



Sunday, March 29, 2015

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: P.O. Box 1295, Stafford, VA 22555 – Website: www.sthermanorthodox.org

Divine Services / Activities

This Week:

- Sun. Mar. 29/Mar. 16** **The Fifth Sunday in Great Lent**
Venerable Mary of Egypt
9:15 a.m. Congregational Singing Practice
9:45 a.m. Reading of the Third Hour
10:00 a.m. Divine Liturgy followed by Fellowship Hour
- Wed. Apr. 1/Mar. 19** **The Holy Fathers who were slain at the Monastery of**
St. Sabbas: Venerables John, Sergius, Patrick, and others
7:00 p.m. Liturgy of Presanctified Gifts and Bible Study
- Sat. Apr. 4/Mar. 22** **Martyr Sabinas of Hermopolis, Egypt**
12:30 p.m. Iconography Guild of St. Theodosia
6:00 p.m. Festal Vespers followed by Holy Confessions
- Sun. Apr. 5/Mar. 23** **Entry of the Lord Into Jerusalem**
Monk-martyr Nicon and 199 disciples, in Sicily
9:15 a.m. Congregational Singing Practice
9:45 a.m. Reading of the Third Hour
10:00 a.m. Festal Divine Liturgy followed by Fellowship Hour



Venerable Mary of Egypt

2015 Finances

The Parish needs \$1,555.77/week to meet budget

<u>Week</u>	<u>Amount Received</u>	<u>Difference from amount needed</u>
Year-to-date	\$ 15,669.16	
March 15	\$ 1,293.00	- \$ 262.77
March 22	\$ 925.00	- \$ 630.77

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

Liturgy of the Presanctified Gifts, 3/18 – *No service* Great Vespers, 3/21 – 7 Divine Liturgy, 3/22 – 21

Prayer List

Archpriest Alexander requests that you send him to 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 the 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 payer, so that we may keep the list current.

LIVING: Rebecca Laymon, Joan Laymon, Judith (Maria) Cook, Ana Rosado-Nazario, Lana Campbell, Maria Connerley, Matushka Kathleen Webster, Emma Nicole Parkinson, Matushka Joanna Laymon, Archpriest Michael Sekela, Tom Zakielarz, Patricia Connerley, Martha Connerley, Kathy Sekela, Mark Laymon, Kristin Blaylock, Janis Sergeant, Millicent Novic, Ray Liddick, Leonidas Stylianopoulos, Sophia Stylianopoulos, Chad Gallagher, Matushka Cindy Mitchell, Presvytera Flora Chioros, Joshua Epstein, Father Stanley Voyiazakis, Presvytera Katherine Baker, Peter Pederson, Monk Anthony (West Virginia), Archpriest George Larin, Matushka Masha Potopav, Matushka Sophia Doubleday, Evdokiya Bykon, Kevin McCarthy, James Dunham, the captive Orthodox bishops from Aleppo, Syria: His Eminence Archbishop Boulos (Yazigi) and Mar Archbishop Youhanna Ibrahim

MEMORY ETERNAL: Ronald Bednarick, Joyce Clarke, Priest Matthew Baker

Blessing of Homes for Theophany

Archpriest Alexander is, God-willing, available (by appointment) for the annual blessing of homes. Please email him at chaplain.webster@gmail.com or call his cell: 703-297-7744.

Fellowship Hour

Mar. 29 ~ Potluck Lenten Fellowship meal

Apr. 5 ~ Potluck Lenten Fellowship meal

If anyone has any questions or is interested in hosting a particular Sunday please contact Maria Connerley.



Reader Schedule

Mar. 29 ~ Reader Steve Terrell

Apr. 5 ~ Reader Jason Connerley

If you are interested in assisting with the reading or becoming a tonsured reader please contact Deacon Alexander.



Prosfora

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



Wednesday Night Liturgy, Soup and Bible Study

Following the Presanctified Liturgies during Lent, on Wednesday nights there will be a light supper to accompany Fr. Alexander's Bible Study. If you would like to sponsor the simple soup/bread crock pot supper, please contact Mat. Joanna by the Monday prior.



Aquia's Table on April 15th

We are cooking and serving again at Aquia's Table on Bright Wednesday, April the 15th. A sign-up board is in the fellowship hall for those interested in helping. If all positions are filled and you still want to help, then join us anyway. Questions can be addressed to Reader Moses.



Iconography Guild Meeting

The Iconography Guild of St. Theodosia will be meeting Saturday, April 4, at 12:30 in the hall. Please bring your icons, projects, or anything related to icons to share and discuss. We will also be comparing our color samples to place them on our charts.

Paschal Vespers Potluck

The Heitke Family will be hosting Paschal Vespers and our Agape Pot-luck meal at their home on 12 April. Vespers begins at 2PM and will be followed by feasting and fellowship. We hope to see you there!

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

Spring Cleaning

Thank you to all who diligently toiled to ensure our grounds and buildings are ready for Holy Week and Pascha. By working to keep our building and grounds attractive, we not only prepare them for these holy days, but we also show any visitors how much we appreciate our church home.

Flower Donations for Pascha

The Sisterhood is accepting donations to buy Pascha flowers to decorate the Tomb and chapel. Checks are to be made payable to the Sisterhood of Myrrh-bearing Women.



Eggs for Pascha

We need six dozen eggs, dyed red of course, for Pascha. If you would like to supply a dozen or two please contact Reader Jason or Maria Connerley.

An Enjoyable Orthodox Website

Please visit, join, and explore the excellent website: www.orthodoxcircle.com where Orthodox Christians from around the world post sermons and blogs, videos and photos, prayers and quotes, and hold helpful discussions, all without the tracking and commercialism of other social networks. Our icon guild has it's own subgroup, called a "circle" there and if you "friend" me, I will invite you to join us there. Mat. Joanna

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.