



Sunday, March 1, 2020

# 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 – 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](http://www.sthermanorthodox.org)

## Liturgical Services/Activities:

<b>Sun. Mar. 1/Feb. 17</b>	<b><u>The Sunday of Forgiveness. Cheesefare Sunday. Great-martyr Theodore the Tyro (AD 306).</u></b> 8:45 a.m. Matins 10:00 a.m. Divine Liturgy 11:30 a.m. Forgiveness Vespers followed by Fellowship 12:45 p.m. Parish Assembly
<b>Mon. Mar. 2/Feb. 18</b>	<b><u>Clean Monday. St. Leo the Great, pope of Rome (AD 461)</u></b> 7:00 p.m. Canon of St. Andrew
<b>Tues. Mar. 3/Feb. 19</b>	<b><u>Apostles Archippus and Philemon of the Seventy, and Martyr Apphia (1st c.)</u></b> 7:00 p.m. Canon of St. Andrew
<b>Wed. Mar. 4/Feb. 20</b>	<b><u>Venerable Leo, bishop of Catania in Sicily (ca. 780).</u></b> 6:30 p.m. 9 <sup>th</sup> Hour and Presanctified Liturgy, followed by fasting Potluck dinner
<b>Thurs. Mar. 5/Feb. 21</b>	<b><u>Venerable Timothy of Symbola in Bithynia (AD 795).</u></b> 7:00 p.m. Canon of St. Andrew
<b>Sat. Mar. 7/Feb. 23</b>	<b><u>Venerable Erasmus of the Kiev Caves (AD 1160).</u></b> 4:00 p.m. Catechumen Class 5:15 p.m. Confessions 6:00 p.m. Great Vespers
<b>Sun. Mar. 8/Feb. 24</b>	<b><u>First Sunday of the Great Lent: Triumph of Orthodoxy. First (4th c.) and Second (AD 452) Findings of the Precious Head of St. John the Baptist.</u></b> 8:45 a.m. Matins 10:00 a.m. Divine Liturgy followed by Fellowship

### Attendance

Great Vespers, 2/22 –

Divine Liturgy, 2/23 – 75

### 2020 Finances

#### The Parish needs (TBD) /week to meet budget

<u>Week</u>	<u>Amount Received</u>	<u>Difference from amount needed</u>
Year-to-date	\$ 17,480.46	TBD
February 16	\$ 1,987.85	TBD
February 23	\$ 1,421.62	TBD

*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. ˆ*

### Intercessory Prayer List

*Metropolitan Jonah 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 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 prayer, so that we may keep the list current.*

LIVING: Sarah, Emmanuel, Mark, Claudia, Katherine, Erika, Victoria, Michael, Tate, Renate, Dieter, Rebekah, Sofia, Ioannis, Anastasia, Elizabeth, Georgia, John, Elena, Alice, Matthew, Boris, Elizabeth, Davis (Columba), Moses, Emma, Kristin, Monk Sergius, Priest John, Priest David, Priest Costa, Priest Michael, Presbyteria Cindy, Priest George, Presbyteria Areti, Nun Aimiliane, Priest Charalambos, Monk Serapheim, Elizabeth, Katje, Rachel, Mandi, Clive, Clair, Rebecca, Mark, Janis, Paisley, George, Archpriest Alexander, Matushka Kathleen, Emma Nicole, Alexa Kate, Steven, Chad, Millicent, Archpriest Victor, Matushka Masha, Pdn. Patrick, Matushka Joanna, Matushka Sophia, Mother Theodora, Archpriest Alexander, James, Leonidas, Sophia, Maria, Larry, Bill, Modestos, Reader Moses, Jo Ann, Sarah, Paul, Laura and baby, Brianna

MEMORY ETERNAL: Kathy Sekela



### Fellowship Hour

Mar. 1~ Fellowship provided by Team 1

Mar. 4 ~ Fasting Potluck Dinner

Mar. 8~ Fasting Fellowship provided by Team 2

If anyone would like to join a team or be put on the list of substitutes, or is interested in hosting a particular Sunday please contact Brianna Lessin or Mat. Veronica Sirko.



### Reader Schedule

Mar. 1~Rdr: Aaron Lessin

Mar. 8~TBD

If you are interested in assisting with the reading and becoming a tonsured reader please contact Fr. Alexander Laymon.



7

### Prosfora

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

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.

## Readings for the Week of March 1<sup>st</sup>

### Sunday 3/1

Luke 24:1-12 (*4th Matins Gospel*)

Romans 13:11-14:4

Matthew 6:14-21

### Monday 3/2

Isaiah 1:1-20 (*6th Hour*)

Genesis 1:1-13 (*Vespers, 1st Reading*)

Proverbs 1:1-20 (*Vespers, 2nd Reading*)

### Tuesday 3/3

Isaiah 1:19-2:3 (*6th Hour*)

Genesis 1:14-23 (*Vespers, 1st Reading*)

Proverbs 1:20-33 (*Vespers, 2nd Reading*)

### Wednesday 3/4

Isaiah 2:3-11 (*6th Hour*)

Genesis 1:24-2:3 (*Vespers, 1st Reading*)

Proverbs 2:1-22 (*Vespers, 2nd Reading*)

### Thursday 3/5

Isaiah 2:11-21 (*6th Hour*)

Genesis 2:4-19 (*Vespers, 1st Reading*)

Proverbs 3:1-18 (*Vespers, 2nd Reading*)

### Friday 3/6

Isaiah 3:1-14 (*6th Hour*)

Genesis 2:20-3:20 (*Vespers, 1st Reading*)

Proverbs 3:19-34 (*Vespers, 2nd Reading*)

### Saturday 3/7

Hebrews 1:1-12

2 Timothy 2:1-10 (*St. Theodore*)

Mark 2:23 - 3:5

John 15:17-16:2 (*St. Theodore*)

## Many Years!

### Birthday

1 Sophia Evanisko  
5 Caitlin DeMarco  
Isabella Raccanello  
6 Gregory Cornwell  
14 Felicity Lowe  
22 Erik Laymon  
27 Stephen Porter  
28 Anastasia Yuschak  
Kristin Milligan

### Name Day

2 Tad St. Clair  
11 Svetlana Jenkins  
14 Felicity Lowe  
30 Patrick St. Clair  
Roy Patrick St. Clair

### Anniversaries

24 Dcn. Joseph & Mat. Veronica Sirko  
31 Stephen & Jane Porter

## Sisterhood Dues

The Sisterhood is now collecting the annual dues. The amount is \$25 and they can be paid by check or in cash. Checks should be made to "Sisterhood of the Myrrhbearing Women" and Judith has a stamp for checks. Please see Judith Cook to pay your dues.



## A Note from Metropolitan Jonah

Dear all,

The Lord bless you!

Lent is upon us, Cheesefare Sunday, the Sunday when we commemorate the casting of Adam and Eve from Paradise.

Lent is one of the most joyful, yet sober, times of the year, when we work hard on our spiritual lives, try harder to obtain from sin, and purify our minds and hearts from aka evil. It is a time of fasting and prayer, almsgiving and spiritual effort. The more we can challenge ourselves to live lives of deep purity this Lent, the greater the experience will be and the more we will learn. Lent is not just about cutting out animal products from our diets. Rather, it is about cleansing our minds and hearts, our thoughts and emotions, our speech and our thoughts, from all evil: from anger, hatred, criticism and judgment of others, slander and calumny, wanting to use others in various ways, objectifying others and depersonalizing them. Lent is here for us to help us lay foundations for the rest of the year, build up good spiritual habits that have perhaps fallen away, and make a new beginning. We bring ourselves under control, so that we can maintain that kind of sobriety all year long.

We begin Lent by forgiving one another, and asking forgiveness of one another. We need to forgive others and we need to forgive ourselves, and we often need to forgive God. How many things do we blame him for? How much do we blame others for? How much do we beat ourselves up with our failings and mistakes? God forgives us! What a joyful proclamation! We forgive one another! truly Good News! If we can stay in that place of forgiveness and acceptance, that is the love of our neighbor, we will not be far from the love of God.

The Fast starts Monday morning. May God bless your Lenten efforts, and make them fruitful. May He preserve you from the temptations of the enemy, and lead you into greater and greater victory over the world, the flesh and the devil. Especially during this Fast, pray for one another, support one another in the spiritual battle, that we may together greet the Resurrection with joy!

With love in Christ,

Metropolitan Jonah  
metjonah@gmail.com