	1 Mar	6:30 pm	Presanctified Liturgy
Fri	16 Mar	3 Mar	6:30 pm	Small Compline & Acahist Part III, Tea & Lenten talk
Memorial Saturday II				
Sat	17 Mar	4 Mar	3:00 pm	General Pannychida
3rd Sunday of Great Lent, Veneration of the Cross, Tone 7				
Sat	17 Mar	4 Mar	5:00 pm	Vigil
Sun	18 Mar	5 Mar	9:30 am	Hours and Confession
			10:00 am	Liturgy of St Basil

<i>Day</i>	<i>New Style</i>	<i>Old Style</i>	<i>Time</i>	<i>Service</i>
Forty Martyrs of Sebasteia				
Thu	22 Mar	9 Mar	1:00 pm	Moleben
4th Week of Great and Holy Lent				
Fri	23 Mar	10 Mar	9:30 pm	Presanctified Liturgy
			6:30 pm	Small Compline & Acahist Part IV, Tea & Lenten talk
Memorial Saturday III				
Sat	24 Mar	11 Mar	3:00 pm	General Pannychida
4th Sunday of Great Lent, St John Climacus, Tone 8				
Sat	24 Mar	11 Mar	5:00 pm	Vigil
Sun	25 Mar	12 Mar	9:30 am	Hours and Confession
			10:00 am	Liturgy of St Basil
Great Canon of St Andrew of Crete				
Wed	28 Mar	15 Mar	6:30 pm	Matins
5th Week of Great and Holy Lent				
Fri	30 Mar	17 Mar	9:30 pm	Presanctified Liturgy
Acahist Hymn to the Theotokos and Ever-Virgin Mary				
Fri	30 Mar	17 Mar	6:30 pm	Matins, Acahist Hymn
5th Sunday of Great Lent, St Mary of Egypt, Tone 1				
Sat	31 Mar	18 Mar	2:00 pm	Children's Lenten Retreat
			5:00 pm	Vigil
Sun	1 Apr	19 Mar	9:30 am	Hours and Confession
			10:00 am	Liturgy of St Basil
			12:00 pm	Children's Communion Breakfast
ANNUNCIATION of Our Lady, the Ever-Virgin Mary, fish permitted				
Fri	6 Apr	24 Mar	6:30 pm	Vigil
Sat	7 Apr	25 Mar	9:00 am	Hours and Confession
			9:30 am	Divine Liturgy
PALM SUNDAY, fish permitted, collection for the Holy Land				
Sat	7 Apr	25 Mar	5:00 pm	Vigil, Blessing of Palms
Sun	8 Apr	26 Mar	9:30 am	Hours and Confession
			10:00 am	Divine Liturgy; Collection for the Holy Land

Holy Week and Bright Week – Sat 7 Apr (25 Mar)-Sat 21 (8) Apr; special schedule to be published in the next Bulletin

Свято-Николаевская Русская Православная Церковь Расписание Богослужений – Март 2012 г.

О. Георгий Лардас, Настоятель
Телефон 203 / 386-9516 Церковный Дом; Сетовой: 203 / 209-9374

День **Новый** **Старый** **Время** **Служба**
Стиль **Стиль**

Великий Пост - начинается в Пон 7 Мар (Ст Ст 22 Фев);
отныне до Пасхи не едим мяса, яиц, и молочных продуктов,
а по воскресеньям и субботам разрешаются вино и елей.

1^{ая} Седмица Великого Поста

Пон	27 Фев	14 Фев	7 ч ут-2ч д	Служба 1 ^{го} Дня Поста
Вто	28 Фев	15 Фев	6:30 ч веч	Вел Канон, Часть II
Сре	29 Фев	16 Фев	3:00 ч дня	Лит Прежде Даров
Чет	1 Мар	17 Фев	6:30 ч веч	Вел Канон, Часть IV
Пят	2 Мар	18 Фев	6:30 ч веч	Мал Повечерие, Акафист, Часть I
			7:30 ч веч	Чай и беседа

Феодоровская Суббота

Суб	3 Мар	19 Фев	5:00 ч веч	Освящение Колливы
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1^{ая} Нед Великого Поста, Торжество Православия, Глас 5

Суб	3 Мар	19 Фев	6:30 ч веч	Всенощная
Вос	4 Мар	20 Фев	9:30 ч утра	Часы и исповедь
			10:00 ч утра	Лит Василия Великого
			11:30 ч утра	Молебен Православия, Ход с иконами, Присяга Приходского Совета

2^{ая} Седмица Великого Поста

Сре	7 Мар	23 Фев	6:30 ч веч	Лит Прежде Даров
Пят	9 Мар	25 Фев	6:30 ч веч	Мал Повечерие, Акафист, Часть II,
			7:30 ч веч	Чай и беседа

Родительская Суббота I

Суб	10 Мар	26 Фев	3:00 веч	Общая Паннихида
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2^{ая} Неделя Великого Поста, Св Григория Паламы, Глас 6, начало летнего времени!

Суб	10 Мар	26 Фев	5:00 ч веч	Всенощная
Вос	11 Фев	27 Фев	2:00 ч ноч	<u>Переведите часы вперед!</u>
			9:30 ч утра	Часы и исповедь
			10:00 ч утра	Лит Василия Великого

3^{ая} Седмица Великого Поста

Сре	14 Мар	1 Мар	6:30 ч веч	Лит Прежде Даров
Пят	16 Мар	3 Мар	6:30 ч веч	Мал Повечерие, Акафист, Часть III
			7:30 ч веч	Чай и беседа

Родительская Суббота II

Суб	17 Мар	4 Мар	3:00 веч	Общая Паннихида
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3^{ая} Неделя Великого Поста, Крестопоклонная, Глас 7

Суб	17 Мар	4 Мар	5:00 ч веч	Всенощная
Вос	18 Мар	5 Мар	9:30 ч утра	Часы и исповедь
			10:00 ч утра	Лит Василия Великого

День **Новый** **Старый** **Время** **Служба**
Стиль **Стиль**

Свв 40 мучеников Севастийских

Чет	22 Мар	9 Мар	6:30 ч веч	Молебен
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4^{ая} Седмица Великого Поста

Пят	23 Мар	10 Мар	9:30 ч веч	Лит Прежде Даров
			6:30 ч веч	Мал Повечерие, Акафист, Часть IV
			7:30 ч веч	Чай и беседа

Родительская Суббота III

Суб	24 Мар	11 Мар	3:00 ч веч	Общая Паннихида
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4^{ая} Нед Великого Поста, Преп Иоанна Лествичника, Гл 8

Суб	24 Мар	11 Мар	5:00 ч веч	Всенощная
Вос	25 Мар	12 Мар	9:30 ч утра	Часы и исповедь
			10:00 ч утра	Лит Василия Великого

Вел Канон преп Андрея Критского, Андреево Стояние

Пон	28 Мар	15 Мар	6:30 ч веч	Утренняя
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5^{ая} Седмица Великого Поста

Пят	30 Мар	17 Мар	9:30 ч веч	Лит Прежде Даров
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Похвала (Акафист) Пресв Богородицы и Приснодевы Марии

Пят	30 Апр	17 Мар	6:30 ч веч	Утренняя с Акафистом
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5^{ая} Нед Вел Поста, преп Марии Египетския, Глас 1

Суб	31 Апр	18 Мар	2:00 ч дня	Детская Говение
			5:00 ч веч	Всенощная
Вос	1 Апр	19 Мар	9:30 ч утра	Часы и исповедь
			10:00 ч утра	Лит Василия Великого, Причастие детей
			12:00 пооп	Детский стол

БЛАГОВЕЩЕНИЕ Пресв Богородицы и Приснодевы Марии, рыба разрешается

Пят	6 Апр	24 Мар	6:30 ч веч	Всенощная
Суб	7 Апр	25 Мар	9:00 ч утра	Часы и исповедь
			9:30 ч утра	Бож Литургия

Неделя Ваий (Вербное Воскресенье), рыба разрешается, сбор для Святой Земли

Суб	7 Апр	25 Мар	5:00 ч веч	Всенощ, освящ ваий
Вос	8 Апр	26 Мар	9:30 ч утр	Часы и исповедь
			10:00 ч утр	Божественная Литургия; сбор для Святой Земли

Страстная и Светлая Седмицы – Суб 7 Апр (25 Мар)-Суб 21 (8) Апр; см. особое расписание в следующем номере
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