



# CHRIST THE SAVIOR ORTHODOX CHURCH

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## BULLETIN OF FEBRUARY 26, 2012

### LET US BEGIN THE FAST WITH JOY!

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

##### *Forgiveness Sunday (Cheesefare)*

8:40am Hours  
 9:00am Divine Liturgy  
 Installation of Council  
 Rite of Forgiveness  
 7:00pm First Lenten Vespers

#### MONDAY, FEBRUARY 27<sup>TH</sup>

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

#### TUESDAY, FEBRUARY 28<sup>TH</sup>

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

#### WEDNESDAY, FEBRUARY 29<sup>TH</sup>

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

#### THURSDAY, MARCH 1<sup>ST</sup>

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

#### FRIDAY, MARCH 2<sup>ND</sup>

7:00p.m. Pre-Sanctified Liturgy  
 Potluck Lenten Meal

#### SATURDAY, MARCH 3<sup>RD</sup>

5:15p.m. Memorial Service  
 6:00p.m. Great Vespers

#### SUNDAY, MARCH 4<sup>TH</sup>

##### *Sunday of Orthodoxy*

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

#### READER SCHEDULE

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

Jodi McElwee

**Sunday, Mar. 11<sup>th</sup>**

Bruce Eckerd



#### Welcome Visitors

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



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

will be blessed to assume their duties at the Divine Liturgy today. Following the coffee hour, the new council will meet to elect officers. Everyone is invited to stay but only Council members may take part in the election of officers.

#### 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 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.



#### 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!

#### Memorial Saturdays

On Saturdays during the Great Fast we remember those who have departed this life before us in the hope of the resurrection to eternal life. Memorial services are being offered during which the names of our departed family members and friends are commemorated. If you have not yet submitted a list for commemoration, please see Fr. John.



**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 Swzec, 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 + Loan	Goal	Expense
5,322	4,454	+868	1,733	4,858	-3,125	30,511 + 30K	80,000	33,419

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## HOMILY ON "FASTING" -- SEVEN QUESTIONS, SEVEN ANSWERS

*His Grace, Michael ~ Bishop of New York & the Diocese of New York and New Jersey*

### **Question #1: Why do we fast?**

*Just as the children of Israel ate the "bread of affliction" (Deuteronomy 16:3) in preparation for the Passover, so Christians prepare themselves for the celebration of Pascha by observing the fast of Great Lent. Moses fasted on Mount Sinai (Exodus 34:28), and Elijah on Mount Horeb (I Kings 19:8-12). But most importantly Our Lord fasted in the wilderness for 40 days and 40 nights (Matthew 4:1-2) and we imitate His example.*

### **Question #2: But, did Jesus really teach fasting?**

*Yes, He instructs us, "When the Bridegroom is taken away, My disciples will fast" (Matthew 9:15). And He presumes His followers will fast, in His Sermon on the Mount when He teaches, "When you fast ..." not if you fast. He goes on to say, "Anoint your head and wash your face so that you do not appear to be fasting before men ... your Father who sees in secret will reward you openly." (Matt. 6:16-18).*

### **Question #3: When did fasting on certain days originate?**

*As early as the first century, in the Teaching of the Twelve Apostles, we read: "He (Christ) commanded us to fast on Wednesday and Friday." The Saints explain, we fast "on Wednesday because on this day Our Lord was betrayed; and on Friday because on this day He suffered death for our salvation."*

### **Question #4: What is the purpose of fasting?**

*Although fasting has many health benefits, the primary aim of fasting is to make us conscious of our dependence on God. We voluntarily experience physical hunger in order to become aware of our true spiritual hunger. Another reason we fast is to subdue our passions and self-will. The Saints tell us there is no way we can control our urges for pleasure, money or power, if we cannot control our stomach. Fasting is the first step toward self-control. And our self-will is cut off by being obedient to the Church and her rules.*

### **Question #5: Is fasting only a matter of diet?**

*No, it is moral as well as physical. True fasting is to be converted in heart and will; it is to return to God, to come home like the Prodigal Son to our Father's*

*house. In the words of Saint John Chrysostom it means "abstinence not only from food but from sins." He says, "The fast should be kept not only by the mouth but also by the eye, the ear, the feet, the hands and the other members of the body." The eye must abstain from impure sights; the ear, from malicious gossip; the hands, from acts of injustice. Saint Basil says "it is useless to fast from food and yet indulge in cruel criticism and slander: You do not eat meat but devour your brother." And although we may return to eating meat and cheese after Pascha comes, we should of course strive NOT to return to the sins from which we struggled to abstain during the course of the Fast. We give up rich foods for Lent ... We should give up gossip and laziness and greed, forever.*

### **Question #6: What is the inner significance of fasting?**

*The deepest meaning of fasting is best summed up in the triad: prayer, fasting and almsgiving. Fasting is valueless if not combined with prayer. In the Gospel, Our Lord tells us that the devil is cast out by "prayer and fasting" (Matthew 17:21); and Acts of the Apostles records the early Christians "fasted and*

*prayed" (Acts 13: 3). The Great Fast is certainly a time to improve our prayer life, both personally at home, and by our participation in Lenten services at church.*

### **Question #7: And what about almsgiving?**

*Prayer and fasting should be accompanied by almsgiving – by love for others expressed in practical form. The second century Shepherd of Hermas insists that the money saved from abstaining from rich foods during the fast should be given to the widow, the orphan, and the poor. Lent is certainly the time to increase our works of mercy for "the least of His brethren," for those who are in need.*

*So, as we begin Great Lent, let our hearts sing out this hymn of the Church:*

*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. Rejoicing in the virtues of the Spirit, may we persevere with love.*



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## THE LITURGY OF THE PRESANCTIFIED GIFTS

By VRev. Thomas Hopko

The eucharistic Divine Liturgy is not celebrated in the Orthodox Church on lenten weekdays, since the full Divine Liturgy has a joyful character not in keeping with the somberness of the Great Fast. However, in order for the faithful to sustain their lenten effort by participation in Holy Communion, the Liturgy of the Presanctified Gifts is served. The service is an ancient one in the Orthodox Church. We officially hear about it in the canons of the seventh century, which obviously indicates its development at a much earlier date.

*On all days of the holy fast of Lent, except on the Sabbath, the Lord's Day, and the holy day of the Annunciation, the Liturgy of the Presanctified is to be served (Canon 52, Quinisext, 692).*

The Liturgy of the Presanctified Gifts is an evening service. It is the solemn lenten Vespers with the administration of Holy Communion added to it. There is no consecration of the eucharistic gifts at the presanctified liturgy. Holy Communion is given from the eucharistic gifts sanctified on the previous Sunday at the celebration of the Divine Liturgy, unless, of course, the feast of the Annunciation should intervene; hence its name of "presanctified."

The Liturgy of the Presanctified Gifts is served on Wednesday and Friday evenings, although some churches may celebrate it only on one of these days. It comes in the evening after a day of spiritual preparation and total abstinence. The faithful who are unable to make the effort of total fasting because of weakness or work, however, normally eat a light lenten meal in the early morning.

During the psalms of Vespers, the presanctified gifts are prepared for communion. They are transferred from the altar table where they have been reserved since the Divine Liturgy, and are placed on the table of oblation. After the evening hymn, the Old Testament scriptures of Genesis and

Proverbs are read, between which the celebrant blesses the kneeling congregation with a lighted candle and the words: "The Light of Christ illumines all," indicating that all wisdom is given by Christ in the Church through the scriptures and sacraments. This blessing was originally directed primarily to the catechumens -- those preparing to be baptized on Easter -- who attended the service only to the time of the communion of the faithful.

After the readings, the evening Psalm 141 is solemnly sung once again with the offering of incense. Then, after the litanies of intercession and those at which the catechumens were dismissed in former days, the presanctified eucharistic gifts are brought to the altar in a solemn, silent procession. The song of the entrance calls the faithful to communion.

*Now the heavenly powers (i.e., the angels) do minister invisibly with us. For behold the King of Glory enters. Behold the mystical sacrifice, all fulfilled, is ushered in.*

*Let us with faith and love draw near that we may be partakers of everlasting life. Alleluia. Alleluia. Alleluia.*

After the litany and prayers, the Our Father is sung and the faithful receive Holy Communion to the chanting of the verse from Psalm 34: "O taste and see how good is the Lord. Alleluia." The post-communion hymns are sung and the faithful depart with a prayer

to God who "has brought us to these all-holy days for the cleansing of carnal passions," that he will bless us "to fight the good fight, to accomplish the course of the fast, and to attain unto and to adore the holy resurrection" of Christ.

The Liturgy of the Presanctified Gifts is traditionally considered to be the work of the sixth-century pope, Saint Gregory of Rome. The present service, however, is obviously the inspired liturgical creation of Christian Byzantium.

