

## March For Life

The annual Colorado March for Life will be taking place on April 12th at the state capitol in Denver. Please come to pray for our state and show our legislators that the Church still supports life! There will be a pre-rally concert at 10am with the rally itself starting at 11am. Various presenters will offer prayers and speeches until the march starts around 12pm. The march is about a mile long and will finish the event. You can find more information about the March here: <https://marchforlife.org/colorado/>. The website will continue to be updated with more information as the event date approaches. Some local transport to Denver is available. Please text Alec Bishop if you have any questions at 720-301-9436.

## 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.

## Greek School

Greek School meets on Tuesday, at 4:30pm. Please contact Alex Ellis at 719.471.0157.

## 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 (Καθαρά Δευτέρα). 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 31, 2024

**Sunday Holy Scripture Reading**

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**Apostolic Reading:** Hebrews 1:10-14; 2:1-3

**Gospel:** St. Mark 2:1-12

**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 St. Gregory Palamas.** Hypatios the wonder-worker, bishop of Gangra; Venerable Akakios the Confessor, bishop of Melitene; Prophet Joel; repose of Innocent, Met. of Moscow, enlightener of the Aleuts and apostle to America; repose of Jonah, Met. of Moscow.

## Hymns of the Day

**Apolytikion of the Resurrection Tone 2**

When You descended unto Death, O Lord, You who are immortal Life put Hades to death, by the lightning of Your divinity. And when You raised the dead from the netherworld, all the hosts of heaven sang aloud to You, "O Christ God, Giver of life, glory to You!"

**Apolytikion: St. Gregory Palamas Tone 8**

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

**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 Hymn to the Theotokos Tone 8**

To You, the Champion Commander, I, Your City, inscribe victorious anthems of thanksgiving, For deliverance from sufferings, Theotokos. In as

much as you have power unassailable, from all manner of dangers set me free; that I may cry out to you, Rejoice Bride unwedded.

Τῆ ὑπερμάχῳ Στρατηγῶ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων με κινδύνων ἐλευθερώσον, ἵνα κράζω σοι· Χαῖρε, Νύμφη ἀνυμφευτε. (*Page 98 in the green book.*)

## Divine Services

**Mon., April 1:** Great Compline 6pm.

**Wed., April 3:** 9<sup>th</sup> 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 noonday 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.

**Fri., April 5:** Salutations II to the Theotokos at **5pm.** (*Note the time change*)

**Sat., April 6:** 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.

## Memorial Service

This morning we remember in our prayers the departed servants of God +Fr. Theodore Martynenko (28 years) and his +Matushka Maria (15 years). They are the parents of Olga Sonnenburg. *Everlasting be their memory!*

## 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

Holy Week books have finally arrived and are located for sale in our bookstore. The Holy Week books are \$26.00 each. These books are normally priced at \$25.00; however, the extra \$1.00 will cover our shipping costs. Please pay with either cash or check only. *You will not see anyone who is truly striving after his spiritual advancement who is not given to spiritual reading. ~Saint Athanasios*

## Holy Cross Greek Orthodox School of Theology

On the third Sunday of Lent we will take a collection for the seminarians of our Metropolitan.

## 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.

## Coffee Hour Signup

Please consider sponsoring a coffee hour. Donations are welcome!

**March 31:** Portuesi Family

**April 7:** Nathan Pesch

**April 14:** Sponsor Needed

**April 21:** Sponsor Needed

## Memory Eternal!

We are sad to hear the servant of God +*Archpriest Anthony Karbo* fell asleep in the Lord on March 19. We are having a collection to help defray the cost of the mercy meal and other related expenses. *Everlasting be his memory!*

The servant of God +Elaine Scott fell asleep last week and will receive Orthodox services in Pueblo at St. John's on Tuesday, April 9 at 10am. *Everlasting be her memory!*

## IOCC Support for 2024 Parish Lenten Effort

Our parish will support IOCC for our Lenten effort this year. During Great Lent, we will collect funds to support their ongoing humanitarian work throughout the Middle East. As almsgiving (mercy giving might be a better modern translation) is one of our core spiritual disciplines, please consider supporting this worthy work during our Lenten journey.

## Dates to Remember

**April 29:** Palm Sunday

**May 5:** Pascha

**June 13:** Ascension of the Lord

**June 23:** Pentecost

*No Apostle Fast this year*

## Metropolitan Isaiah Retires

Last Saturday (March 23) we received word that our beloved Metropolitan Isaiah retired after many years serving the Church. Fr. Dennis went to Denver on Friday to meet with our *Locum Tenens* (interim) Metropolitan of Chicago with a number of local Metropolitan clergy for lunch and a discussion. We extend our love and respect to His Eminence Isaiah on his well deserved retirement Many years Master! Fr. Dennis will read the Encyclical of Met. Nathaniel today.

## 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. Please contact **Stephanie Winther at 719.238.7590** to register to attend. Lunch will be provided as well. Donations to cover the cost of travel for Fr. Dan are most welcome. See Jake Topakas to help with the luncheon. *All are welcome to attend!*