

Bishop Constantine to Visit AMGOC

His Grace Bishop Constantine will preside at the Holy Friday Lamentation Service on May 3. More details to follow.

Benevolent Fund

We are in need of funds to offer Christmas gifts to our fellow parishioners who are shut-ins and are unable to attend services. We will have a basket in the narthex following services. If you know of anyone in need from our community, please see Fr. Dennis.

During Great Lent

Fasting: Orthodox Christians are called to abstain from all meat—(yes, *chicken is meat!*)—dairy products i.e. eggs, milk, etc., fish, wine and olive oil during Great Lent, which begins on March 18, Clean Monday (Kaqarav Deutevra). To strengthen ourselves, the Church asks us to increase our prayer life (attending the Lenten Services), flee from sinful behavior, and to give alms. Let us together keep the fast as strictly as possible, increase our daily prayers, approach the Mystery of Holy Confession and forgive one another any offenses that have caused division or anger. If we are unsure about fasting or confession please see Fr. Dennis. May God bless us; grant us strength and faith to complete the course of the fast.

Liturgy of St. Basil the Great: During the Great Lenten period we use the Liturgy of St. Basil the Great every Sunday and on Holy Thursday and Holy Saturday mornings.

Services: We are called to abstain from certain foods during the Great Fast as we are to abstain from sin. This cannot be achieved without an increased prayer life. The Church in Her wisdom has not only called for us to fast, but gives us more services that will aid us in our Lenten journey. The Great Compline will be offered every Monday evening, the Presanctified Liturgy every Wednesday evening and the Salutations to our Theotokos every Friday evening.

Coffee Hour/Dinners During Lent: When bringing treats for the coffee hour during the Great Lenten Fast, please remember we must maintain the fasting practices of the Orthodox Church. While each may not be able to keep the fast as strictly as prescribed, let us nonetheless, keep it when we gather as community and people of God.

Archangel Michael Greek Orthodox Church Bulletin

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March 17, 2024

Sunday Holy Scripture Reading

Apostolic Reading: Romans 13:11-14:4

Gospel: St. Matthew 6:14-21

Services: *Sunday*-8 a.m. Orthros and 9 a.m. Divine Liturgy, *Weekdays* 8 a.m. Orthros and 9 a.m. Divine Liturgy when scheduled.

Saints of the Day: Sunday of Forgiveness and Cheese Fare. The Expulsion of Adam from Paradise. Venerable Alexios the 'Man of God;' Theosteriktos the Confessor Patrick, bishop of Armagh and enlightener of Ireland; Venerable Makarios of Kalyazin.

Hymns of the Day

Apolytikion of the Resurrection Tone 8

You descended from on high, O compassionate One, and consented to a three-day burial, to free us from the passions. O Lord, our life and resurrection, glory to You!

Apolytikion of the Archangels Tone 4

Supreme Commanders of the Hosts of the Heavens, we, the unworthy, implore and beseech You that by Your supplications You encircle us in the shelter of the wings of Your immaterial glory, guarding us who now fall down and cry to You with fervor: Deliver us from dangers of all kinds, as the great marshals of the heavenly hosts on high.

Kontakion to for Forgiveness Sunday Tone 6

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen.

Divine Services

Mon., March 18: Great Compline with canon by St. Andrew of Crete 6pm.

Tues., March 19: Orthros 8am. Great Compline with canon by St. Andrew of Crete 6pm.

Wed., March 20: 9th Hour 5:30 p.m. and Presanctified Liturgy 6 p.m. *Those who are preparing to receive Holy Communion are to fast strictly from the noontday meal*

or sooner from all food and drink (12:00 pm for lunch and should eat very light Lenten meal). Lenten meal following Presanctified Liturgy.

Thurs., March 21: Great Compline, canon by St. Andrew of Crete 6pm.

Fri., March 22: Salutations I to the Theotokos at 6pm.

Sat., March 23: Orthros 8am and Divine Liturgy 9am for the Miracle of St. Theodore the Recruit. Great Vespers 5pm

Holy Communion in the Orthodox Church

Holy Communion of the Orthodox Church is the Holy Body and Blood of our Lord Jesus Christ. It is *"With the fear of God, faith and love"* that we approach the Divine Mysteries. Therefore, Holy Communion is reserved only for those baptized and chrismated Orthodox Christians who have prepared themselves by prayer and fasting, as prescribed by the teachings of the Holy Orthodox Church. We ask that women, before approaching to receive from the Holy Cup, in respect of our Lord, to please remove lipstick.

Orthodox Catechism Class

Following services and coffee hour today, March 31, we will gather in the church for a half hour or so. *All are welcomed to attend!*

Church Bookstore

Many books are available for the Lenten Season including the wonderful book *The Crucifixion of the King of Glory: The Amazing History and Sublime Mystery of the Passion* by Presvetera Jeannie. If you have not purchased this book, you have a great opportunity to do so or reread the existing book you have during Lent. You can also listen to Presvytera's podcasts about this book at orthodoxbiblestudy.info (starts at episode # 153). *You will not see anyone who is truly striving after his spiritual advancement who is not given to spiritual reading.* ~Saint Athanasios

Memorial Service

This morning we remember in our prayers the departed servants of God +Virgil Toader, +Ioana Zainea and +Anisoara Jeberean. They are the uncle, grandmother and aunt of Kim, Daniel and Michael Toader. *Everlasting be there memory!*

Women's Fellowship

Please join us for fellowship, coffee, and light refreshments on Saturday, March 23rd, in the church hall. We will meet right after the Saturday of the Souls service. We hope you can attend!

Stewardship 2024

Following services on Sunday, December 3, our Chairperson Ruxandra Georgescu offered some words of inspiration for us to be faithful stewards of the Church. Please see Ruxandra for a 2024 packet.

Saturday of Souls

We will need koliva for Saturday, March 23. Please let Fr. Dennis know.

Saturday of Souls

We will need someone to make koliva for Saturday, March 9, March 16 and March 23. Please let Fr. Dennis know.

Coffee Hour Signup

Please consider sponsoring a coffee hour. Donations are welcome!

March 17: Toader Family

March 24: Sponsor Needed

March 31: Portuesi Family

April 7: Sponsor Needed

Exchange of Forgiveness

Following services this morning we will offer each other mutual forgiveness before beginning the Great Fast. Let us remember the words of the Paschal Doxastichon *"...let us forgive all things on the resurrection..."* **Kali Sarakosti—Good 40 Days!**

2024 GOYA Front Range Lenten Retreat

Registration for this youth retreat opens this coming Tuesday. It will be held from March 29-31. Please see the Metropolis website. <https://www.denver.goarch.org/>

Lenten Retreat

The weekend of April 5-6, we will have presentations by Fr. Dan Suciu from San Antonio, TX to speak to our community. More details will follow soon.

Dates to Remember

March. 18: Great Lent Begins

March 23: 3rd Saturday of Souls

April 29: Palm Sunday

May 5: Pascha

June 13: Ascension of the Lord

June 23: Pentecost

No Apostle Fast this year

Greek School

Greek School begins on Tuesday, February 13, 2024 at 4:30pm. Please contact Alex Ellis at 719.471.0157.

Roommate Wanted

Dimitri Johnson is seeking a roommate to split his \$2200 monthly rent in a 3 BR, 2.5 BA house with a finished basement near Powers and Barnes beginning on June 1st for a period of one year (or more). Sorry, no pets allowed. He can be reached via text at (719) 640-8737, if interested.

Church School

Church School will resumed on Sunday, Sept. 10. Please see Sara LaBrie for more information. Please allow the Church School students receive Holy Communion first as meets then.