

## 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.

## Bishop Constantine to Visit AMGOC

His Grace Bishop Constantine will preside at the Holy Friday Lamentation Service on May 3. *We will need to provide light refreshments following services. Please see Jake Topakas.*

## Inquirers Welcome

Those visiting our parish are welcome to set up a time to speak with Fr. Dennis about the Orthodox faith. Please see Fr. Following services or call him on his cell phone listed on the front of the bulletin.

## Donations for Great Lent/Pascha

Please remember to bring in 100% olive oil for our oil lamps, wine for Holy Communion \$150, charcoal \$50, daffodils for third Sunday of Lent \$175, palms for Palm Sunday services \$150. Flowers for the kouvouklion of Holy Friday \$1,200.

## 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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FaceBook: <https://www.facebook.com/amgoc.co>

## April 21, 2024

### Sunday Holy Scripture Reading

**Apostolic Reading:** Hebrews 9:11-14

**Gospel:** St. Mark 10:32-45

**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. Mary of Egypt.** Hieromartyr Januarius, bishop of Benevento; Venerable Maximos and Anastasios.

### Hymns of the Day

#### Apolytikion of the Resurrection Tone 5

As the Father and Spirit are unoriginate, \* so the Word, who was born from the Virgin for us. \* Let us praise Him, O believers, and let us worship Him. \* For our salvation He was pleased \* to be crucified in the flesh, \* and to undergo death, \* and to resurrect the dead, by His glorious resurrection.

#### Apolytikion for St. Mary Tone 8

In you, O Mother, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Mary, your spirit rejoices with the angels.

#### 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 the Theotokos Tone 4

A protection of Christians unshameable \* intercessor to our Holy Maker unwavering \* reject not \* the prayerful cries of those who are in sin \* instead come to us, for You are good \* Your loving help bring unto us \* who are crying in faith to you \* Hasten to intercede \* and speed now to supplicate\* as a protection for all time \* Theotokos, for those who honor you.

### Instead of Axion Estin...

In you, O Lady full of grace, all creation rejoices, the hosts of Angels and the human race. O consecrated temple and allegorical Paradise, virgins boast of you. For God became incarnate from you, yes, our eternally existing God became a child from you. He made a throne of your womb, and He made your body wider than the heavens. In you, O Lady full of grace, all creation rejoices. Glory to you!

### Divine Services

**Mon., April 22:** Great Compline 5:30pm. **(Please note the time change)**

**Wed., April 24:** 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 26:** Small Compline with canon to St. Lazarus at 6 pm.

**Sat., April 27:** Orthros 8am and Liturgy 9am for St. Lazarus. *We will make palm crosses and decorate Paschal Candles following Liturgy. All are welcome to participate.* 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.

### Church Bookstore

Holy Week books are available for purchase in our bookstore for \$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*

### 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.

### Myrrh Bearers

It is a custom at the Holy Friday Lamentation Service to have the young girls of the community to be myrrh bearers during the third stasis of the lamentations. We introduced a few years ago. At a certain point during the Service,

all the Myrofores (myrrh bearers) will stand together around the Epitaphion. Father will chant “ERANON TON TAPHON” and at that moment all the girls will throw the flowers from their baskets onto the Epitaphion. Normally the girls wear white dresses and shoes. Also, they will need to have a small basket for the rose petals. When we go outside with the kouvouklion (The Lord’s Tomb) the girls will continue to throw the flower petals. Please contact Constadina Vasiliades constadina@shaw.ca

### Lazarus Saturday

On Saturday April 27, we invite all children and teenagers to decorate their Paschal candles (λαμπάδα – lambatha) after we finish folding the palms for Palm Sunday. Please see Connie Leonard or Sara LaBrie.

### Palm Sunday Luncheon and Pascha Picnic

Please see Jake Topakas to offer side dishes for the luncheon and picnic.

### Orthodox Catechism Class

Following services and coffee hour today, April 21, we will gather in the church for a half hour or so. *All are welcomed to attend!*

### Coffee Hour Signup

Please consider sponsoring a coffee hour. Donations are welcome!

**April 21:** Pesch and Topakas Families    **April 28:** Palm Sunday Luncheon

**May 5:** Pascha Picnic

**May 12:** Sponsor Needed

### Dates to Remember

**April 28:** Palm Sunday

**May 5:** Pascha

**June 13:** Ascension of the Lord

**June 23:** Pentecost

*No Apostle Fast this year*

### Metropolitan Isaiah Retires

On 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 Metropolis 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.

### Church School

Church School meets following Holy Communion. Please allow the Church School students receive Holy Communion first. See Sara LaBrie for more information.

### Greek School

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