

St. Herman of Alaska Orthodox Church

April 3rd Weekly Bulletin

60 Clifton Chapel Lane, Stafford, Virginia 22555 –
Mailing Address: P.O. Box 1295, Stafford, VA 22555 –
Website: www.sthermanorthodox.org



✠ Sunday Divine Liturgy 10 a.m. ✠

✠ Saturday Catechumen Class 3 p.m. Vespers and Confessions 5 p.m. ✠

✠ Wednesday Confession, Vespers and Adult Ed. Classes 5 p.m. 6:30 p.m. and 7 p.m.

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Fellowship Hour

April 3 – Fellowship by Team 1
April 10 - Fellowship Team 2
April 17 – Fellowship Team 3
April 24 – PASCHA POTLUCK

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.

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Reader Schedule

April 3 - Sbn. Stephen Terrell
April 7 – Rdr. Joseph McLeod
April 10 – Rdr. John Aponte
April 13 – Rdr. Stephen Mirroy
April 16 – Sbn. Aaron Lessin

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

Liturgical Services/Activities:

Mon. April 4/March 22

Hieromartyr Basil, presbyter of Ancyra (362)

6:00 p.m. Great Canon of St. Andrew and the Life of St. Mary of Egypt in Small Compline

Tues. April 5/March 23

Monk-martyr Nikon and 199 disciples, in Sicily (251)

12:00 p.m. Pre-Sanctified Liturgy at **St. Demetrios Skete**

Wed. April 6/March 24

Venerable Zacharias the Recluse of Egypt

12:00 p.m. Pre-Sanctified Liturgy at **St. Demetrios Skete**
6:00 p.m. 6pm Vigil (Great Compline and Matins) for Annunciation

Thurs. April 7/March 25

The Annunciation of Our Most Holy Lady, the Theotokos and Ever-Virgin Mary

10:00 a.m. Vespers for Annunciation

Fri. April 8/March 26

Synaxis of the Archangel Gabriel

12:00 p.m. Pre-Sanctified Liturgy at **St. Demetrios Skete**

6:00 p.m. Matins with the Akathist to the Theotokos

Sat. April 9/March 27

Laudation of the Mother of God

12:00 p.m. Sewing Guild

3:00 p.m. Catechumen's Class

5:00 p.m. Vespers

Sun. April 10/March 28

5th Sunday of Lent: Venerable Mary of Egypt

10:00 a.m. Divine Liturgy

Readings for the Week of April 3rd

Sunday 4/3

John 20:11-18 (8th Matins Gospel)
Hebrews 6:13-20
Mark 9:17-31
Ephesians 5:9-19 (Venerable John Lestvichnik)
Matthew 4:25-5:12 (Venerable John Lestvichnik)

Monday 4/4

Isaiah 37:33-38:6 (6th Hour)
Genesis 13:12-18 (Vespers, 1st Reading)
Proverbs 14:27-15:4 (Vespers, 2nd Reading)

Tuesday 4/5

Isaiah 40:18-31 (6th Hour)
Genesis 15:1-15 (Vespers, 1st Reading)
Proverbs 15:7-19 (Vespers, 2nd Reading)

Wednesday 4/6

Isaiah 41:4-14 (6th Hour)
Genesis 17:1-9 (Vespers, 1st Reading)
Proverbs 15:20-16:9 (Vespers, 2nd Reading)
Genesis 28:10-17 Vespers, Theotokos
Ezekiel 43:27-44:4 Vespers, Theotokos
Proverbs 9:1-11 Vespers, Theotokos

Thursday 4/7

Exodus 3:1-8 Theotokos
Proverbs 8:22-30 Theotokos
Luke 1:39-49, 56 Matins Gospel
Hebrews 2:11-18 Theotokos
Luke 1:24-38 Theotokos
Isaiah 42:5-16 (6th Hour)
Genesis 18:20-33 (Vespers, 1st Reading)
Proverbs 16:17-17:17 (Vespers, 2nd Reading)

Friday 4/8

Isaiah 45:11-17 (6th Hour)
Genesis 22:1-18 (Vespers, 1st Reading)
Proverbs 17:17-18:5 (Vespers, 2nd Reading)

Saturday 4/8

Hebrews 9:24-28
Hebrews 9:1-7 (Theotokos)
Mark 8:27-31
Luke 10:38-42; 11:27-28 (Theotokos)

Festal Icons

St Herman is blessed to have our very own iconographer in our midst. Matushka Joanna has embarked on a journey to provide the festal icons for our church. Take a moment to look around our church and see the beautiful hand written icons she has provided. St Herman recognizes the value of her labors. The Festal Icons Fund was created to provide recompense to Matushka Joanna for these valuable additions to our church. Please consider supporting her work by making a donation to that fund. We are trying to collect \$2000 for each icon.

Closing Costs for Clifton Chapel

To complete our purchase of Clifton Chapel the parish will need to pay for legal fees, title search and surveys of the property and the road. If you would like to assist in covering these expenses, please indicate "Clifton Chapel purchase" on your gift. Funds collected in excess of these needs will be added to the Clifton Chapel improvement fund.

Beautifying the Church

George Evanisko is looking for volunteers that can develop and beautify the fellowship front lawn. He is just looking for multiple people to help mulch, put some flowers, and install benches in the little space in front of the fellowship hall. Please email gevanisko@gmail.com for more details.

Lawn Mowing

Young men! We need volunteers to mow the churchyard. Please find attached the flyer in the email, and sign-up roster that will be posted in the fellowship hall. Some key points: (1) the mowing season begins April 17, 2022, and ends September 25, 2022; (2) volunteers are requested to select at least two dates; (3) volunteering for a week on the schedule indicates that mowing will be completed before that date, such that the grounds are beautified for services on the listed date; and (4) only five men covered the 19 weeks of mowing last year and Rdr. Joseph is looking to the younger men of the parish to show greater initiative.

<https://www.signupgenius.com/go/4090a4fa4a623aaf49-parish>

Church Food Pantry

We need volunteers to help stock up the church pantry! Please contact Sue @ srcasablanca@gmail.com if you would like to get involved. This endeavor would help the whole church so please consider helping out.

Bake Sale

There will be baked goods for sale during coffee hour on Sunday to raise funds for Orthodox Africa. It will be Father Silouan's last few days in Virginia. Please bring cash if you would like to purchase any baked goods. If you are interested in baking or assisting at the sale please contact Ruth tchiprout@hchc.edu



Sunday March 27 Epistle Reading – HEBREWS 6:13-20

For when God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, saying, "Surely blessing I will bless you, and multiplying I will multiply you." And so, after he had patiently endured, he obtained the promise. For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute. Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath, that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us. This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

AFTER ABRAHAM HAD PATIENTLY ENDURED, HE OBTAINED THE PROMISE

Do you see that the promise alone did not effect the whole, but the patient waiting as well? This shows that oftentimes a promise is thwarted through faintheartedness ..What is 'the hope set before us?' From these past events we conjecture the future. For if these came to pass after so long a time, certainly the other will. So that the things which happened in regard to Abraham also give us confidence concerning the things to come... He shows that while we are still in the world, and not yet departed from this life, we are already among the promises. For through hope we are already in heaven ...And you see how very suitable an image he has discovered: for he did not say "foundation," but "anchor." For that which is in the tossing sea, and seems not to be very firmly fixed, stands on the water as upon land. and is shaken and yet is not shaken.

- St. John Chrysostom



TO WHOM THEN WILL YOU LIKEN GOD?

The divine nature cannot be apprehended by human reason ...We cannot even represent to ourselves all its greatness ..In my opinion it will be discovered when that within us which is godlike and divine - I mean our mind and reason - will have mingled with its like and the image will have ascended to the archetype Abraham, great patriarch though he was, was justified by faith, and offered a strange victim, the type of the great sacrifice. Yet he did not see God as God, but gave Him food as a man (Cf. Gen. 15:6, 22:13, 18:8). He was approved because he worshipped as far as he comprehended.

- St. Gregory of Nazianus

Commemoration of St. John of the Ladder Mark 9:17 – 9:31

Then one of the crowd answered and said, "Teacher, I brought You my son, who has a mute spirit. And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not. He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me." Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth. So He asked his father, "How long has this been happening to him?" And he said, "From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us. Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: "Deaf and dumb spirit, I command you, come out of him and enter him no more!" Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" So He said to them, "This kind can come out by nothing but prayer and fasting." Then they departed from there and passed through Galilee, and He did not want anyone to know it. For He taught His disciples and said to them, "The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day."

HEALING THROUGH PRAYER AND FASTING

Do you see how He now proceeds to lay beforehand in them the foundation of His doctrine about fasting? You see, at any rate, how many blessings spring from them both. For he who is praying as he ought, and fasting, has not many wants, and he who has not many wants cannot be covetous; he who is not covetous, will be also more disposed for almsgiving. He who fasts is light, and winged, and prays with wakefulness, and quenches his wicked lusts, and propitiates God, and humbles his soul when lifted up. Therefore even the apostles were almost always fasting. He who prays with fasting has his wings double, and lighter than the very winds .nothing is mightier than the man who prays sincerely... But if your body is too weak to fast continually ..although you cannot fast, yet you can avoid luxurious living.

- St. John Chrysostom

Thoughts for Each Day of the Year – St. Theophan the Recluse

In His talks about blessedness, the Lord depicts a heavenly heart (Matt. 5:1–12). It contains: humility; weeping and contrition; meekness and angerlessness; complete love of righteousness; perfect mercifulness; purity of heart; love of peace and peacemaking; suffering misfortunes, false accusations and persecution for the sake of the Christian faith and life. If you want heaven, be like this, and already here on earth you will have a foretaste of heaven, into which you will enter prepared, like a forenamed heir.

Judgement of Others

Even in His pain on the Cross, the Lord Jesus did not condemn sinners but offered up pardon for their sins to His Father, saying: They know not what they do (Luke 23:34)!

Let us not judge anyone so that we will not be judged. For no one is certain that, before his death, he will not commit the same sin by which he condemns his brother. St. Anastasius of Sinai teaches: "Even if you see someone sinning, do not judge him, for you do not know what the end of his life will be like. The thief who was crucified with Christ was a murderer, while Judas was an apostle of Jesus, but the thief entered into the Kingdom, and the apostle went to perdition. Even if you see someone sinning, bear in mind that you do not know his good works. For many have sinned openly and repented in secret; we see their sins, but we do not know their repentance. Therefore, brethren, let us not judge anyone so that we will not be judged."



THY LAW IS WITHIN MY HEART

A spiritual man interprets all things and all natural phenomena in a spiritual and symbolic manner, and from everything he draws benefit for his soul. Once, the brethren came to St. John the Dwarf and began to tell him how a heavy rain had fallen and watered the palms, and how new branches had begun to sprout on the palms so that the monks would have enough material for their handiwork. St. John thought and said to the brethren: "In the same manner the Holy Spirit enters the hearts of the saints, so that they are renewed and put forth the branches of the fear of God."

On Faithfulness in Suffering and the Crown of Life

"Fear none of those things which thou shalt suffer... Be thou faithful unto death, and I will give thee a crown of life" (Revelation 2:10)

By His suffering our Lord eased our suffering. He endured the greatest of pain and emerged as the Victor. That is why He can encourage us in our lesser sufferings. He suffered and endured in righteousness while we suffer and endure in expiating our own sins. This is why He can doubly remind us to endure to the end as He, the Sinless One, endured. Not one of us helped or alleviated His pains and endurance, yet He stands beside each one of us when we suffer and He alleviates our pains and misfortunes. That is why He has the right to tell each one who suffers for His name's sake: "Do not be afraid! Do not be afraid of anything that you are going to suffer, for I alone have endured all sufferings and am familiar with them. I was not frightened by a single suffering. I received them upon Myself, and in the end I overcame them all. I did not overcome them by dismissing them or fleeing from them but by receiving them all upon Myself voluntarily and enduring them all to the end. And so you also should accept voluntary suffering, for I see and know how much and how long you can endure.

"If your suffering should continue until death itself and if it should be the cause of your death, nevertheless, do not be afraid: I will give thee the crown of life. I will crown you with immortal life, in which I reign eternally with the Father and the Life-giving Spirit."

God did not send you to earth to live comfortably, but rather to prepare you for eternal life. It would be a great tragedy if your Creator were unable to give you a better, longer, and brighter life than that which is on earth, which reeks of decay and death and is shorter than the life of a raven.



THE HIEROMARTYR [PRIEST-MARTYR] BASIL, PRESBYTER OF ANCYRA

Under Emperor Constantius, Basil endured and suffered much at the hands of the Arians. He was renowned as a great zealot of Orthodoxy and a true shepherd of his entrusted flock in Ancyra. When Julian the Apostate ascended the throne, he began to persecute Christians. Because Basil openly condemned this new evil and strengthened his people in the Faith, he was cast into prison.

When Emperor Julian came to Ancyra, Basil was brought before him. The emperor tried to persuade Basil to abandon his faith in Christ, promising him honors and riches. Basil answered the emperor: "I believe in my Christ, Whom you denied and Who gave you this earthly kingdom; but that will be taken away from you shortly. Have you no shame before the sacred altar, under which you were saved when they sought to kill you as an eight year old child? Therefore, this temporary kingdom will be taken from you shortly, and your body will not be buried after your soul has been violently wrested from you in bitter pains." Julian became enraged and ordered that seven strips of skin be peeled from Basil's body every day. The tormentors did this for several days. When Basil appeared again before the emperor, he peeled off a strip of his own skin and threw it into Julian's face, and crying out to him, he said: "Take it, Julian, and eat, if this kind of food is sweet to you; but for me, Christ is Life." This incident was proclaimed throughout the towns, and the emperor, out of shame, secretly departed from Ancyra to Antioch. They continued to torture Basil with red hot irons until he gave up his soul to God, for Whom he suffered, in the year 363 A.D.



HIEROMARTYR [PRIESTLY-MARTYR] IRENAEUS OF SREM

It is thought that Irenaeus was a Slav. He was married and had children prior to becoming a bishop. During the reign of Maximian, he suffered for Christ. During his terrible sufferings, his relatives stood around him crying and begged him to spare himself and them--that is, to deny Christ. But this wonderful hieromartyr loved the wounds he received for Christ more than all the riches of this world. At the same time Seren, a certain gardener in Srem, also suffered at the hands of Prince Probus, and Afrius suffer in Regia. Because Irenaeus did not want to deny his faith, Prince Probus ordered that he be hurled from a bridge into the Sava River, where this shepherd of Christ's flock died, taking up his habitation among the citizens of heaven. He honorably suffered in the year 304 A.D.

THE HOLY ARCHANGEL GABRIEL

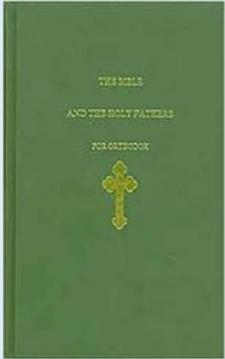
Gabriel is the herald of the Incarnation of the Son of God. He is one of the seven archangels who stand before the throne of God. He appeared to Zacharias to announce the birth of the Forerunner. Gabriel said of himself: I am Gabriel, that stand in the presence of God (Luke 1:19).

His name Gabriel means "man-God." The Holy Fathers, in speaking about the Annunciation, comment that an archangel with such a name was sent to signify Who He was, and what He would be like, Who would be born of the All-pure One. He would be the God-man, the mighty and powerful God. Some of the Fathers understood that this same Gabriel appeared to Joachim and Anna concerning the birth of the Virgin Mary, and that Gabriel instructed Moses in the wilderness to write the Book of Genesis. The Holy Fathers say that Gabriel belongs to the first and greatest order of heavenly powers, that is, the Seraphim, since the Seraphim stand closest to

God. He is, therefore, one of the seven Seraphim closest to God. The names of the seven are Michael, Gabriel, Raphael, Uriel, Salathiel, Jegudiel, and Barachiel. To this number some add Jeremiel. Each one has his own particular service and all are equal in honor. Why did God not send Michael? Because Michael's service is to suppress the enemies of the Faith of God, while Gabriel's is the mission of announcing the salvation of mankind.

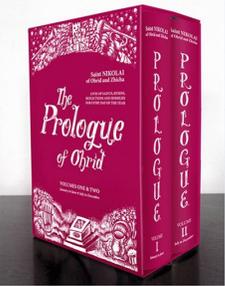


ST. HERMAN'S FAVORITE READS



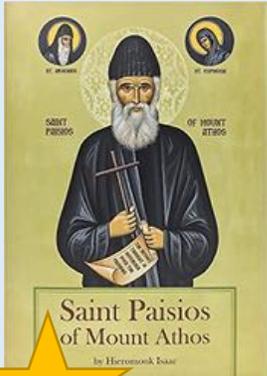
The Bible and the Holy Fathers for Orthodox

Based on the sequence of daily scriptural readings (NKJV) from the liturgical calendar of the Orthodox Christian Church, this resource includes comments from the church fathers on each Epistle and Gospel passage. Sections of the Old Testament are also included to support the church lectionary for major feast days, Great Lent, and Holy Week. Additionally, writings from contemporary Orthodox theologians and scholars are included.



The Prologue of Ohrid

An inspirational source-book of the Orthodox Faith, it contains within its pages a summation of the Church's wisdom and its experience of sanctity through the grace of Christ. Lives of Saints, Hymns, Reflections and Homilies are presented for every day of the year. Detailed lives of the saints for every day of the year, as well as reflections, homilies and other spiritually-enriching "thoughts upon which to ponder."



St. Paisios of Mount Athos

Saint Paisios of Mount Athos (1994) is perhaps the greatest and most revered Elder of the Orthodox Church of our time. Even though he lived the monastic life in obscurity on the Holy Mountain of Athos in northern Greece, he became a shining light for thousands of faithful who flocked to see him. His life, miracles, and teachings continue to touch the hearts of people throughout the world to this day. Unquestionably, this present biography (written by his spiritual disciple Elder Isaac), which is the most authoritative account of his life, will inspire readers forevermore. **This is a Second Edition of the book originally entitled Elder Paisios of Mount Athos.**

Back in print,
and on Amazon
for only \$47!

2022 Finances
The Parish needs TBD/week to meet budget

<u>Week</u>	<u>Amount Received</u>	<u>Difference from amount needed</u>
March 20	\$ 2,610.59	TBD
March 27	\$ 6,638.28	TBD

Attendance: 149



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, Claire, Rebecca, Janis, Paisley, George, Archpriest Alexander, Matushka Kathleen, Emma Nicole, Alexa Kate, Steven, Millicent, Archpriest Victor, Matushka Masha, Pdn. Patrick, Matushka Joanna, Matushka Sophia, Mother Theodora, Archpriest Alexander, James, Leonidas, Sophia, Maria, Larry, Bill, Modestos, Ephraim, Reader Moses, Jo Ann, Sarah, Paul, Brianna, Robert, Baby Nina, Charley & Alexandra, Irina & baby, Rebecca, Priest Alexander Laymon, Archpriest Michael Sekela, Fr. Filipe and his family, Irene and John, Inna and Emma, Ronin O'Neill, Anastasia and Mila, Brody (Anthony) Lessin, Sophia Stylianopoulos, Olga Petrova and the baby, Mary Zupan and the baby, Glen & Mich Mine, Sarah Francis, Jeanine Karam

MEMORY ETERNAL: Anita Sanford, Roy Patrick St. Clair