

# St Nicholas Parish Bulletin – March 2016

Fr George Lardas, Rector – Telephone: 203 209-9374

Web Site: [StNicholasStratford.org](http://StNicholasStratford.org)

Email: [frglardas@gmail.com](mailto:frglardas@gmail.com)

## Announcements

**Verse:** *In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations. – Apocalypse [Revelations] 22:2.*

**Стихъ:** Посредеѣ стогны ѿгво ѿ по ѡкапѡлы рѣкѣ древо жнвѡтноѡ, ѡже твѡритъ плодѡвѣ дванадцѡате, на кѡждѡ мѣсѡцѡ воздаѡ плодѡвѣ своѡ: ѿ листѡвѣ древа во ѡцѡлѡенїѡ ѡзрыкомѡ. – **Апокалѡпсїсѡ, глѡ къ, стѡ ѡ.**

**Стихъ:** *Среди улицы его, и по другую сторону реки, древо жизни, двенадцать разъ приносящее плоды, дающее на каждый мѣсяцъ плодъ свой; и листья дерева для исцѣления народовъ. – Апокалипсисъ [Откровенїе] 22:2.*

### This Bulletin

**Next Issue:** The April issue of this Bulletin will also be our special Holiday Edition, and will include a *Paschal donation envelope* and the special *Schedule of Services for Holy Week and Pascha*. The Holiday Edition will be sent in hard copy to all our readers.

**Electronic Distribution:** The St Nicholas Parish Bulletin is distributed electronically. Our Bulletin is also available for download from our website, [www.StNicholasStratford.org](http://www.StNicholasStratford.org).

A *limited number* of copies will be printed for parishioners who are *members in good standing* and do not have email. Anyone else who wishes to receive a hard copy may take out a *subscription at the rate of \$20 per year*.

Please make out your check and send to:

St Nicholas Russian Orthodox Church  
Attn: **Bulletin**.  
1 Honeyspot Rd  
Stratford CT 06615

or contact our Treasurer, Anastasia Milligan, or our Starosta, Dexter Peavy at [dexpeavy@gmail.com](mailto:dexpeavy@gmail.com).

**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.

**Submit an Article:** We invite our parishioners and members of our greater community, as well as all our readers, to contribute to the St Nicholas Bulletin. We are looking for historical reminiscences, vignettes of notable personalities in our parish, celebrations, thoughts, joys and sorrows, notes and pictures. Your submission should be of general interest rather than strictly personal. All articles will be evaluated for appropriateness and subject to editing for length. Please submit your contributions by email to Fr George at his email address, [frglardas@gmail.com](mailto:frglardas@gmail.com), and put

**Submission for the Bulletin** in the subject line.

**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.

**We are on the Internet:** We wish to invite our readers to visit our Parish's Facebook and web pages at:

<http://www.StNicholasStratford.org>

<http://tinyurl.com/StNicholasFacebook>

### Inauguration of the Parish Council

The new Parish Council elected at the Annual General Parish Meeting on Sunday 21 February will be inaugurated on Sunday 6 March at the end of the Divine Liturgy. The Parish Council now consists of the following:

- **Rector (ex officio)** – V Rev George Lardas
- **Starosta/President** – Leopold (Dexter) Peavy III
- **Vice President** – Gregory Romanovsky
- **Recording Secretary** – Victoria Licamele
- **Corresponding Secretary** – Maria Peavy
- **Treasurer** – Anastasia Milligan
- **Assistant Treasurer** – Katherine Kendall-Callaghan
- **Trustees** – Sonya DeBiase and Walter Wolog (continuing their 2-year term), Dr Evan Tilley and Joan Hudobenko (commencing their 2-year term)
- **Trustee Emeritus** – Ann Sharog
- **Auditors** – Elena Reilly, Galina Rakov, and Elena Curran
- **Brotherhood President (elected by the Brotherhood)** – Alexander Romanovsky
- **Sisterhood President (elected by the Sisterhood)** – Maria Peavy

### Services

**Daylight Time Begins:** Please remember that Daylight Time begins at 2 am Sunday 13 March. Please set your clocks ahead one hour on Saturday evening 12 March, so as not to be late for church!

**Blessing of Houses:** House blessings after Saturday 6 February are by appointment. If you wish your house blessed with Holy Water, contact Fr George, 203 209-9374, to schedule a time. Fr George is available Saturday from 10 am to 2 pm; Sundays after 2 pm; Mondays after 12 noon; Tuesdays after 3 pm; and the remaining days of the week after 6 pm. House blessings end on Saturday 11 March (the day before Forgiveness Sunday).

**Molebens:** A moleben to *Holy Forty Martyrs of Sebaste* will be held at 6:30 pm Tuesday 22 March.

## Announcements – March 2016

**General Pannychida:** The Saturday before Meat Fare Sunday is a general commemoration of the dead. The General Pannychida for the repose of all souls that have died in the Lord will be at 3 pm Saturday 5 March. 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 the Sunday before, 27 February.

**Forgiveness Sunday:** Forgiveness Vespers will be immediately after the Divine Liturgy on Forgiveness Sunday 13 March. This is our opportunity to ask each other's forgiveness for any offence knowing or unknowing that we may have committed over the past year, and so to begin Great Lent with a clean slate. The service is not very long, and for those that have difficulty standing through two services, it is permissible to come to the Liturgy late that day. Those that cannot kneel should not feel obliged to do so; those that can should.

**Great Lent:** This year Great Lent begins on Monday 14 March. 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:** On Wednesdays of Lent it is customary to serve the Liturgy of the Presanctified Gifts. This year we will hold the Presanctified Liturgy in the morning on some days and in the evening on others.

The Presanctified Liturgy will be held at 9:30 in the *morning* on Wednesday **16 March**, and at 6:30 in the *evening* on Wednesdays **23 March and 30 March**. The schedule of Presanctified Liturgies in April will be published in the next Bulletin.

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 18 and 25 March we will serve the Acathist Hymn to the Most Holy Theotokos, Parts I and II. Each of those days we will sing a quarter of the Acathist to the Most Holy Mother of God with Small Compline. The service will be followed by a Lenten pot-luck supper and spiritual discussion. The topics will be announced.

**Shared Acathist Service:** On Fridays 1 and 8 April we will serve the Acathist Hymn to the Most Holy Theotokos, Parts III and IV together with St Nicholas Antiochian Orthodox Church, 5458 Park Ave, Bridgeport. One of these will be at St Nicholas in Bridgeport, and one will be here at St Nicholas in Stratford. Both services will be followed by a Lenten pot-luck supper. We invite all our parishioners to participate, and *we will host our guests from the Antiochian Church with Russian hospitality*. The schedule will be published in the April Bulletin.

**Acathist with Matins:** On the fifth Friday of Lent, 15 April, we will serve the entire Acathist service with Matins.

**Sunday of Orthodoxy:** A short moleben and procession of icons to celebrate the Triumph of Orthodoxy and the Restoration of the Icons will immediately follow the Divine Liturgy on the Sunday of Orthodoxy, 20 March.

**Soul Saturdays:** The 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Saturdays of Great Lent are appointed for general commemoration of the dead. Accordingly, a General Pannychida will be served at 1 pm on Saturday 26 March, and at 3 pm on 2 and 9 April.

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 on the Sunday before.

### Pan-Orthodox Vespers

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

**1<sup>st</sup> Sunday, Triumph of Orthodoxy:** March 20, *St John the Baptist Church*, 364 Mill Hill Ave, Bridgeport

**2<sup>nd</sup> Sunday, St Gregory Palamas:** March 27, *St Mary's Church*, 10 Oakwood St, Bridgeport

**3<sup>rd</sup> Sunday, Holy Cross:** April 3, *St Dimitrie's Church*, 504 Sport Hill Rd, Easton

**4<sup>th</sup> Sunday, St John Climacus:** April 10, *St John the Baptist Church*, 600 Silver Ln, Stratford

**5<sup>th</sup> Sunday, St Mary of Egypt:** April 17, *OCA Connecticut Deanery Holy Unction Service, Three Saints Church*; 26 Howard Ave, Ansonia

A *Lenten Coffee Hour* is held after Vespers, so that parishioners may meet and be acquainted with Orthodox Christians and clergy from other parishes in our area. We encourage our parishioners to attend these services.



### Pre-Lenten Traditional Bliny Dinner

The Sisterhood of St Nicholas invites you all to a traditional pre-Lenten Bliny Dinner immediately after the Divine Liturgy on Sunday 6 March. The \$20 price (\$10 for seniors and for children) includes all you can eat homemade bliny with sour cream, melted butter, herring, smoked salmon, chopped eggs, red caviar, chopped green onions, and wine or vodka. All proceeds go to the Sisterhood Restoration Fund (our current project is the tiling of the floor in the Church Hall).

### Chronicle

**Pelmeni Dinner:** This was postponed from Sunday 24 January to Sunday 21 February due to inclement weather (snow-

## Announcements – March 2016

storm). The Pelmeni dinner was served together with our Annual General Parish Meeting. We had a good turnout to support our Sisterhood, and the food was, as usual, delicious.

### Our Parish

**Flowers for the Plaschanitsa:** Starting mid-March the collection box next to the icon stand in the middle of the church is for flowers for the Plaschanitsa and for Pascha.



**Lenten Discussion with Q & A:** Fr George will give a talk with questions and answers for parents of young children on the topic, *How to raise Orthodox children in our society*, along with a Lenten dinner, at 4 pm on Saturday 26 March. This is an hour before the Evening Service (Vigil). This will afford participants an opportunity to attend at least the beginning of the Service (Vespers) and go to confession.

**Lenten Lunch and Film:** On Sunday 27 March we will have a screening of the Russian film, *Ostrov [Island]* in the church hall during the Coffee Hour after the Liturgy. The movie is timely, and touches on the theme of repentance.

**Pilgrimage:** On Memorial Day weekend, Saturday and Sunday, 28 and 29 May, we will hold a pilgrimage to Holy Trinity Monastery. Seats are available; please contact Maria Peavy, 203 387-8744, for details and reservations.

**Call for Pussy Willows:** Palm Sunday is 24 April this year. We ask all our parishioners to cut pussy willows when they come into bloom (which may be early this year since we are already experiencing spring weather as of this writing), and bring them to church to put with others that we are keeping for Palm Sunday. Until you bring them to church, please keep them in a cool, dark place so that they stay fresh. We will need the pussy willows by Saturday afternoon (3 pm) 23 April.

### Sisterhood

**Blini Work Party:** A work party to make bliny for the Bliny Dinner will be held from 8 am through 4 pm. We need volunteers to take the work in shifts, an hour or so at a time, for making the batter, and frying the bliny, and cleaning up. Coffee and tea will be served all day, with bliny for lunch! We will all have a good time, and even one hour of help is appreciated. Contact Masha Peavy, 203 387-8744.

### Our Children

**Sunday of Orthodoxy:** Our Church School will participate in a short moleben at the end of the Divine Liturgy on 20 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.

**Food Drive:** The Food Drive for the Sterling House Food Pantry will resume during 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 remember that during Lent we should increase our almsgiving, and this is one way to help the

poor. If each of us brings one or two items, we should be able to fill several bags each week.

**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 20 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 16 April at 3:00 (*note the 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 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 17 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, 30 April – Older children are invited to do readings. Please see Matushka Ann for a reading assignment.

**Children’s Paschal Liturgy** – Bright Monday, 2 May – Children carry icons during the procession (*krestnyj khod*) around the church, followed by an **Easter egg hunt and lamb dinner for all parishioners.**

### Community Notes

**Bereavement Support Group:** A free bi-monthly support group for anyone grieving the loss of a loved one is being hosted by the *Galello-Luchansky Funeral Home*, cosponsored by the *Stratford Library, Community Services, Stratford Senior Services, Sterling House* and the *Board of Education* beginning Tuesday 15 March from 4:30 to 6 pm at the Galello-Luchansky Funeral Home, 2220 Main Street, Stratford CT. To register, email Patti Galello at galellofh@gmail.com or call Diane Puterski, 203385-4055.

**Orthodox Christians in Connecticut:** People from Greece, Russia and Eastern Europe left their communities to seek a better life in Connecticut built churches and they built communities here to preserve their traditions, language and cultures. Come and learn more at a talk on *The Eastern Christian Communities of Connecticut* by *Robert Klancko*, at 7 pm Thursday 17 March at the Industrial Museum, 185 Main St, New Britain CT. Mr Klancko is a lecturer on Eastern Christian History, and a noted local archivist, and a Subdeacon at St Nicholas Antiochian Orthodox Church in Bridgeport.

### Requests

**Donations of Books and Other Objects:** Every once in a while we receive donations from parishioners and friends of books, *objets d'art*, icons, religious goods, periodicals, memorabilia, kitchen items, and much more. These are given from estates or when people move. These appear on the back two tables in the downstairs hall of our church. All such donations put us in a difficult position: we hate to treat such donations carelessly, yet we have extremely limited room to store things. They often appear unasked-for, anonymously, and without permission. They often contribute to the clutter that we are trying to clear out. We bless the intent, and understand that people do not wish to simply discard the possessions of loved ones, or of their own, but we are not in a position to do them justice. We do not have room or a place to store items for a rummage sale, and so we must limit these donations.

*Therefore*, we request our parishioners and friends, before bringing anything into the church to *ask permission* either from Fr George or from our Starosta, Dexter Peavy.

### On the Christian Life

#### *Preparing for Lent*

**The Unseen Warfare:** We are all put on this earth as agents of God in the age-long warfare against our enemy the Devil. Our task is to participate in the work of Christ in destroying the work of the Devil and preparing the coming Kingdom of our Lord. In this warfare there are no neutral parties. We either belong to one side or the other. More precisely, when we are not engaged in this struggle we are on the Enemy's side, despite the fact that we are baptized in Christ and members of His Church. We do not live for ourselves but for God.

The Enemy, on the other hand, hates all of humanity, even those that do his will, and seeks to destroy us and cast us into everlasting torment. His weapons are manifold, powerful and subtle, and if we did not have help, we would have no hope. But He that is with us is stronger than he that is against us. God gives us many weapons, help and guidance in this struggle.

Among these helps is Great and Holy Lent, our annual training ground and military exercises in prayer, fasting and repentance. During Lent we are given an opportunity to practice the virtues and to gain strength and skill in combat against evil. Here are some means to these ends:

**Prayer:** Prayer is conversation with God. It is the communication of our heart and soul with our Creator. Through prayer we have the opportunity to express our joys and sorrows, our needs, our gratitude and our love. In prayer we also transform ourselves and conform our souls to the will of God. This happens little by little, and usually not suddenly. The Church gives us a framework for prayer, both private and as a community in our common worship.

**Attending Services:** The worship of the Orthodox Church is full of theology and meaning. The words of prayer are distilled from the centuries-long experience of the Church, and teach us what it means to live the Christian life and to believe as Chris-

tians. During Lent we have the opportunity to intensify our prayer, both at home and in church. The Lenten services are exceptionally compunctionate and penitential, extremely beautiful. They cleanse our heart and soul if we but make the effort to pay attention to the words of the services and their meaning.

The full effect of the Lenten spirit found in the weekday services, and is missed when we only attend the Sunday services. This is because the Sunday services are not fully Lenten, since they partake of the joy of the Resurrection and always have a festive character. We will hold services every day of the First Week of Lent. Let us make a good beginning and make a point of going to at least one of the midweek services.

**Fasting:** Our Lord told His Disciples that power over the Devil comes with prayer and fasting (Mark 9:29). Prayer and fasting are the wings with which we soar into heaven. Fasting is a struggle over the fallen nature of our flesh, and trains us to seek spiritual things rather than sensual and earthly. Without fasting we cannot make progress in the Christian life. When fasting is joined to prayer, it gives prayer greater power. It is the power of self-sacrifice. But this comes about when we fast with a conscious will to succeed in the spiritual life, and not merely to fulfill some external rules. The essence of fasting is not to check off a list of requirements, but as a workout that strengthens our spiritual muscles. Some make an effort to go to the gym to get physically fit, and are quite dedicated to this effort. Should we not give at least as much effort to spiritual fitness?

**Self-Examination:** Lent is an appropriate time for self-reflection and self-examination. When we think about how we live our lives, and about our everyday shortcomings, what we do to disappoint our Lord, we begin to correct ourselves. In many Prayer Books there is a section on examination of conscience, or at the very least one of the Evening Prayers that enumerates our faults. Self-examination should lead to repentance.

**Repentance:** Repentance is a turning away from sin, a change of heart, a recognition that we have gone astray and need to change our course. Repentance should not be accompanied by despair or despondency. If we are in despair or angry with ourselves, perhaps it is because we are disappointed in ourselves because we are not what we think we ought to be. But we have no right to hate ourselves, or to judge ourselves, because it is not ourselves that we should please or whom we have disappointed. We should please God, and when we sin we disappoint Him. The difference is this: God is far more merciful than we are. He desires our salvation, and loves us with a perfect love that transcends our comprehension. In His love, wherever there is repentance, there is forgiveness. And that forgiveness is complete, free and unconditional. Repentance is meant to fill our hearts with compunction, love, gratitude and spiritual peace. If we do not have this, perhaps we have not completed our repentance.

**Forgiveness:** We cannot be forgiven if we do not forgive our neighbor. The Gospel says a lot about this (especially Matthew 18:21-35). We cannot have peace with God unless we are at peace with our fellow-man.

## Announcements – March 2016

**Do Not Judge:** We should not judge our neighbor. The Gospels also say a lot about this too. When we judge our neighbor, we usurp God's authority, for our neighbor is another Man's servant. When we judge, we cast that person in our mind into Hell as deserving punishment. We thus offend against love, and give ourselves over to pride in our superiority over him. In fact we do not know neither the inner heart of the man, nor all the circumstances of his situation.

**Confession:** This is reconciliation with God. Having repented we confess our sins before our Father Confessor, the physician of our souls. We should not be afraid to tell all, for the Father Confessor is not there to judge us, but as a witness to the sincerity of our confession, and to pray for us before God. Having cleansed our conscience, we may prepare for Holy Communion.

**Communion:** During Lent we should make an effort to prepare for Holy Communion more often than we usually do. Why? To provide our soul with spiritual nourishment. Many people go a long time between partaking of the Heavenly Banquet, yet they eat bodily food each day, and will not bear to go for more than a few hours without. How much more ought we to feed our soul? Communion is life in Christ, and gives us the strength, when taken with faith, to intensify our Christian life.

**Almsgiving:** One sure way to spiritual growth is almsgiving, namely giving money and material aid to the poor, and to beggars. This is a traditional teaching of the Church, and is affirmed by the Fathers of the Church. Almsgiving is not the same as giving to charities, although that is also meritorious. Almsgiving is giving to a real, live human being who is in distress and poor, and seeks his daily bread from the mercies of others. In our modern society, and in our sheltered lives we think that the desperate poverty that reduces honorable people to begging is a thing of the past, but this is not so. The poor are always with us. Almsgiving is an act of Christian love. We think the beggar does not deserve the pittance he asks, but who are we to judge?

The lives of the Saints are full of stories of how almsgiving not only helped the poor, but also saved the soul of the almsgiver. One such story comes to mind: that of **St Peter the Merciful** (also called the Tax-Collector). This Peter was the Emperor Justinian's chief tax collector in Africa, and was known to be merciless and avaricious. One day the beggars in Alexandria were discussing him, and one of them bet that he could get something off of this man Peter. The beggar pestered Peter for alms, and Peter, not having anything else to hand to throw at him, threw a loaf of bread, which the beggar snatched and ran away. Later Peter fell gravely ill, and had a vision of being on trial for his sins. The demons claimed him as their own, and showed a long list all the evil he had done in his life. The angels had nothing to put in the balance, not a single virtue or good deed, except this one loaf of bread. When it was put in scales, they balanced. When he awoke he said to himself, if just one loaf of bread can bring him so much benefit, how much more help would he receive from alms given from the heart and with humility. He gave away all his riches, even to the point of selling himself into slavery and entered into the Kingdom of Heaven. He is commemorated on the Church calendar on 22 September (5 October).

**Tithing:** Many people say that tithing is a Protestant idea. Nothing could be further from the truth – Tithing is Scriptural. We owe God a tenth of everything we earn. This has been the standard from the time of Moses. God promises that He will supply us with everything needful if we tithe faithfully. Tithing is an act of Faith. It expresses our trust in God. If we all tithed, the Church would not be small and weak, but strong and able to do ever so much more. Since, however, we are weak, and unused to this, perhaps we could at least do this much: For the forty-eight days of the Fast, we set aside one-tenth of everything we earn, and give it to God, to His holy Church. If one-tenth (10%) is too much, perhaps a lesser percentage. Let us make a promise to God that we will do this, and try it for just this short time, and see what blessings God will send on us. This is very timely, since our Parish finances are very tight these days, and we are taking in less than we spend.

**Conclusion:** All that we do, we do for the love of God. All the efforts we make, we make so that we may please God, and become more fit for the Kingdom, so that we may become more like Christ. All virtue is love, and God is love, and our task is to advance the love of God in this world. Lent is the time to practice these virtues. Let us close with some of the Lenten Prayers:

### ***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.*

### ***Lenten Prayer of St Ephraim the Syrian:***

*O Lord and Master of my life, a spirit of sloth, despondency, lust of power and idle talk give me not. Prostration.*

*But rather a spirit of chastity, humility, patience and love bestow upon me, 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.*

## Announcements – March 2016

### Administrative

**Lampada Sponsorship:** Offerings may be made to sponsor the lighting of 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.

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

**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.

**Become a Member:** If you attend services but are not a member, would you please consider joining? The cost is not great – \$150 per adult, or \$300 for families with two adults and any number of children. This amounts to about \$12.50 a month per person. We also have an introductory rate for students.

### Choir

**Come, Join the Choir:** With Lent approaching, it would be good to have more singers for the beautiful services of Lent, Holy Week and Pascha. Come join us on kliros!

### Liturgical Notes

*Note: We include this section so that Fr George may have help changing the altar cloths and vestments at the appropriate times. This is a lot of work, but goes much more easily with a few helping hands.*

**Gold:** On Sunday afternoon, 21 February, we return to gold altar cloths and vestments.

**Black:** We change all the altar cloths and vestments to black during Forgiveness Vespers, which are held immediately after the Liturgy on Sunday 13 March. 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.

### 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 yours 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 husband, John. 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:** Archbishop Paul (Pavlos) of Astoria (Greek Old-Calendar), Archbishop Nikon (OCA), Mitered Archpriest Andrei Semyanko, Mitered Archpriest Theodore Shevzov, Mitered Archpriest Stavros Rousos, and Mitered Archpriest Victor Potapov.

**Ailing Parishioners:** John Denisevich, Emilia Hramov, Kiril (Charles) Nettle, Vera Peebles and her daughter Janet, Elena and Ludmila Skorik, Denis Zimbalkin.

**Ailing Orthodox:** Reader John, Uliana Drobot, Nadezhda Jakovenko, Helen Raduk, Yvette (Eve) Girard, Andrea Picard, Sophia, Peter Nelson, Desislava Dimitrova, Margaret, Theophan, and also the servants of God Velitchka and for Sophia Michaels. Prayers are also asked for child Taras.

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

**Other Requests, Orthodox:** Reader Paul, Reader Vladimir, Anatole, David, Ambrose, Matthew, Nicholas, Andrés, Benjamin, Geoffrey, and Daniel.

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

**Soldiers, Orthodox:** Nicolas, Jesse, Andrei, Michael, Timothy, James, and Sarah.

**Soldiers, Non-Orthodox:** John and Geoffrey.

**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.

### Mark Your Calendar

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

**Saturday 16 April** – Children's Lenten Retreat

**Sunday 17 April** – Children's Communion Breakfast

**Sunday 24 April** – Palm Sunday

**Friday 29 April** – Good Friday

**Sunday 1 May** – Pascha

**Sunday 8 May** – Mother's Day

**Thursday 9 June** – Ascension

**Sunday 12 June** – Church School Graduation

**Sunday 19 June** – Pentecost, Father's Day

**Monday 27 June** – Apostles' Fast begins



***Saint Nicholas Russian Orthodox Church***

1 Honeyspot Road, Stratford, CT 06615

Telephone: 203 209-9374

**Russian Orthodox Church Outside of Russia**

**V. Rev. George Lardas, Rector**

---

# St Nicholas Russian Orthodox Church

## Calendar – March 2016

Fr George Lardas, Rector – Telephone 203 / 209-9374

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>28 Feb</b> (15 Feb)  Sunday of the Prodigal Son Tone 6  Liturgy 10 am	<b>29</b> (16)	<b>1 Mar</b> (17 Feb)	<b>2</b> (18)  Fast day	<b>3</b> (19 mon)	<b>4</b> (20)  Fast day	<b>5</b> (21)  Soul Saturday, General Pannychida 3 pm  Vigil 5 pm
<b>6</b> (22) Meat-Fare Sunday (Last Judgement), last day of meat before Great Lent Tone 7 Liturgy 10 am <i>Bliny</i> 12 noon	<b>7</b> (23)  Cheese-Fare Week ( <i>Maslenitsa</i> )	<b>8</b> (24)  Cheese-Fare	<b>9</b> (25)  Cheese-Fare	<b>10</b> (26)  Cheese-Fare	<b>11</b> (27)  Cheese-Fare	<b>12</b> (28)  Cheese-Fare Vigil 5 pm
<b>13</b> (29) Cheese Fare (Forgiveness) Sunday, Tone 8  Liturgy 10 am Forgiveness Vespers 11:30 a	<b>14</b> (1 Mar)  Clean Monday, First day of Great and Holy Lent  Great Canon I 6:30 pm Fast day	<b>15</b> (2)  Clean Tuesday  Great Canon II 6:30 pm Fast day	<b>16</b> (3)  Clean Wednesday Presanctified Liturgy 9:30 am Great Canon III 6:30 pm Fast day	<b>17</b> (4)  Clean Thursday  Great Canon IV 6:30 pm Fast day	<b>18</b> (5)  Clean Friday Acahist I (in English) 6:30 pm Lenten Pot Luck Supper 7:30 pm Fast day	<b>19</b> (6)  St Theodore Saturday Blessing of Kollyva 3 pm  Vigil 5 pm Fast day
<b>20</b> (7) 1 <sup>st</sup> Sun of Great Lent, Triumph of Orthodoxy, T 1  Liturgy 10 am Procession with Icons 12 noon Fast Day	<b>21</b> (8)  Fast day	<b>22</b> (9)  Forty Martyrs of Sebasteia  Moleben 6:30 Fast day	<b>23</b> (10)  Presanctified Liturgy 6:30 pm  Fast day	<b>24</b> (11)  Fast day	<b>25</b> (12)  Acahist II (in English) 6:30 pm Lenten Pot Luck Supper 7:30 pm <i>Secular Good Friday</i> , Fast day	<b>26</b> (13) Memorial Sat I General Pannychida 1 pm Luncheon & Talk for Parents 4 pm <i>Raising Orth Ch</i> Vigil 5 pm Fast day
<b>27</b> (14) 2 <sup>nd</sup> Sun of Lent, St Gregory Palamas, Tone 2 Liturgy 10 am Movie: <i>Ostrov</i> during Coffee Hr <i>Secular Easter</i> Fast day	<b>28</b> (15)	<b>29</b> (16)	<b>30</b> (17)  Presanctified Liturgy 6:30 pm  Fast day	<b>31</b> (18)	<b>1 Apr</b> (19 Mar)  Acahist III (in English) 6:30 pm  Lenten Pot Luck Supper 7:30 pm Fast day	<b>2</b> (20)  Memorial Saturday II General Pannychida 3 pm  Vigil 5 pm Fast day

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

**Cheese-Fare Week** – All foods except flesh-meat permitted during the week of 7-13 March (Old Style 23-29 February), including Wednesday and Friday.

**Great Lent** – Beginning Monday 14 (Old Style 1) March until Pascha, Sunday 1 May (Old Style 18 April) we abstain from meat, eggs, dairy products and fish; on weekdays we also abstain from wine and oil; fish is permitted on Annunciation, 7 April (Old Style 25 March), and Palm Sunday, 24 (Old Style 11) April.

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

**Saturday 16 April** – Children’s Lenten Retreat  
**Sunday 17 April** – Children’s Communion Breakfast  
**Sunday 24 April** – Palm Sunday  
**Friday 29 April** – Good Friday  
**Sunday 1 May** – Pascha

**Sunday 8 May** – Mother’s Day  
**Thursday 9 June** – Ascension  
**Sunday 12 June** – Church School Graduation  
**Sunday 19 June** – Pentecost, Father’s Day  
**Monday 27 June** – Apostles’ Fast begins

# Свято-Николаевская Русская Православная Церковь

## Календарь – Март 2016 г.

О. Георгий Лардас, Настоятель – Телефон 203 / 209-9374

Воскресенье	Понедельник	Вторник	Среда	Четверг	Пятница	Суббота
<b>Фев 28</b> (Фев 15)  Неделя о Блудном Сыне Глас 6  Литургия 10 ч утра	<b>29</b> (16)	<b>1 Мар</b> (17 Фев)	<b>2</b> (18)  День постный	<b>3</b> (19 тон)	<b>4</b> (20)  День постный	<b>5</b> (21)  Родительская Суббота Общая Панихида 3 ч дня Всенощная 5 ч веч
<b>6</b> (22) Мясопустная Нед (о Страшном Суде), последний день мяса до Пасхи Глас 7 Литургия 10 утр Блины 12 ч дня	<b>7</b> (23)  Масленица	<b>8</b> (24)  Масленица	<b>9</b> (25)  Масленица	<b>10</b> (26)  Масленица	<b>11</b> (27)  Масленица	<b>12</b> (28)  Масленица Всенощная 5 ч веч
<b>13</b> (29) Сыропустная (Прошёная) Неделя, Глас 8  Литургия 10 ч утр Прошёная Вечерня 12 ч	<b>14</b> (1 Мар)  Чистый Понедельник, Первый день Великого Поста Великий Канон I 6:30 веч День постный	<b>15</b> (2)  Чистый Вторник  Великий Канон II 6:30 в День постный	<b>16</b> (3) Чистая Среда Литургия Преждеосвященных Даров 9:30 ч утра Великий Канон III 6:30 в День постный	<b>17</b> (4)  Чистый Четверток  Великий Канон IV 6:30 в День постный	<b>18</b> (5)  Акафист I (по-английски) 6:30 ч веч  Великопостный Ужин 7:30 ч веч День постный	<b>19</b> (6)  Феодоровская Суббота, Освящение Колливы 3 чд Всенощная 5 ч веч День постный
<b>20</b> (7) 1 <sup>ая</sup> Неделя Вел Поста, Торжество Православия Глас 1  Литургия 10 утр Крестный Ход с Иконами 12 ч	<b>21</b> (8)  День постный	<b>22</b> (9)  Свв 40 Мучч Севастийских  Молебен 6:30 ч веч День постный	<b>23</b> (10)  Литургия Преждеосвященных Даров 6:30 ч веч День постный	<b>24</b> (11)  День постный	<b>25</b> (12)  Акафист II (по-английски) 6:30 ч веч  Великопостный Ужин 7:30 ч веч День постный	<b>26</b> (13)  Родительская Суббота I Общая Панихида 1 ч дня Всенощная 5 ч веч День постный
<b>27</b> (14) 2 <sup>ая</sup> Нед Вел Поста, Св Григория Паламы Глас 2 Литургия 10 утр День постный <i>Гражданская Пасха</i>	<b>28</b> (5)  День постный	<b>29</b> (16)  День постный	<b>30</b> (17)  Литургия Преждеосвященных Даров 6:30 ч веч День постный	<b>31</b> (18)  День постный	<b>1 Апр</b> (19 Мар)  Акафист IV (по-английски) 6:30 ч веч  Великопостный Ужин 7:30 ч веч День постный	<b>2</b> (20)  Родительская Суббота III Общая Панихида 3:30 ч веч Всенощная 5 ч веч День постный

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

**Масленица** – В этой недели, 7-13 Марта (Ст Ст 23-29 Февраля), все пици разрешаются кроме мяса, и в Среду и в Пятницу.

**Великий Пост** – С Понедельника 14 (Ст Ст 1) Марта и до Пасхи, Воскресенье 1 Мая (18 Апреля), постимся от маса, яйц, молочных продуктов и рыбы; по будным дням постимся и от вина и елея (масла); рыба разрешается на Благовещение, 7 Апреля (Ст Ст 25 Марта) и в Вербное воскресенье, 24 (Ст Ст 11) Апреля.

**Отметьте эти наступающие события в вашем календаре:**

**Суббота 16 Апреля** – Детское Великопостное Говение

**Воскресенье 17 Апреля** – Детское Завтрак

**Воскресенье 24 Апреля** – Вербное Воскресенье

**Пятница 29 Апреля** – Великий Пяток

**Воскресенье 1 Мая** – Пасха

**Воскресенье 8 Мая** – День Матерей

**Четверг 9 Июня** – Вознесение

**Воскресенье 12 Июня** – Church School Graduation

**Воскресенье 19 Июня** – Пятидесятница (Троица), День Отцов

**Понедельник 27 Июня** – Начало Петрова Поста

## St Nicholas Russian Orthodox Church Schedule of Services, March 2016

Fr George Lardas, Rector, Telephone: 203 / 209-9374

Day	New Style	Old Style	Time	Service
<b>Soul Saturday – General Commemoration of the Departed</b>				
Sat	5 Mar	21 Feb	3:00 pm	General Pannychida
<b>Sunday of Meat-Fare, of the Last Judgement, Tone 7, last day of meat before Great and Holy Pascha</b>				
Sat	5 Mar	21 Feb	5:00 pm	Vigil
Sun	6 Mar	22 Feb	9:30 am	Hours and Confession
			10:00 am	Divine Liturgy
			12:00 pm	Sisterhood <i>Bliny</i>
<b>Cheese-Fare Week – All foods except flesh-meat permitted during the week of 7-13 March (Old Style 23-29 February), including Wednesday and Friday</b>				
<b>Cheese Fare (Forgiveness) Sunday, Tone 8</b>				
Sat	12 Mar	28 Feb	5:00 pm	Vigil
Sun	13 Mar	29 Feb	9:30 am	Hours and Confession
			10:00 am	Divine Liturgy
			12:00 pm	Forgiveness Vespers
<b>1<sup>st</sup> Week of Great and Holy Lent</b>				
Mon	14 Mar	1 Mar	6:30 pm	Great Canon, Part I
Tue	15 Mar	2 Mar	6:30 pm	Great Canon, Part II
Wed	16 Mar	3 Mar	9:30 am	Presanctified Liturgy
			6:30 pm	Great Canon, Part III
Thu	17 Mar	4 Mar	6:30 pm	Great Canon, Part IV
Fri	18 Mar	5 Mar	6:30 pm	Acatist Hymn, Part I
			7:30 pm	Lenten Tea & Talk
<b>St Theodore Saturday</b>				
Sat	19 Mar	6 Mar	3:00 pm	Blessing of Kollyva
<b>1<sup>st</sup> Sunday of Great Lent, Triumph of Orthodoxy, Tone 1</b>				
Sat	19 Mar	6 Mar	5:00 pm	Vigil
Sun	20 Mar	7 Mar	9:30 am	Hours and Confession
			10:00 am	Liturgy of St Basil
			12:00 noon	Moleben of Orthodoxy, Procession with Icons
<b>Forty Martyrs of Sebastea</b>				
Tue	22 Mar	9 Mar	6:30 pm	Moleben
<b>2<sup>nd</sup> Week of Great and Holy Lent</b>				
Wed	23 Mar	10 Mar	6:30 pm	Presanctified Liturgy
Fri	25 Mar	12 Mar	6:30 pm	Acatist Hymn, Part II
			7:30 pm	Lenten Tea & Talk
<b>Memorial Saturday I</b>				
Sat	26 Mar	13 Mar	1:00 pm	General Pannychida
<b>2<sup>nd</sup> Sunday of Great Lent, St Gregory Palamas, Tone 2</b>				
Sat	26 Mar	13 Mar	5:00 pm	Vigil
Sun	27 Mar	14 Mar	9:30 am	Hours and Confession
			10:00 am	Liturgy of St Basil
<b>3<sup>rd</sup> Week of Great and Holy Lent</b>				
Wed	30 Mar	17 Mar	6:30 pm	Presanctified Liturgy
Fri	1 Apr	19 Mar	6:30 pm	Acatist Hymn, Part III
			7:30 pm	Lenten Tea & Talk

## Свято-Николаевская Церковь Расписание Богослужений, Март 2016 г.

О. Георгий Лардас, Настоятель; Телефон: 203 / 209-9374

День	Новый Стиль	Старый Стиль	Время	Служба
<b>Родительская Суббота</b>				
Суб	5 Мар	21 Фев	3:00 ч дня	Общая Паннихида
<b>Неделя о Страшном Суде (Мясопустная), Глас 7, последний день мясоеда до Святой и Великой Пасхи</b>				
Суб	5 Мар	21 Фев	5:00 ч веч	Всенощная
Вос	6 Мар	22 Фев	9:30 ч утра	Часы и исповедь
			10:00 ч утра	Лит Василия Великого
			12:00 ч дня	Блины от Сестричества
<b>Масленица – В этой недели, 7-13 Марта (Ст Ст 23-29 Февраля), все пища разрешаются кроме мяса, и в Среду и в Пятницу</b>				
<b>Сыропустная Неделя (Прощенное Воскресенье), Глас 8</b>				
Суб	12 Мар	28 Фев	5:00 ч веч	Всенощная
Вос	13 Мар	29 Фев	9:30 ч утра	Часы и исповедь
			10:00 ч утра	Бож Литургия
			12:00 ч дня	Прощенная Вечерня
<b>1<sup>ая</sup> Седмица Великого Поста</b>				
Пон	14 Мар	1 Мар	6:30 ч веч	Великий Канон, Ч I
Вто	15 Мар	2 Мар	6:30 ч веч	Великий Канон, Ч II
Сре	16 Мар	3 Мар	9:30 ч утра	Лит Преждеосв Даров
			6:30 ч веч	Великий Канон, Ч III
Чет	17 Мар	4 Мар	6:30 ч веч	Великий Канон, Ч IV
Пят	18 Мар	5 Мар	6:30 ч веч	Акафист, Часть I
			7:30 ч веч	Великопостный Ужин
<b>Феодоровская Суббота</b>				
Суб	19 Мар	6 Мар	3:00 ч дня	Освящение Колливы
<b>1<sup>ая</sup> Неделя Вел Поста, Торжество Православия, Глас 1</b>				
Суб	19 Мар	6 Мар	5:00 ч веч	Всенощная
Вос	20 Мар	7 Мар	9:30 ч утра	Часы и исповедь
			10:00 ч утра	Лит Василия Великого
			11:30 ч утра	Молебен Православия и ход с иконами
<b>Свв 40 Мучеников Севастийских</b>				
Вто	22 Мар	9 Мар	6:30 ч дня	Молебен
<b>2<sup>ая</sup> Седмица Великого Поста</b>				
Сре	23 Мар	10 Мар	6:30 ч веч	Лит Преждеосв Даров
Пят	25 Мар	12 Мар	6:30 ч веч	Акафист, Часть II
			7:30 ч веч	Великопостный Ужин
<b>Родительская Суббота I</b>				
Суб	26 Мар	13 Мар	1:00 ч дня	Общая Паннихида
<b>2<sup>ая</sup> Неделя Великого Поста, Св Григория Паламы, Глас 2</b>				
Суб	26 Мар	13 Мар	5:00 ч дня	Всенощная
Вос	27 Мар	14 Мар	9:30 ч утра	Часы и исповедь
			10:00 ч утра	Лит Василия Великого
<b>3<sup>ья</sup> Седмица Великого Поста</b>				
Сре	30 Мар	17 Мар	9:30 ч утра	Лит Преждеосв Даров
Пят	1 Апр	19 Мар	6:30 ч веч	Акафист, Часть III
			7:30 ч веч	Великопостный Ужин