

CHRIST THE SAVIOR ORTHODOX CHURCH

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BULLETIN OF MARCH 3, 2018

A Warm Welcome!

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



Parish Council Installation – Sunday, March 3rd

Today, the 2019 Parish Council will be installed at the end of the Liturgy. The first meeting will take place following coffee hour (everyone is welcome). May the Lord bless them!

Daylight Savings – Sunday, March 10th

Be sure to remember to “spring ahead” and set your clocks ahead one-hour next Sunday, March 10th or you will be late.



What are Meat-fare (3/3) & Cheese-fare (3/10) 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 every day, inc. Wednesday & Friday. Questions? See Fr. John.



The Rite of Forgiveness – Sunday, March 10th

The day before entering 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. Don't miss it!

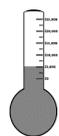
Memorial Saturdays

In the coming weeks, Memorial services will be 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.



Sincere Appreciation To:

the one who cleaned the church this week and to all who do so regularly!



Parking Lot Expansion

Only \$900 more is needed to finish the 2017 expansion of the parking lot. The funds are required to backfill and grade the areas next to the new parking spaces and exit road. May the Lord bless!

Tip: Where to Stand During the Service

Often people stand next to a bench, so they have a seat when needed, and this is always welcome but since there are plenty of seats, we need not be tied to the benches either. In fact, the large area rugs in the church are placed there to encourage people to stand in the center, if they wish; on the “field” rather than the “bench” to use a sports analogy. The rugs also make it easier on our feet/joints when standing or kneeling, and the benches will always be there when needed.



SUNDAY, MARCH 3RD

Sunday of the Final Judgment

- 8:40a.m. Hours
- 9:00a.m. Div. Liturgy
- Parish Council Installation
- Coffee Hour
- Council Meeting

SATURDAY, MARCH 9TH

- 5:00p.m. Bible Study
- 6:00p.m. Great Vespers

SUNDAY, MARCH 10TH

Sunday of Forgiveness

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



Looking Ahead:

- ❖ March 10th – Cheese-fare Sunday
- ❖ March 11th – Great Lent Begins
- ❖ March 25th – Annunciation
- ❖ April 21th – Palm Sunday
- ❖ April 24th – Holy Unction
- ❖ April 26th – Holy Friday
- ❖ April 28th – Pascha

+	OPERATING			EARMARKED			ACCOUNTS		READER SCHEDULE	
	THRU 1/31	LAST MONTH	THIS YEAR	THRU 1/31	LAST MONTH	THIS YEAR	OPERATING			
INCOME	7,878	8,818	16,696	175	5,860	6,035	OPERATING	2,196	3/3	Megan Wilkinson
EXPENSE	9,261	9,261	18,522	800	0	800	EARMARKED	12,564	3/10	Rdr. George Kaloroumakis
NET	-1,383	-443	-1,826	-625	5,860	+5,235	SAVINGS	12,000	3/17	Gabriela Vlahovici-Jones
							BUILDING	5,000	3/24	Rdr. Nicholas Borodulia



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



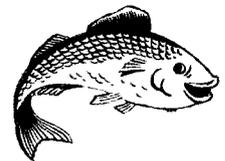
Meat is not permitted on any day.



Dairy is not permitted on any day.



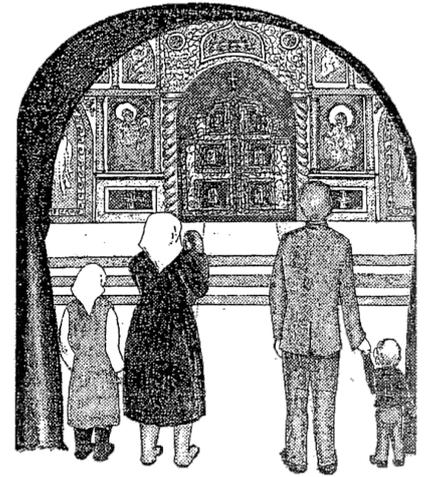
Wine and oil are permitted on weekends, and on a few other days (see your wall calendar)



Fish is permitted only on the Annunciation (March 25th) 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 or social networking 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

The Mystery of Repentance and 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.

ASK FATHER: 2 QUESTIONS / 2 ANSWERS

Question: If God sees suffering and allows it, is He a God worthy of worship?

Answer: Physical suffering is the result of sin - our choice to sin. God's one command was not to sin so that we would not know suffering: "Do not eat of the tree of the knowledge of God and evil for in the day that you eat from it you will surely die." (Genesis 2:17)

All the subsequent commandments given in the Law lead us away from sin and suffering and to righteousness and life. King David summarizes this when he writes "For the Lord watches over the way of the righteous, but the way of the wicked leads to ruin."

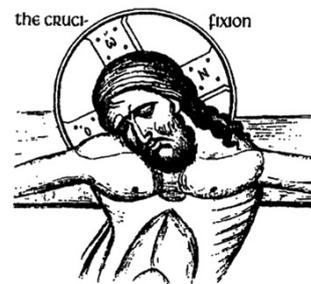
The Prophets likewise foretold that God would take our sin and suffering upon Himself to put an end to them once and for all. This God did in Christ - and for this alone He is more than worthy of our worship.

Question: But why does God still allow suffering then?

If we still suffer, it is because we still sin (individually and collectively).

Yet, the Christian understands that physical suffering, even biological death, is nothing compared to being in the unbearable state of broken communion with God.

For the worldly man, avoidance of physical suffering is most important concern and biological death most burdensome sentence. But by God's patient allowance of both (before He ends them with the general Resurrection), such men will be forced to look for the cause of their suffering and mortality and be motivated to turn back to Him, if initially for no other reason than because without Him they are biologically dying. Of course, no matter the initial reason, turning back to God, who is Life, is good for them. In time, they will, by keeping His commandments, come to know virtue and goodness through communion with Him, and gradually realize that union with God is not only true and eternal life but that this more abundant life is also worth suffering and even physically dying for.



ON THE TORMENTS OF HELL

St. Isaac the Syrian

Those who are tormented in hell are tormented by the invasion of love. What is there more bitter and violent than the pains of love? Those who feel they have sinned against love bear in themselves a damnation much heavier than the most dreaded punishments. The suffering with which sinning against love afflicts the heart is more keenly felt than any other torment. It is absurd to assume that the sinners in hell are deprived of God's love. Love is offered to all impartially. But by its very power it acts in two ways. It torments sinners, as happens here on earth when we are tormented by the presence of a friend to whom we have been unfaithful. And it gives joy to those who have been faithful.



MARCH CONGRATULATIONS!

Anniversaries:

3/3 Chris & Laurie Morsey

Birthdays:

3/1 Stephen Parrish
3/5 Mat. Emily Parsells
3/10 Alexander Valliant
3/11 Walter Casserly
Roy Bendfeldt
3/21 Nissa Nancy Hall
Fr. John Parsells
3/23 Ginny Borodulia
3/24 Mat. Dunia Hubiak
3/26 Megan Borodulia
3/31 Joey Ganim
Damira Hill

Namesdays:

3/1 *St. Evdokia*
Mat. Dunia Hubiak
3/17 *St. Patrick*
Patricia McAlpin
3/18 *St. Nikolai Velimirovich*
Nicholas Parsells
3/19 *St. Daria*
Daria Parsells