

2025 Souper Bowl

We once again participated in the International Orthodox Christian Charities' "Souper Bowl of Caring" campaign last month. We raised \$175 that was donated to IOCC. Additionally, 14 bags, equating to 72 pounds of food, was donated to the Care and Share Food Bank for Southern Colorado. These donations supported our local community and IOCC's work across the globe to "Score a Victory Against Hunger!" THANK YOU TO EVERYONE!

Stewardship 2025

The 2025 Stewardship Sunday was on Sunday December 22nd and a presentation was offered by Ruxandra Georgescu and Nathan Pesch co-chairs. Stewardship Packets are available today. Please see Ruxandra Georgescu for more information. You may return your filled out card in the offering box.

Donations Needed

- Paschal Candle \$400
- Daffodils \$150
- Palms \$150
- Flowers
- Kouvouklion flowers-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 began on March 3, 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 16, 2025

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 Gregory Palamas. The Martyr Sabinos of Egypt; Venerable Christodoulos the wonderworker of Patmos.

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: 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 to for Forgiveness Sunday Tone 8

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

Divine Services

Sunday Evenings: Lenten Vespers Schedule (*Lenten meal following services*)

Sunday, March 16: - St. John the Baptist, off Woodman and Mohawk COS

Sunday, March 23: - Archangel Michael

Sunday, March 30: - St. Michael, Pueblo

Sunday, April 6: - Holy Dormition, Calhan

Mon., March 17: Great Compline 6pm.

Wed., March 19: 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 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., March 21: Salutations III to the Theotokos at 6pm.

Sat., March 22: Great Vespers 5pm

Front Range GOYA Lenten Retreat

The Assumption Greek Orthodox Cathedral in Denver is sponsoring this youth retreat for middle and high school ages, April 4-6, 2025, at the Ponderosa Retreat Center. Teens from our sister parishes will be participating! For more information: please contact Tianna at tainna20@gmail.com. The cost is \$140 and you may register here: <https://www.denver.goarch.org/-/2025-GOYA-LENTEN-RETREAT>

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.

Holy Cross Greek Orthodox School of Theology

We will take a collection today and next week, the third Sunday of Lent for the seminarians of our Metropolis.

Bookstore and Library

Great Lent is here; come visit the bookstore. We have beautiful Orthodox items, gifts and greeting cards. See you there! *All that are careful in this life, procure books that will be medicine for the soul.* -St. John Chrysostom

Coffee Hour Volunteer Clean Up Schedule

For those who would like to volunteer in helping in the church hall, we now have a sign up sheet for assisting in cleaning up after coffee hour. The sheet is posted downstairs in the kitchen next to coffee hour sign up sheet. *Also, parents please make sure you cleanup after your children during coffee hour.*

Coffee Hour Signup

Please consider sponsoring a coffee hour. Donations are welcome! Also, Rose Timora is the coordinator for coffee hour.

March 16: Topakas Family

March 23: McDonald Family

March 30: Brawner Family

April 6: Philoptochos

Capital Campaign

King Soopers Cards has a Loyalty Card Program that offers 5% of your purchase sent to a designated charity which Archangel Michael is an eligible recipient. You may sign up online or go to the customer service desk.

AMGOC Philoptochos

The next Philoptochos meeting will be held on Saturday, April 26, at 10 am. Philoptochos will hold a Pascha Bake Sale on April 12th from 11 am-3 pm. Volunteers are needed to bake, assemble, set up, and sell items. A sign up will be sent out soon.

Axios!

On Sunday, February 23, Metropolitan Constantine tonsured Neil Bockus and Samson Topakas following services. May our Lord grant them many years!

Dates to Remember

Feb. 9: Triodion Period Begins

Feb. 22: 1st Saturday of Souls

March 1: 2nd Saturday of Souls

March. 3: Great Lent Begins

March 8: 3rd Saturday of Souls

April 13: Palm Sunday

April 20: Pascha

May 29: Ascension of the Lord

June 8: Pentecost

June 16-28: *Apostle Fast*

Orthodox Catechism Class

Following coffee hour on March 16, we will gather in the church for class. *All are welcomed to attend!*

Church School

Classes meet following Holy Communion. Please allow the Church School students receive Holy Communion first. Classes resume today.

Greek School

Alex Ellis offering Greek language classes free of charge. Classes began on September 7, 2024. For more information call him at 719.471.015.7

Online Giving

Our parish is now offering online giving as a means to make offering for stewardship, Capital Campaign, memorial donations and more. Please use the following link <https://giving.servantkeeper.com/AMGOC>