



Sunday, March 6, 2016

# 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 – Adult Religious Education (Divine Liturgy) 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](http://www.sthermanorthodox.org)

## Liturgical Services / Activities

### This Week:

- Sun. Mar. 6/Feb. 22** **Sunday of the Last Judgment (Meat-fare Sunday): Martyrs Maurice and his son Photinus, and Martyrs Theodore, Philip, and 70 soldiers, at Apamea in Syria (AD 305)**  
**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
- Mon. Mar. 7/Feb. 23** **Beginning of "Butter Week": fasting from meat, but dairy foods permitted all week.**
- Wed. Mar. 9/Feb. 25** **St. Tarasius, Archbishop of Constantinople (AD 806)**  
**7:00 p.m.** Adult Religious Education Class
- Sat. Mar. 12/Feb. 28** **Venerable John, called Barsanuphius, of Nitria in Egypt (5<sup>th</sup> century)**  
**6:00 p.m.** Great Vespers followed by Holy Confessions
- Sun. Mar. 13/Feb. 29** **Sunday of Forgiveness (Cheesefare Sunday): Venerable John Cassian the Roman, abbot (AD 435)**  
**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



Sunday of the Last Judgment

### 2016 Finances

The Parish needs \$1571.92 /week to meet budget

<u>Week</u>	<u>Amount Received</u>	<u>Difference from amount needed</u>
<b>Year-to-date</b>	\$ 15,836.26	+ \$ 5776.20
February 21	\$1121.00	- \$450.92
February 28	\$1650.00	+ \$78.08

*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, 2/27 – 8      Divine Liturgy, 2/28 – 41

### Intercessory 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, Judith (Maria) Cook, Ana Rosado-Nazario, Lana Campbell, Maria Connerley, Matushka Kathleen Webster, Emma Nicole Parkinson, 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, Protodeacon Brian Patrick Mitchell, Presvytera Flora Chioros, 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, Eleanor Magee, 2LT Benjamin Stracquatano, USA (Korea), James Puckett, Nora Milligan, Archpriest Victor Potapov, Dsa. Monica Pappas, Archpriest John Nehrebecki, Paisley Joanna Milligan, Emily Vasquez, Nicholas Bluma, Ronald Proctor, baby Aidan, Kris Breem, Dimas Lowry, William Supples, Sr., Archpriest Theodore Shomsky, Ann Yuschak, Sarah Heitke, Alex Woglom, James Woglom, the captive Orthodox bishops from Aleppo, Syria: His Eminence Archbishop Boulos (Yazigi) and Mar Archbishop Youhanna Ibrahim

**MEMORY ETERNAL:** Ron Dinus, Linda Dinus, Subdeacon Jerome (Jerald) Chiles, Matushka Hannah Romeo, Archimandrite Martin (Hohlfeld), Archpriest John Udics, Philip Lockwood Swift, Reader John Grecco

**Many Years!**

**Birthdays**

7 Anna Geracoulis  
13 Susan Koory  
17 Areti Stylianopoulos  
22 Erik Laymon  
28 Anastasia Yuschak  
Kristin Milligan

**Names Days (Julian calendar)**

2 Tad St. Clair  
8 Wilmary Nazarius Daou  
30 Patrick St. Clair  
Roy Patrick St. Clair

**Volunteer Needed**

Stella Jordan, our current parish treasurer, has decided to take a break after this year. We are looking for a volunteer willing to take over the treasurer duties next year. The reason for announcing this so early is to allow the perspective treasurer to learn the job and software by shadowing Stella this year. If anyone is interested please contact Archpriest Alexander, Deacon Alexander, Stella, or Jason Connerley.

**Altar Boys (& Men) Needed**

We need Orthodox males, at least 7 years of age, as well as older men, to serve in the altar during Divine Liturgies. No experience is necessary and training will be provided. Please contact Deacon Alexander for more information.

**Sisterhood of the Myrrhbearing Women**

The Sisterhood is open to all women in the parish and all are encouraged to join. Your dues are used in our efforts to support our church, the Sunday School and the fellowship hall.

**Adult Religious Education**

Weeknight Adult Religious Education has resumed. The current series focuses on the Divine Liturgy, why we worship the way we do, and what every detail of the Divine Liturgy means both historically and for us today. You do not need to have attended the previous sessions to attend.



**Fellowship Hour**

Mar. 6 ~ Fellowship hosted by Team 1  
Mar. 13 ~ Fellowship hosted by Team 2

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



**Reader Schedule**

Mar. 6 ~ Reader Nektarios Harrison  
Mar. 13 ~ Reader Steve Miroy

If you are interested in assisting with the reading and 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.



**Home Blessings**

The season for home blessings is with us again! If you would like Archpriest Alexander to bless your home please contact him to schedule an appointment. Home blessings will be offered from Theophany to the beginning of Great Lent and if needed will be offered again after Pascha.



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.

**HOLY CONFESSIONS**

Faithful communion in the Holy Mysteries requires faithful participation in the Holy Mystery of Confession. To apply Fr. Thomas Hopko's felicitous phrase "regular and disciplined communion" also to Confession entails Holy Confession ideally each month by those faithful who expect 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. However, Holy Confession less frequent than bi-monthly is, according to the guidance of our recent hierarch, His Beatitude Metropolitan Jonah, inadequate preparation for receiving the Body and Blood of our Lord. Regular opportunities for Holy Confession at St Herman of Alaska Orthodox Church include the following: each Saturday after Great Vespers, each Wednesday evening before the Adult Religious Education class (that is, from 6 p.m. until 6:45 p.m.), Sundays after Divine Liturgy upon request, and by appointment at other times. Of course, parishioners may have established previous relations with other Orthodox priest-confessors that they may wish to continue. If that is the case, I ask only that such parishioners let me know the names of their priest-confessors, so that I can be confident that the spiritual relation is strong. Please honor the minimum standard for this necessary spiritual discipline and vital sacramental opportunity.



~ Archpriest Alexander



Reader Nektarios Harrison, who has just graduated from Federal Law Enforcement Training Center, Police Academy

**Exiled from Paradise, we must become exiled from the world if we hope to return. This we may do if we spend the days of Lent in fasting, prayer, separation from the world, attendance at the services of the Church, in tears of repentance, in preparation for the joyful feast that is to end this exile.**

Father Seraphim Rose

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True Light