

CHRIST THE SAVIOR ORTHODOX CHURCH

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NOW UPON THE FIRST DAY OF THE WEEK, VERY EARLY IN THE MORNING, THEY CAME UNTO THE SEPULCHRE, BRINGING THE SPICES WHICH THEY HAD PREPARED, AND CERTAIN OTHERS WITH THEM.



BULLETIN OF APRIL 22, 2007

CHRIST IS RISEN! INDEED HE IS RISEN!

SUNDAY, APRIL 22ND

MYRRHBEARING WOMEN SUNDAY

8:40a.m. Hours

9:00a.m. Divine Liturgy
Coffee Hour

SATURDAY, APRIL 28TH

6:00p.m. Vespers; Confessions

SUNDAY, APRIL 29TH

SUNDAY OF THE PARALYTIC

8:40a.m. Hours

9:00a.m. Divine Liturgy
Coffee Hour

Bible Studies

During the next few months we will have Bible Studies at the church at 7:00 in the evening on the following three topics:



Sunday, April 29

The Resurrectional Appearances of the Lord

Monday, May 21

The Ascension of the Lord

Tuesday, June 19

The Descent of the Holy Spirit on Pentecost

Don't forget: bring your Bible and bring a friend!



Pictures from Holy Week and Pascha

have now been posted on our parish website, as well as the OCA website. A special thank you is offered to those who took photographs during the festivities, may God bless you for your efforts. If anyone has any additional pictures which you would like to share please see Fr. John as soon as possible. Thank you!



Attention Parish Council Members

The next meeting of the Parish Council will be Sunday, May 6th, following the Divine Liturgy. In the church office there is a schedule for collection counting for the year 2007. There should be two counters for each Sunday. Please sign your name to the schedule for those Sundays in which you will be able to count - preferably no more than two Sundays a month so that we have a good rotation. If you are unable to count on a Sunday that you have signed up for, please find a replacement. Thank you!

Last Sunday's Bulletin

If you haven't yet picked up last Sunday's bulletin, it is available in the back of the church, or can be downloaded from our parish website, orthodoxdelmarva.org.

A New Fundraiser is Underway

to raise money for our building program. Cookie Lee Jewelry, an affordable high-quality fashion jewelry that has been in business for 15 years, has offered to donate 20% of their sales through our parish to our Mission. The consultant for our fund raiser is Kris DeAngelis and she will be here at our coffee hour on April 15th and April 22nd with a display of some of the Cookie Lee jewelry. The fund raiser will end on April 26th when all orders and monies are due. Alice Peters has volunteered to collect orders and money. The orders will be delivered to the church on May 4th. For questions, please see Fr. John or Alice.



Donors Sought

Frs. Daniel and John are about to build five new wooden icon stands for the church. Materials are needed for the project. Please see Fr. John if you would like to make a donation.

OCF RESPONDS TO TRAGEDY AT VIRGINIA TECH

An Orthodox Christian Fellowship Press Release

Boston, MA - Prayers, resources, and outreach to the local Orthodox Christian Fellowship (OCF) chapter at Virginia Polytechnic Institute and State University (Virginia Tech) are part of the response OCF has mounted to address the horrific tragedy that occurred on the 16th of April in Blacksburg, Virginia, which resulted in the loss of 33 human lives. Although it has been reported that all of the OCF students are safe, some of the students lost friends and acquaintances in the shooting.



OCF has been in constant communication with the leaders of the Virginia Tech OCF including Rev. Constantine Nastos of Holy Trinity Church in Roanoke, VA who serves as the OCF's spiritual advisor. OCF is doing everything possible to respond to the emotional and spiritual needs of the students. In conjunction with its sister agency, International Orthodox Christian Charities, OCF is coordinating the deployment of "frontline" responders to minister to the Orthodox college students and community at Virginia Tech. The responders will include OCF Executive Director, Rev. Kevin Scherer, and three others who have all received specialized training in Critical Incident Stress Management and Debriefing. When classes resume Monday (April 23), Fr. Scherer and the three Orthodox Christian responders will meet with the Virginia Tech OCF and provide various levels of support, ministry, and counseling as needed.

"This is an important time for the Church to make sure that it creates an emotionally safe environment for students everywhere to share their feelings and experiences relative to this tragedy," says Fr. Scherer. "Our responsibility is to actively listen and help them contextualize this horror in light of the Gospel, especially Christ's life-giving resurrection."

OCF has created a special website section with resources including prayers, selections from Scripture, and a messaging tool for the Orthodox community to share their condolences with the Virginia Tech OCF. A Memorial Service, with litanies and/or prayers specific to the tragedy, will soon be released to encourage local OCF chapters to pray corporately for those who lost their lives. The website (www.ocf.net) also includes an email address for the Virginia Tech OCF, allowing local OCF chapters and the Orthodox community world-wide to express their concern and support. The emails received thus far have been heartfelt and loving, and are a great testimony to the unbreakable Christian bond Orthodox college students have for one another.

It is with extreme sadness that OCF responds to this tragedy. These recent events reaffirm the urgent mission of OCF to help college students grow closer to Jesus Christ by living out their baptismal vocation during one of the most pivotal times in their lives. OCF humbly asks each Orthodox Christian to continue offering their fervent prayers for all involved in this tragic event and for all Orthodox college students throughout the world. The support of the entire church is needed during this crucial time.

THE GREAT-MARTYR GEORGE

Commemorated on April 23rd



"George, this truly great and glorious Martyr of Christ, was born of a father from Cappadocia and a mother from Palestine. Being a military tribune, or chiliarch (that is, a commander of a thousand troops), he was illustrious in battle and highly honored for his courage. When he learned that the Emperor Diocletian was preparing a persecution of the Christians, Saint George presented himself publicly before the Emperor and denounced him. When threats and promises could not move him from his steadfast confession, he was put to unheard-of tortures, which he endured with great bravery, overcoming them by his faith and love towards Christ. By the wondrous signs that took place in his contest, he guided many to the knowledge of the truth, including Queen Alexandra, wife of Diocletian, and was finally beheaded in 296 in Nicomedia." (Great Horologion) The Empress Alexandra, along with a pagan priest who confessed Christ due to George's witness, were executed together with the Great Martyr. St. Alexandra is commemorated on April 21/May 4.

Neither the Great Horologion nor the Prologue, nor the Church's services to St. George, mention the most popular story of St. George, his slaying of a dragon. Though many icons of the Saint show him mounted on horseback, slaying a dragon with a spear, the story is thought by many to be legendary, and the dragon in the icon symbolic.

THE FIRST WITNESSES TO THE RESURRECTION

By Nichola Toda Krause

On the second Sunday after the Resurrection, the Church celebrates the first witnesses of the Lord's Resurrection — the women who came to anoint His body with fragrant oils, the "Myrrh bearers" — and the men who buried Him, Ss. Joseph of Arimathea & Nicodemus.

Jesus Christ was crucified on Friday — the day before the Sabbath (Saturday) and the day before the Old Testament Passover feast. When He died, it was imperative that He be buried before the Sabbath, because it was against the Law to work on the Sabbath. Ss. Joseph & Nicodemus took His Body down from the Cross, hastily anointed the Lord with aloe and myrrh, and wrapped Him in a sheer strip of linen. They placed Him in the newly-completed tomb — dug out of solid rock! — that was intended for the wealthy St. Joseph when he died, and sealed the tomb with a massive stone.



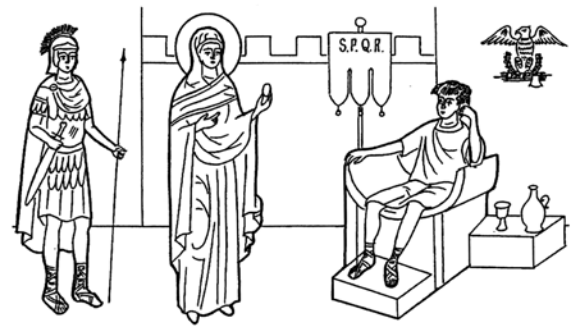
While St. Peter and the other male disciples slept, the women disciples of the Lord bought more expensive, fragrant oils and myrrh. They went to the tomb as soon as the Sabbath-day ended — in the middle of the night — to anoint His body

properly. As they walked, they discussed how they could even get into the tomb since it was sealed by the huge stone that was too big for them to move.

When they arrived, the tomb was open, and He was gone! They made several trips back and forth to Jerusalem, telling the disciples the good news, leading them back to the tomb, and searching for His Body to confirm the Resurrection the angels proclaimed.

The faithful women who visited the tomb of Jesus Christ on the morning of the Resurrection included:

- ❖ **Mary Magdalene**, from whom the Lord cast seven devils; she was the first witness to the Resurrection
- ❖ **The Theotokos**, referred to as "Mary the mother of Jesus" (Jesus was a son of St. Joseph the Betrothed by his first wife; the Virgin Mary was his step-mother)
- ❖ **Joanna**, the wife of Chouza, the steward / administrator of King Herod Antipas
- ❖ **Salome**, a daughter of St. Joseph the Betrothed by his first wife, who was also the wife of Zebedee and the mother of the Apostles James and John



WHY PASCHAL EGGS ARE RED

After the Resurrection, St. Mary Magdalene went to Rome. Tradition teaches that when Mary first met the Roman emperor, Tiberius Caesar, she held a plain egg in her hand and greeted him with the words, "Christ is risen!" Tiberius exclaimed: "How can someone rise from the dead? This is hard to believe. It is just as likely that the egg you are holding will turn red." Even as he spoke, the egg turned a brilliant red! She then preached the good news of Jesus Christ to the emperor and the imperial household.

Mary Magdalene told Tiberius all that Pontius Pilate and the leaders of the Jews had done to the Savior. Her testimony was enough to condemn them to death.

St. Mary Magdalene left Rome for the city of Ephesus, where she died and was buried by the Bishop there, the Apostle John (the Theologian)! Emperor Leo the Wise later moved her relics to Constantinople.

DECORATIVE PASCHAL EGGS



3 RULES FOR KEEPING ON THE STRAIGHT PATH AFTER CONFESSION AND HOLY COMMUNION

By Saint Theophan the Recluse



Our inner spiritual lives never get into the proper order all of a sudden. What is always required is intensified labor over oneself, by the assimilation of good intentions and by the enabling of grace through the Holy Mysteries of Confession and Communion. This work and effort is directed towards destroying the disorder that reigns inside; in its place it establishes order and harmony, after which follows inner peace and a continual joyful mood of the heart.

Do not think, however, that for this you must redo everything, or bind yourself to a lot of rules. Absolutely not. Two or three little rules or precautions is all you need.

Rule One: It is necessary to get in the habit of unceasing remembrance of God, along with fear and reverence. Be with the Lord no matter what you do; and turn to Him with your whole mind, trying to conduct yourself as you would in front of a king. You will soon get into the habit, just don't give up or break off.

To make it easier to acquire the habit of remembrance of God, there is a special method for fer-

vent Christians; that is, the unceasing repetition of a short prayer of two or three words. Most common is "Lord have mercy," or "Lord Jesus Christ, Son of God, have mercy on me a sinner." If you have never heard this, then listen, and if you have never done it, then begin doing it from this moment on. Whether you are walking, sitting, eating, going to bed, repeat over and over the prayer. From long practice of this, the words will fasten themselves to the tongue so that they will repeat themselves. Do not forget to combine this prayer with reverence.

Rule Two: Do not do anything that your conscience prohibits, and do not omit anything that it says to do, whether great or small. Follow your conscience undeviatingly, and with such perseverance that you would not allow yourself to do anything against it even if you were to die. The more decisively you act, then the more powerful your conscience will become. The more powerful your conscience becomes, the more completely and forcefully it will inspire you with what is necessary and steer you away from what is unnecessary in words, deeds, and thoughts, and the more quickly your inner being will be put in order.

Rule Three: Supplement the first two rules with this third one: be patient. You must spiritually work and not give in to pleasing yourself or the world. There will be constant opposition to any good spiritual work you have begun. You must overcome this; therefore, you must exert more force and, consequently, be patient. Clothe yourself in this all-powerful amour and never allow your spirits to fall when you encounter misfortune. Everything will come with time. Be encouraged in your patience through this hope. That everything will come in time, is born out by the experiences of all people who have sought and accomplished salvation.

Three simple rules: 1) remembrance of God with reverence; 2) obey your conscience strictly and 3) arm yourself with hope by patience. May the Lord bless you to be so inclined and to be in this frame of mind.



Saint Theophan the Recluse (1815 - 1894) was the bishop of Tambov in Russia. He was a prolific author, especially on the subjects of the Christian life and the training of youth in the faith. His feast day is celebrated on January 6 or 10.

A TEACHING OF ST. NICODEMUS ON UNCOVERING THE GRACE OF GOD

The grace of the Holy Spirit, which is given mystically to every Christian when he is baptized, acts and is manifested in proportion to our obedience to the commandments of the Lord. That is, if a Christian obeys the commandments of the Lord more, then grace acts within him more, while if he obeys them less, then grace acts within him less. Just as a spark, when covered in the ashes of a fire becomes increasingly manifest and active as one removes the ashes and puts on new firewood, so too does the Divine grace, which has been implanted in man's heart through Holy Baptism, enlighten, illumine, and sanctify him, the more he brushes away the ashes of sin and acts in accordance with the commandments of Christ.

