

ST. NICHOLAS ORTHODOX CHURCH

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Fr. Mark Sherman - Priest

Robert Popadic - Starosta

Basil Andruchow - Protodeacon

Philip Grayton - Choir Director

Basil Safchuk - Protodeacon 02/14/10

Stephen Kelsey - Church School

Sunday, Feb 14, **SUNDAY OF CHEESEFARE - Tone 3. Forgiveness Sunday. The Expulsion of Adam from Paradise.** St. Auxentius of Bythina (ca. 470).
Repose of St. Cyril, Equal-to-the-Apostles and Teacher of the Slavs (869).

Epistle:

Gospel:

Rom. 13:11-14:4

Matt. 6:14-21

Blini (Pancake) Brunch, during coffee and fellowship

Forgiveness Sunday Vespers, following coffee and fellowship

(followed by the Rite of Forgiveness)

THE BEGINNING OF GREAT AND HOLY LENT

Monday, Tuesday and Thursday - Great Canon of St. Andrew of Crete, 6:30 pm

Wednesday - Presanctified Divine Liturgy, 6:30 pm (lenten supper following)

Saturday, Feb 20

Great Vespers for the Resurrection, 6 pm

Sunday, Feb 21, **FIRST SUNDAY OF LENT - Tone 4. Sunday of Orthodoxy.** St.

Timothy of Symbola in Bithynia (9th c.). St. Eustathius, Archbishop of Antioch (377).

Sixth Hour, 9:50 am

Divine Liturgy of St. John Chrysostom, **10 am**

Epistle:

Gospel:

Heb. 11:24-26, 32-12:2

John 1:43-51

90th Birthday Celebration - Bill Sauchuk

Annual Parish Meeting

ANNUAL PARISH MEETING - SUNDAY, FEBRUARY 21

Our Annual Parish Meeting is scheduled for next Sunday, February 21, following Divine Liturgy. At the annual meeting, we will review the status of our Church for the past year and plan for activities in the coming year. We will approve our annual budget and elect officers for the coming year. Please pray for and plan to attend the meeting. The snow date for the meeting is Sunday, February 28.

THE RITE OF FORGIVENESS

The rite of forgiveness on Forgiveness Sunday is truly one of our coveted treasures. Every Orthodox learns, from a child up, that no matter what she or he has done, and no matter what has been done to her or him, there is one Sunday every year when the slate is wiped clean. As far as humanly possible (and even more than humanly possible, since far more is possible with God!) grudges are not carried beyond this point. In this way, the first day of Great Lent, called Clean Monday, exactly lives up to its name.

The exchange of forgiveness is accomplished as follows. The faithful come up one-by-one and venerate the Icon of Christ, after which each makes a bow (as he or she is able) before the Priest, saying, "Forgive me, a sinner." The Priest likewise makes a bow saying the same words. The response is, "The Lord God forgives." Each receives the blessing from the Priest and the kiss of peace, and then repeats the process with the next person.

KEEPING THE FAST

From now until Holy Pascha, the Church has us keep the Lenten Fast, which means abstaining from meat and meat products. We should temper our fasting according to our ability. If we are used to fasting, we should keep the fast strictly. If we are not used to fasting, we should approach the fast moderately, doing what we can. If we are required to eat items otherwise not allowed in the fast for dietary or medical reasons, then all have a blessing for that.

The Fast is important and all should observe it as they able. Questions may be directed to your spiritual father. It goes without saying that exercising our self control in areas of increased prayer and spiritual discipline should accompany controlling what we eat.

PREPARATION FOR PRESANCTIFIED LITURGY

The midweek Presanctified Liturgy is provided by the Church to strengthen us in our lenten fasting during the middle of the week. This strength comes from being able to take communion in this service. In order to prepare for communion, we keep the regular fast before communion from the noon hour.

PLEASE SET ASIDE THESE DATES:

Parish Clean Up Days - Saturday, Feb 27, and Saturday, Mar 20. Please plan to attend.