



LET US BEGIN THE FAST WITH JOY!

SUNDAY, MARCH 2ND

Forgiveness Sunday

Last Day for Dairy Before Pascha

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

MONDAY, MARCH 3RD

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

TUESDAY, MARCH 4TH

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

WEDNESDAY, MARCH 5TH

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

THURSDAY, MARCH 6TH

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

FRIDAY, MARCH 7TH

6:00p.m. Pre-Sanctified Liturgy
Potluck Lenten Meal

SATURDAY, MARCH 8TH

6:00p.m. Great Vespers

SUNDAY, MARCH 9TH

Sunday of Orthodoxy

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

READER SCHEDULE

Sunday, Mar. 9th

Joanne Patrick

Sunday, Mar. 16th

Alexis Oleynik



CHRIST THE SAVIOR ORTHODOX CHURCH

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BULLETIN OF MARCH 2, 2014

A Warm Welcome!

We warmly welcome all of our visitors! It's good to have you with us!

The Great Fast / The Rite of Forgiveness

Today is Forgiveness Sunday, and at the conclusion of the Divine Liturgy we will celebrate the ancient Rite of Forgiveness. This is an opportunity for us to begin the Fast by making a fresh start with the Lord and one another. To reap the full benefits of this day, the Church calls us to share this spirit of forgiveness and reconciliation with all those in our lives: at home, at work, in our extended families, and everywhere.



The First Week of the Fast: Clean Week – March 2-8th

There are services offered every evening, which help us enter into the unique character of the Lenten season. These special services include the Great Canon of Repentance and the Liturgy of the Presanctified Gifts. Be sure to rearrange your schedule to receive the grace offered during this holy week. Let us make a good beginning!



The Canon of Saint Andrew of Crete

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

Potluck to Follow the 6:00pm Pre-Sanctified Liturgies

Those who wish to bring food are asked to please prepare a light lenten (no meat, dairy, or fish) dish or dessert. Questions? Please see, Mat. Emily. Thank you!



Questions Regarding Keeping the Fast?

If you have questions about fasting this Lent, preparing for the Pre-Sanctified Liturgy, or anything else, please consider talking to your priest. You can also call or email Fr. John.

The Parish Council Officers

At last Sunday's meeting of the 2014 Parish Council, the following elections were made: Cheryl Kokkinos (Senior Warden), George Kaloroumakis (Junior Warden) and Michael McFarland (Treasurer). Deborah Wilson remains the Secretary. May the Lord bless them!

CASH FLOWS THROUGH 1/31/14					CASH FLOWS IN FEBRUARY 2014					FINANCIAL SNAPSHOT		
OPERATING		OTHER		ALL	OPERATING		OTHER		ALL	ASSETS & LIABILITIES – 3/2		
Income	Expense	Income	Expense	Net	Income	Expense	Income	Expense	Net	Checking	Overdue	Mortgage
7,092	7,422	700	1,000	-630	4,180	5,989	1,500	1,348	-1,657	7,466	0	366,660

HOMILY FOR THE BEGINNING OF GREAT LENT

By Fr. John Parker, modeled on St John Chrysostom's Paschal Homily

If anyone be devout and love God, let him commence this radiant fast with joy! If anyone be a wise servant, let him, rejoicing, enter into the school of repentance.

We, who have wallowed long in sin, let us now begin our return. If anyone has strayed from the first hour, let him today repent with zeal. If anyone has sinned from the third hour, let him with gratitude embrace the fast. If anyone has fled God from the sixth hour, let him have no misgivings about his prompt return; because he shall in nowise be turned away therefore. If anyone has indulged the flesh since the ninth hour, let him draw near, fearing God alone and trusting in His mercy. And if anyone has turned away only at the eleventh hour, let him also not hesitate to turn back with haste.

For the Lord, who is longsuffering and full of compassion and mercy, will accept the last even as the first. He restores him who repents at the first hour, as He does him who turns back at the eleventh. And He shows mercy upon the last, and cares for the first; and to the one He gives, and upon the other He bestows gifts. And He both accepts the confession, and welcomes the intention, and honors the contrite heart and rejoices in the return.

Wherefore, enter all of you into the holiness of your Lord; offer your repentance, both the last, and likewise the first. You rich and poor together, repent, for today we stand outside the closed gates of paradise. You sober and you heedless, prostrate yourselves before your King! Return to the Lord today, both you who have sinned with knowledge and those who have done so in ignorance.

Your pantries are full; empty them to the hungry. The belly enslaves us, let no one be dominated thereby. Enter all of you into the Great Fast;

stripped of heavenly wealth by sin, all draw near to God's rich loving-kindness!

Let no one despair in his sinfulness, for the Bridegroom comes at midnight. Weep all of you for your iniquities, and draw near to the life-giving Cross of our Lord. Let no one put confidence in the flesh, for the Devil has deceived us all thereby, and therewith enslaves us to sin. By turning from God, we are made captives.

We have called good evil and evil good, and put bitter for sweet, and sweet for bitter. And Isaiah, foretelling this, did cry: Woe to those who put darkness for light, and light for darkness!

We are embittered, for we are banned from Eden. We are embittered, but it is we who have mocked God. We are embittered, for now we shall surely die. We are embittered, for we have succumbed to the serpent. We are embittered, for we are fettered in chains. We partook of a fruit, and met the deceiver. We were entrusted with paradise, but we chose Hell. Our eyes were opened to see the nakedness of sin.

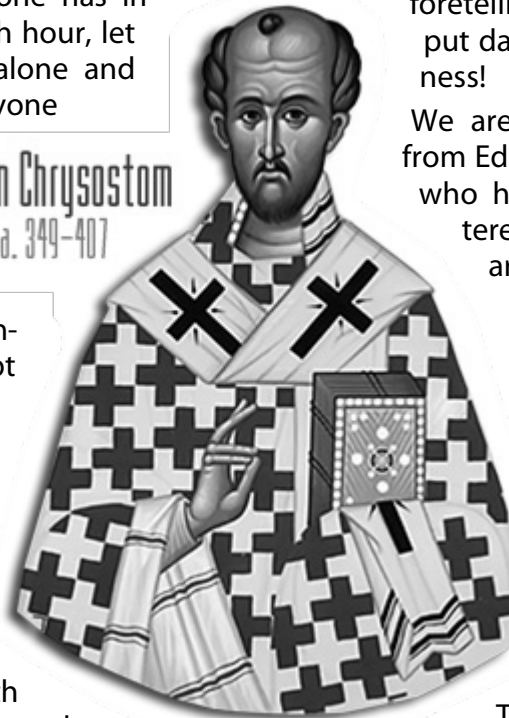
Be pleased, O Lord, to deliver us! O Lord, make haste to help us!

This is the acceptable time, let us repent! This is the day of salvation, let us crucify the passions! The end is at hand and destruction hangs over us! The end draws nigh, let us come again to our senses! The Kingdom of Heaven is at hand, what first-fruit shall we offer? Let us delay not, lest we remain dead in the grave, sold under sin! For God desires not the death of the sinner, but that he should turn from his wickedness and live!

So, let us choose life, and live, for the mercy of God endures forever!

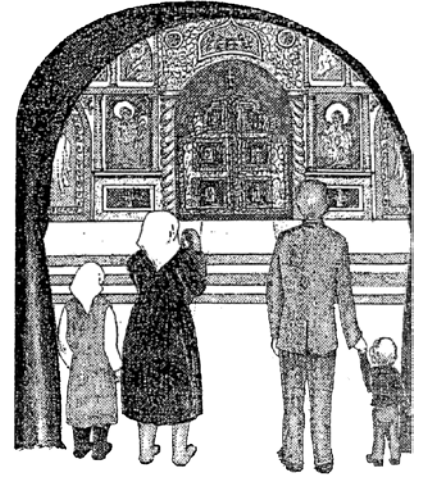
To Him be glory and dominion unto ages of ages. Amen.

John Chrysostom
ca. 349-407



THE TOP 10 LENTEN TIPS

1. Regardless of how you fast, fast every single day. This type of fasting helps wear down the passions and build spiritual endurance.
2. Know exactly what the fasting regulations are and try to approximate them as best you can. Each Lent, try to be more strict yet humble.
3. Particular concerns about fasting? Age, health issues, never fasted before, mixed-marriages? Speak with your priest.
4. Be sure to recite the Lenten prayer of Saint Ephraim. If you cannot make prostrations just make bows or cross yourself.
5. On weekends, we do not make prostrations and our fasting is slightly relaxed 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 TV and computer. Some give up TV for all of Lent. Others strictly limit their time and watch only educational and news programs. Surfing on the web? Hit the theological sites.



THE LENTEN PRAYER OF SAINT EPHRAIM



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

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

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

O God, cleanse me a sinner. (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.

THE SACRAMENT OF CONFESSION

is one of reconciliation with God, bringing about not only a clearing of the conscience through the remission of sins, but also a healing of the soul through our recommitment to Christ. This Sacrament should therefore be received by all Orthodox Christians during each of the fasting seasons, especially Great Lent. For those who wish to receive Holy Communion, the Sacrament of Confession is indispensable and absolutely necessary to maintaining our spiritual health and well being. Fr. John is available to hear confessions following any service or at any other time by appointment.

