



Sunday, March 8, 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

Liturgical Services/Activities:

Sun. Mar. 8/Feb. 24	<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> 8:45 a.m. Matins 10:00 a.m. Divine Liturgy followed by Fellowship
Wed. Mar. 11/Feb. 27	<u>Venerable Procopius the Confessor of Decapolis (ca. 750)</u> 6:30 p.m. 9 th Hour and Presanctified Liturgy, followed by fasting Potluck dinner
Sat. Mar. 14/Mar. 1	<u>Hieromartyr Theodotus, bishop of Cyrenia (AD 315)</u> 4:00 p.m. Catechumen Class 5:15 p.m. Confessions 6:00 p.m. Great Vespers
Sun. Mar. 15/Mar. 2	<u>Second Sunday of the Great Lent: St. Gregory Palamas the Archbishop of Thessalonica</u> 8:45 a.m. Matins 10:00 a.m. Divine Liturgy followed by Fellowship

Attendance

Great Vespers, 2/29 –

Divine Liturgy, 3/1 – 80

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	\$ 20,110.46	TBD
February 23	\$ 1,421.62	TBD
March 1	\$ 2,630.00	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. ♪

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, Patrick

MEMORY ETERNAL: Kathy Sekela

Small Request

If you have some of those plastic grocery bags hanging around your house waiting to be recycled and taking up space, please bring them to St. Herman's. They are much appreciated in the bathrooms and in the kitchen.



Fellowship Hour

Mar. 8~ Fasting Fellowship provided by Team 2

Mar. 11 ~ Fasting Potluck Dinner

Mar. 15~ Fasting Fellowship provided by Team 3

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. 8~TBD

Mar. 15~TBD

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



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 8th

Sunday 3/8

Luke 24:12-35 (*5th Matins Gospel*)

Hebrews 11:24-26, 11:32-12:2

John 1:43-51

2 Corinthians 4:6-15 *Forerunner*

Matthew 11:2-15 *Forerunner*

Vespers *Forerunner*

1) Isaiah 40:1-3,9; 41:17-18; 45:8; 48:20-21; 54:1

2) Malachi 3:1-2,5-7,12,17; 4:4-6

3) Wisdom of Solomon 4:7,16,17,19,20; 5:1-7

Monday 3/9

Isaiah 4:2-5:7 (*6th Hour*)

Genesis 3:21-4:7 (*Vespers, 1st Reading*)

Proverbs 3:34-4:22 (*Vespers, 2nd Reading*)

Tuesday 3/10

Isaiah 5:7-16 (*6th Hour*)

Genesis 4:8-15 (*Vespers, 1st Reading*)

Proverbs 5:1-15 (*Vespers, 2nd Reading*)

Wednesday 3/11

Isaiah 5:16-25 (*6th Hour*)

Genesis 4:16-26 (*Vespers, 1st Reading*)

Proverbs 5:15-6:4 (*Vespers, 2nd Reading*)

Thursday 3/12

Isaiah 6:1-12 (*6th Hour*)

Genesis 5:1-24 (*Vespers, 1st Reading*)

Proverbs 6:3-20 (*Vespers, 2nd Reading*)

Friday 3/13

Isaiah 7:1-15 (*6th Hour*)

Genesis 5:32-6:8 (*Vespers, 1st Reading*)

Proverbs 6:20-7:1 (*Vespers, 2nd Reading*)

Saturday 3/14

Hebrews 3:12-16

1 Thessalonians 4:13-17 (*Departed*)

Mark 1:35-44

John 5:24-30 (*Departed*)

“O God, at the dread judgment, do not condemn them for my sake.” This places forgiveness at a distance and even a hard heart can often manage the small prayer of forgiveness at such a distance.

3. Be always aware of your own failings and constantly ask for God’s forgiveness. “Lord, Jesus Christ, Son of God, have mercy on me a sinner.”

4. As much as possible cultivate in your heart the understanding that all human beings are broken and victims of the fall. None of us enters a world of purity, nor do we enter the world fully functional as a human being. It is the gradual cultivation of mercy in our heart. Many will complain that our culture already has a “cult of victimization” in which no one takes responsibility for their actions. The same people will imagine that the world would be better if only everyone took more responsibility. But they themselves will not take on the responsibility that belong to us all. As Dostoevsky says, “Each man is responsible for everything before everyone.” Thus the complaint comes out of our pride. We think we ourselves are not responsible for the state of the world as it is and that if only others were as good as we were the world would be better. This is a lie.

5. The proper response to taking such responsibility is to pray and ask forgiveness. Feeling guilty is generally another self-centered action and is not the same thing as asking forgiveness.

6. Make a life confession at least once a year – being careful to name as many resentments as you can remember (this last advice comes from Met. Jonah Paffhausen).

“But I say to you that hear; Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. To him who strikes you on the cheek, offer the other also; and from him who takes away your coat do not withhold even your shirt. Give to every one who begs from you; and of him who takes away your goods do not ask them again. And as you wish that men would do to you, do so to them. “If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful. “Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven; give, and it will be given to you; good measure, pressed down, shaken together, running over; will be put into your lap. For the measure you give will be the measure you get back” (Luke 6:27-38).

Forgiveness – The Hardest Love of All

February 29, 2020 · [Fr. Stephen Freeman](#)

I cannot think that any of my readers is a stranger to forgiveness, either the need to be forgiven or the need to forgive. The need to forgive, according to the commandment of Christ, extends well beyond those who ask for our forgiveness: we are commanded to forgive our enemies – whom I presume would rarely want to ask for our forgiveness.

Of course, our experience of those who are truly enemies is that we do not want to forgive them. We do not trust them; the wound has been too deep; their offense is not against us but against someone we love who is particularly vulnerable. I could enlarge the list but we are all too familiar with it. The reasons we find it hard to forgive our enemies is endless.

But the commandment remains – not as a counsel of how to live a healthier, happier life – but with the added reminder that we will only find forgiveness as we forgive. Forgiveness is not optional – but a fundamental spiritual action which we must learn to use as though our salvation depended upon it – for it does.

Several times in Scripture forgiveness of others (including enemies) is linked with our becoming like God, being conformed to His image. Thus when I think of forgiveness I think as well of the whole life of salvation – for the path to being restored to the fullness of the image of Christ runs directly through the forgiveness of our enemies. It may indeed be the very key to our salvation (as it is worked out in us) and its most accurate measure.

Having said that, however, is also to say that this commandment to forgive is not of man – we do not have it in us to fulfill this commandment in and of ourselves. St. Gregory of Nyssa once said that “man is mud whom God has commanded to become God.” Of course it is utterly and completely impossible for mud to do such a thing (unless God make it so).

Grace is the foundation of forgiveness. We pray for forgiveness to enter our heart. We beg for forgiveness to enter our heart. We importune God for forgiveness to enter our heart.

Even as a product of grace – we do not begin with the hardest things but with the easiest. We do not begin fasting by tackling the most strict regimen. We do not begin prayer with an effort to pray continually for forty days (or some other great feat). Such efforts would either crush us with their difficulty or crush us with our success.

These are a few thoughts on beginning the life of forgiveness:

1. Begin by struggling to form the habit of forgiveness in the smallest things. With a child, with traffic, with little irritations. Do not struggle in a small way but throw yourself into forgiveness. It should become a habit, but a habit of grace, a large action.

2. Use this prayer for the enemies who seem to be beyond your ability to pray: