



St. Herman of Alaska Orthodox Church

A PARISH OF THE RUSSIAN ORTHODOX CHURCH OUTSIDE OF RUSSIA—EASTERN AMERICAN DIOCESE

Great Vespers & Confessions each Saturday at 6 pm ~ Daily Vespers & Bible Study each Wednesday at 7 pm ~ Divine Liturgy each Sunday at 10 am
- 60 Clifton Chapel Lane, Stafford, Virginia 22555 - Mailing Address: 9 Waverly Ct., Fredericksburg, VA 22406- Website: www.sthermanorthodox.org

Divine Services / Activities

This Week: The Third Week of Great Lent

Sun. Mar. 16/Mar. 3 ~ Second Sunday of the Great Lent: St. Gregory Palamas the Archbishop of Thessalonica

9:15 a.m. Congregational Singing Practice
(This includes practice for Great Lent, all are encouraged to attend)

9:45 a.m. Reading of the Third Hour
10:00 a.m. Divine Liturgy followed by Fellowship Hour

Wed. Mar. 19/Mar. 6 ~ The Holy Hieromartyrs of Cherson: Basil, Ephraim, Capito, Eugene, Aetherius, Elpidius, and Agathodorus

7:00 p.m. Presanctified Liturgy followed by Adult Bible Study

Sat. Mar. 22/Mar. 9 ~ Martyrs Codratus and with him: Cyprian, Dionysius, Anectus, Paul, Crescens, Dionysius (another),

Victorinus, Victor, Nicephorus, Claudius, Diodorus, Serapion, Papias, Leonidas, Chariessa, Nunechia, Basilissa, Nice, Galla, Galina, Theodora, and others at Corinth

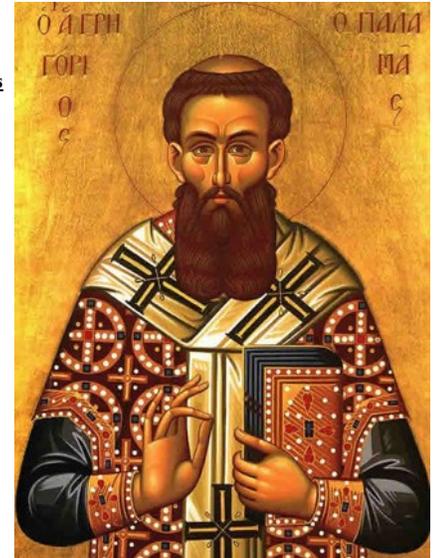
6:00 p.m. Great Vespers followed by Holy Confessions

Next Week: The Fourth Week of Great Lent

Sun. Mar. 23/Mar. 10 ~ Third Sunday of the Great Lent: Adoration of the Cross

9:15 a.m. Congregational Singing Practice
(This includes practice for Great Lent, all are encouraged to attend)

9:45 a.m. Reading of the Third Hour
10:00 a.m. Procession & Veneration of the Holy Cross
10:15 a.m. Divine Liturgy followed by Fellowship Hour



*The Sunday of St. Gregory Palamas
Mar. 16 / Mar. 3*

2014 Finances The Parish needs \$1416.38/week to meet budget

<u>Week</u>	<u>Amount Received</u>	<u>Difference</u> <u>from amount needed</u>
Year-to-Date	\$ 16,469.08	
Mar. 9	\$ 1,366.00	- \$ 50.38
Mar. 2	\$ 1,736.00	+ \$ 319.62

Honor the Lord from your righteous labors and offer Him the first fruits from the fruits of righteousness, that your storehouses may be filled with an abundance of grain and your wine presses may gush with wine. Proverbs 3:9-10.

Attendance

Great Vespers, Mar. 8
~5~
Divine Liturgy, Mar. 9
~49~



Prayer List

Archpriest Alexander requests that you send him the full name and general reason for intercessory prayer (such as health or illness, unemployment, family issues, military deployment to Afghanistan, etc.) for his pastoral care. Only the names of the living (and recently deceased) will be included in the prayer list in this weekly bulletin. He also requests that the faithful who have requested intercessory prayers for various persons let him know when there is no longer a specific need for prayer, so that we may keep the list current.

LIVING: Rebecca Laymon, Areti Stylianopoulos, Judith (Maria) Cook, Susan Koory, Robert Thompson, Tristan Thompson, Robert Cornwell, Mark Laymon, Kristin Blaylock, Janis Laymon, Leonidas Stylianopoulos, Sophia Stylianopoulos, Archpriest Michael Sekela, Chad Gallagher, Emma Nicole Parkinson, Millicent Novic, Matushka Masha Potapov, Matushka Cindy Mitchell, Matushka Hannah Romeo, Matushka Sonia Resnikoff, Matushka Elizabeth (Bonnie) Opyoke, Rebekah Gribik, Lewis Gribik, Leanne Gribik, Pieter Dykhorst, Barbara Phillips, Reader Steven Miroy, Presvytera Flora Chioros, Tom Zakielarz, Archpriest Seraphim Stephens, Maria Alexandrou, Alexandros Alexandrou, Doris Pitman, Silas Jordan, Nicoletta Vatis, Matushka Joanna Laymon David Pelfrey, Pearle Galatas, Mark Heiser, Susan Fitzpatrick, JoAnn Bast, Paul Fitzpatrick, Elizabeth Elios, Shyanne Sekela, PFC Bowe Bergdahl, the captive Orthodox bishops from Aleppo, Syria: His Eminence Archbishop Boulos (Yazigi) and Mar Archbishop Youhanna Ibrahim

MEMORY ETERNAL: Panayiotis Papageorgiou

We are registered with two broadcast media weather alert systems: (1) television: WJLA-TV (channel 7) and News Channel 8, and (2) radio: WTOP radio (103.5, 103.9, 107.7 -- all FM) and WTOP.com Any closings will also be posted on the home page of our website and via email to those who have asked to be on our electronic mailing list.



Flowers for the Holy Cross

We need a volunteer to bring flowers to decorate the small processional cross for the Sunday of the Holy Cross next week. Please see or call Archpriest Alexander: (703) 297-7744



CONFESSION IS GOOD (EVEN VITAL) FOR THE BODY AND THE SOUL!

The renowned Swiss psychiatrist Paul Tournier once wrote: "I could give very many examples, especially of patients who have come to visit me only once, . . . with the sole purpose of finding someone to whom they could confess a sin that has been weighing upon them for years. . . . The tremendous joy brought by forgiveness plays an important part in causing the medical effects [of healing]. . . In many cases I have seen a physical illness disappear overnight after the confession of a lie or an illicit love-affair." Thus even a Reformed Protestant like Tournier recognized that confession is good for the body, as well as the soul.

And we Orthodox have a special opportunity, rare in the modern world, to avail ourselves of the healing Mystery of Holy Confession at regular intervals in our own churches. A good spiritual rhythm would allow for each of us to come to Holy Confession each month, especially if one hopes to receive the Body and Blood of Our Lord at each Sunday Divine Liturgy. The timing may be extended through the practice of *oikonomia* (exception for the greater good of both the person and the community) to once every two months, but not a day longer, as our former hierarch Metropolitan Jonah permitted. It has been disappointing to me that Holy Confession is rather (shall we say?) "under-utilized" here at St. Herman of Alaska Orthodox Church.

Regular opportunities for Holy Confession here in Stafford include the following: each Saturday after Great Vespers, each Wednesday evening (or other evenings when scheduled) before Daily Vespers (that is, from 5:30 p.m. until 6:30 p.m.), Sundays during the fellowship hour after Divine Liturgy upon request, and by appointment with me at other times. Of course, a parishioner may have established a previous relation with another Orthodox priest-confessor that you wish to continue. If that is your situation, I ask only that you let me know the name of your priest-confessor, so that I can be confident that the spiritual relation is authentic and strong.

~ Archpriest Alexander

Upcoming Lenten Retreat

The Fourth Annual Bishop Basil Rodzianko Memorial Retreat will take place at our St. John the Baptist Cathedral In Washington, DC, on Saturday, March 22, led by Metropolitan Jonah and sponsored by the Holy Archangels Orthodox Foundation. Following Matins & Divine Liturgy for the 40 Martyrs of Sebasteia (7:40 AM) and lunch (11:30 AM), Metropolitan Jonah will speak on the theme, "Be Transformed in the Renewal of your Mind." A discussion of that theme will follow. The entire seminar will be conducted in English.

Parish Website

If you haven't been to our website (www.sthermanorthodox.org) recently please do so. Adam Heitke has done an excellent job with it. Also be aware our old website (www.ctsoc.org) is now defunct so change your bookmarks.

Volunteer Librarian Needed

We are currently looking for a volunteer to take over the management of the parish lending library. No experience is needed. If you are interested please contact Rdr. Jason Connerley at jason.connerley@gmail.com.

DO YOU NEED HELP?

The Sisterhood of the Myrrh-bearing Women is available to assist with anyone facing unusual circumstances. Examples of services we provide include but are not limited to: coordinating visitors for those that are hospitalized, coordinating meals for those who have had surgery or are unable to cook for themselves, assisting with small children during church functions including Divine Liturgy, coordinating transportation for church, healthcare, or shopping, sending cards and flowers for illness and other occasions.

If you have a need of assistance in any matter, you can contact Father Alexander, Maria Connerley (Senior Sister), or the TLC coordinator for the month. TLC coordinator for March: Stella Jordan

Children's Clothes Available

One of our parishioners has some girls size 7 and youth small clothes to give away. If you are interested or know someone in need, please contact Maria Connerley for additional information.

Syrian Orthodox Nuns Freed

You many have noticed that the Nuns are no longer on our prayer list, here is a link to an article with more details of their release: <http://www.ncregister.com/daily-news/god-did-not-leave-us-abducted-nuns-released-by-syrian-rebel-group/>

New Catechumens Class!

Archpriest Alexander has begun a new class for inquirers, pilgrims, and prospective catechumens for conversion to Holy Orthodoxy. It will meet at the chapel usually every other Saturday at 4 p.m. Faithful Orthodox, both "cradle" and "convert," are also welcome to participate to help shepherd the seekers. For schedule, see or call the pastor: 703-297-7744.

Parish Directory

Over the next few weeks, our parish photographers will start taking photographs for an updated parish directory. These will be taken on the parish grounds and no special preparation will be required of our parishioners.

Reader Schedule

Mar. 16 Adam Heitke
Mar. 23 Reader Moses (Palmer) Swift
Mar. 30 Adam Heitke

Fellowship Hour

Next Week ~ Community Luncheon (Lenten)

Prosfora

Nancy St. Clair and Matushka Kathleen are currently providing the Prosfora. If you are interested in helping to make Prosfora for the church, please contact Nancy St. Clair.