

# CHRIST THE SAVIOR ORTHODOX CHURCH

30838 Vines Creek Rd.; Dagsboro, DE 19939  
 302-537-6055 (church) / orthodoxdelmarva.org /  
 frjohn@orthodoxdelmarva.org

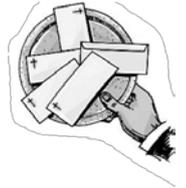
## BULLETIN OF FEBRUARY 19, 2012

### Welcome Visitors

We warmly welcome all those who are visiting us today. It is good to have you all with us!

### Offering Envelopes

for 2012 are available in the back of the church. Please be sure that your envelopes number is noted on our list as this will greatly assist our counters.



### The Parish Council – Sunday, Feb. 26<sup>th</sup>

will be blessed to assume their duties at the Divine Liturgy on Sunday, February 26<sup>th</sup>. Following the coffee hour on this same day, the new council will meet to elect officers. All council members are reminded to prepare themselves for this high calling and important day with prayer, a recent confession, and Holy Communion.

### What are Meatfare (2/19) and Cheesefare (2/26) Sundays?

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

### The Rite of Forgiveness – Sunday, Feb. 26<sup>th</sup>

Great Lent begins this year on Monday, Feb. 27<sup>th</sup>. The Sunday before the Great Fast is called Forgiveness Sunday, for on this day we ask each other's forgiveness, remembering that there can be no true fast, no genuine repentance, no reconciliation with God, unless we are at the same time reconciled with one another. Please don't miss it, otherwise we will repeat this Rite the following Sunday(s).



### Questions Regarding Keeping the Fast?

If you have any questions about fasting this Great Lent, for the Pre-Sanctified Liturgy, or health concerns, or perhaps something else that is on your mind, please consider talking to your priest.



### Renovations to the Parish Center

can be followed on our website's renovation page. Photos are posted as the work is completed. Check them out!

### SUNDAY, FEBRUARY 19<sup>TH</sup>

#### Sunday of the Last Judgment

#### Meatfare Sunday

8:40am Hours  
 9:00am Divine Liturgy  
 Coffee Hour

### SATURDAY, FEBRUARY 25<sup>TH</sup>

5:00pm Bible Study  
 6:00pm Great Vespers

### SUNDAY, FEBRUARY 26<sup>TH</sup>

#### Forgiveness Sunday

#### Cheesefare Sunday

8:40am Hours  
 9:00am Divine Liturgy  
 Installation of Council  
 Rite of Forgiveness  
 Coffee Hour

### READER SCHEDULE

#### Sunday, Feb. 26<sup>th</sup>

Gabriela Jones

#### Sunday, Mar. 4<sup>th</sup>

Jodi McElwee



**Prayer List:** Fr. Michael Mihalick, Fr. Alexander Atty, Fr. Christian, Mat. Dunia, Kelly Elizabeth & child, Bill Parrish, Fazealle, Hayley, Tyler Pelesh, Jerrie Rife, Wallace & Michelle, Ryan & Kayla, Maleah Morsey, Victoria Kokkinos, Ed Tucker, Karen Nichols, Denise Royal, Simeon, Scott & Maryann, Roman Szewc, Garrett Cuppels, Jane Koshutko, Nicholas & Linda, Nina Gordon, Mirela & Chris, Troy Duker, Mary Miranda, Bruce, Stella, Lilly Barnett, Amy F., Nedelina, Henrietta Stack, Archimandrite Pachomy.

OPERATING THRU 1/31/12			FEBRUARY OPERATING			RENOVATION TO PARISH CENTER		
Income	Expense	Net	Income	Goal	Difference	Income	Goal	Expense
5,322	4,454	+868	1,449	4,858	-3,409	30,511	80,000	26,269



## GENERAL RULES OF FASTING FOR THE GREAT AND HOLY LENT

*Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat.*

*Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from every passion.*

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

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

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

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

*By Protopresbyter Alexander Schmemmann*



Meat is not permitted on any day.



Dairy is not permitted on any day.



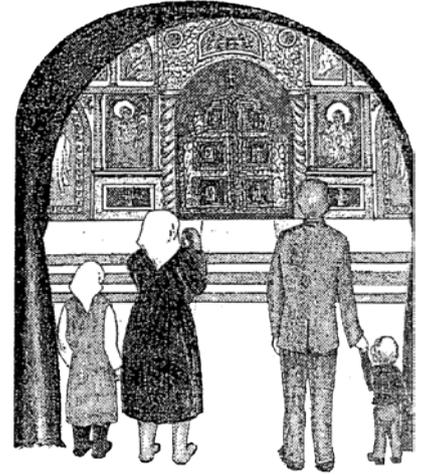
Wine and oil are permitted on weekends, and on a few other days (see your wall calendar)



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

## THE TOP 10 LENTEN TIPS

1. Regardless of how you fast, fast every single day. This type of fasting helps wear down the passions and build spiritual endurance.
2. Know exactly what the fasting regulations are and try to approximate them as best you can. Each Lent, try to be more strict yet humble.
3. Particular concerns about fasting? Age, health issues, never fasted before, mixed-marriages? Speak with your priest.
4. Be sure to recite the Lenten prayer of Saint Ephraim. 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)**

*Note: If one cannot make prostrations, then make bows, or the sign of the Cross.*

## 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, including 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.



**EDUCATIONAL RESOURCES FOR GREAT LENT, HOLY WEEK AND PASCHA AVAILABLE ON OCA.ORG**  
SYOSSET, NY [OCA]

A variety of lenten resources for class and individual study are available free of charge on the web site of the Orthodox Church in America's Department of Christian Education.

Great Lent begins on Monday, February 27, 2012.

A collection of activities for grades 2-3, 4-6 and 7-8 may be found at <http://dce.oca.org/assets/files/resources/lent-activities.pdf>. Two activities with teacher guides are available for each grade level.

"Journey to Pascha" — a six-lesson study unit for use in parish Church schools — is available at <http://dce.oca.org/focus/pascha>. The unit includes lessons for five age groups — ages 4-6, 7-9, 10-12, 13-17, and 18 and over. It is ideal for weekly classroom use on the lenten Sundays.

The unit begins with the story of Lazarus and the celebration of Jesus' joyful Entrance into Jerusalem. It continues through each day of Holy Week, focusing on what Jesus taught His disciples, and what happened to Jesus as He was brought to trial, put to death, and buried. Finally, the celebration of the events that led to His Resurrection are highlighted.

Each lesson gives the teacher step-by-step instructions for presenting a learning session tailored to a particular age group. The lessons include activities and games, downloadable icons, and resources from our liturgical Tradition. Weekly Sunday bulletin inserts — beginning February 26, they will feature lenten themes — also are available.



**RENOVATIONS OFFICIALLY BEGIN AT PARISH CENTER**

*From OrthodoxDelmarva.org*

On Thursday, February 9th, we received our building permit from Worcester County and immediately began renovations to the new Parish Center. It is hoped that renovations would be complete in the next two months so that the faithful might celebrate Holy Pascha in their new facilities. Check the website often as the renovation page will be updated as the work continues!

