

FOUR EVANGELISTS ORTHODOX MISSION

BULLETIN

P.O. Box 971

Bel Air, Maryland 21014

Visit us at www.4Evangelists.org

**Ukrainian
Orthodox
Church
of the USA**

Archpastor:
Archbishop ANTONY



**Ecumenical
Patriarchate of
Constantinople**

Pastor:
Father Gregory Czumak
(410) 588-5885
Fr.Gregory@verizon.net

March 8, 2009

Schedule of Services and Activities

Week of March 8, 2009

Great Lent continues

Sunday, March 8, 2009

Sunday of Orthodoxy

9:10am Confessions

9:30am Divine Liturgy

Children's Sermon

Triumph of Orthodoxy Procession

Rite of Forgiveness

**6:00pm Sunday of Orthodoxy Vespers
at St. Mary's AOC in Hunt Valley**

Wednesday, March 11, 2009

7:00pm Liturgy of the Pre-Sanctified Gifts

Sunday, March 15, 2009

St. Gregory Palamas Sunday

9:10am Confessions

9:30am Divine Liturgy

Coffee Hour

Church School

PLEASE REMEMBER TO PRAY for our Mission Parish Community every day, that, by the grace of God, His Church may grow and become fully established, for the sanctification and salvation of souls, and that He may be worshipped and glorified in an Orthodox manner here in Northern Maryland.

**Please remember to prepare for and make
your Confession at some point during
Great Lent!**

Weekly Scriptural Readings and Meneia

Sunday: Sunday of the Triumph of Orthodoxy

Apostle Hermas of the Seventy

Hebrews 11:24-6, 32-12:2 John 1:43-51

Monday: The Holy Forty Martyrs of Sebaste

Isaiah 4:2-5:7 Genesis 3:21-4:7 Proverbs 3:34-4:22

Tuesday: New Martyr Michael of Thessalonica

Isaiah 5:7-16 Genesis 4:8-15 Proverbs 5:1-15

Wednesday: Venerable Sofronyi, Recluse of the Kyiv Caves

Isaiah 5:16-25 Genesis 4:16-26 Proverbs 5:15-6:4

Thursday: Venerable Symeon the New Theologian

Isaiah 6:1-12 Genesis 5:1-24 Proverbs 6:3-20

Friday: Martyr Christina of Persia

Isaiah 7:1-15 Genesis 5:32-6:8 Proverbs 6:20-7:1

Saturday: St. Feohnostyi, Metropolitan of Kyiv

Hebrews 3:12-16 Mark 1:35-44

Sunday: St. Gregory Palamas Sunday

Hebrews 1:10-2:3 Mark 2:1-12

Hebrews 7:26-8:2 John 10:9-16 (Saint)

PLEASE REMEMBER THE FOLLOWING IN YOUR PRAYERS: + Priest Michael Petlak,

Archbishop Antony, Metropolitan Constantine, Bishop Daniel, Rdr. Basil Athas, Barry, Beth Albano, Carrie and Jess Bowman, John Broderick, Michael, Mark and Sally Carico, Dana Cline and the children she bears, Rose Cross, Andrew, Debbie and Al Eilbacher, Erik, Dorothy Green, Daniel Harrison, John Robert Johnson, Ann Kietzman, Mary Klopocic and the child she bears, Alexander Krowzow, Olympia Krowzow, Jocelyn Mathewes and the child she bears, Melissa, David Mukai, Peggy Mukai, Ann, Jonathan, Nadia, Bryan Norton, Theodore Pappas, Megan, David, Hannah, Adam and Michael, Kim, Joe Rehmeier, Peter Roshak, Anthony Rotondo, James Sanderson, Sara, Ginny Seeley, Thomas Smith, Bobby Sutton, Joe, Susan, Lily, Hannah and Tabitha, Susan, Sophia, Peter, Stephen, Katherine, William, Catherine Lupiwok, Lydia, Bruce, Sophia, Sigmund, Pauline, Gabrielle Walsh, Rachelle Wauhob-Davis

2009 Tentative Schedule of Parish Events

March

March 8	Sunday of Orthodoxy Procession Rite of Forgiveness after Liturgy 6:00pm Sunday of Orthodoxy Vespers at St. Mary's AOC, Hunt Valley
March 19	7:30pm Parish Council Meeting
March 22	Rite of Veneration of the Holy Cross before Liturgy

Great Lent is upon us. As a reminder, the Church prescribes the following eating rules for this Fast: we abstain from meat, meat products, eggs, dairy products, fish with backbones, wine, and olive oil. Wine and olive oil are permitted on weekends. Remember, fasting is not an end in itself, nor simply a means to an end, but the *practical enacting* of the virtues of self-control, contentment, temperance, and moderation, among others, by cooperating with the energies, the grace, of God. Abstinence from certain foods is intended as spiritual preparation for an experience of deeper communion with God. Each person is a unity of body and soul. A right spiritual diet and a discipline of fasting go together and strengthen each other. Just as prayer benefits not only the soul but also the body, so also fasting from foods benefits not only the body but also the soul. As St. Isaac the Syrian teaches, there can be no knowledge of the mysteries of God on a full stomach. **Fasting and prayer make us more sensitive to God's personal presence in our daily lives.**

ANNOUNCEMENTS

Lenten Services: the **Liturgy of the Pre-Sanctified Gifts** will be served at 7pm every Wednesday during Great Lent. This week, on March 11th, the Service will be held at the Czumak home. Please see Fr. Gregory if you need directions. **Please make every effort to attend these special Lenten Services** as part of your devotional efforts during the Great Fast. **To receive Holy Communion** at a LPSG (the entire purpose of the Service!), one should take a light meal at midday, and fast completely after that until the Service. We will have a Lenten Potluck Dinner after the Service.

Please contact Fr. Gregory if your home has not yet been blessed, but you would like it to be, and he will arrange a date for the Blessing with you.

Please note that Holy Cross Antiochian Orthodox Church is sponsoring its **9th Annual Church School Camping Trip** at Camp Alkor in Monkton, MD: Friday, May 15, to Sunday, May 17, 2009, for children ages 6-12. Please contact Fr. Gregory for applications.

This year's **Four Evangelists Ironbirds Game** will be held on **Saturday, September 5th, 2009 at 7:05pm. THIS IS A FIREWORKS GAME!** Looking forward to seeing you there!

Four Evangelists Tee Shirts have arrived! Prices range from \$10-\$15, with all proceeds going to the Building Fund. Please contact Tammy Herbert at 443-371-0049 to place your order.

An Orthodox Christian, who, after proper preparation, regularly participates in the Mystery of Holy Eucharist, should also participate in the Mystery of Repentance, making their Confession regularly. At a **minimum**, the fathers of the Church recommend making one's Confession four times per year- once during each of the Fasting Periods (**Great Lent**, Apostle's Fast, Dormition Fast, Nativity Fast), in addition to anytime that sin weighs heavily upon one's soul. **Our Bishops, however, strongly encourage monthly Confession for those who partake of the Holy Mystery of Communion on a weekly basis.** In accordance with the canons of the Church, anyone who misses 3 consecutive Sunday Liturgies **must** make their Confession **prior** to reception of Holy Communion. Confessions will be heard on Sunday mornings just prior to the beginning of Divine Liturgy during the chanting of the Hours, or by appointment with Fr. Gregory.

Anointing with the Oil of Holy Unction for healing is available for Orthodox Christians at the conclusion of each Divine Liturgy. Please come forward if you wish to be anointed.

Coffee Hour Sponsors

March 15 - Krowzow / Norton Families

March 22 - Herbert / Borns Families

March 29 - Czumak Family

April 5 - Potluck Fundraiser

April 12 - Seeley / Klopoc Families

April 19 - Agape Feast from our Pascha baskets

April 26 - Krowzow / Norton Families

(Fast Days underlined)

Please see Pani Chris if you would like to become involved in this ministry.

"His angels tremble, the Cherubim are terrified, the Seraphim are in fear, and all the heavenly powers ceaselessly give praise; and you, unfortunate soul, remain in laziness. At least from this time forth arise and do not put off, my beloved soul, holy repentance, contrition of heart and penance for your sins."

Saint Paisius Velichkovsky

Current Building Fund: \$23,091.50