

****IMPORTANT ANNOUNCEMENT ABOUT CONFESSION AND HOLY COMMUNION****

Until further notice, we will continue celebrating the Divine Services up to no more 33 parishioners in attendance. With this in mind, if single parish members or parish member households - UP TO 33 PEOPLE IN CHURCH AT EACH DIVINE LITURGY - would like to attend the Divine Liturgy on a Sunday please refer to the following signup link <https://signup.com/go/AqSQSmX> ** (Slots 1-33 in the Church and 34-55 in the Parish Fellowship Hall)! **PLEASE SIGN-UP BY 6:00 PM ON SATURDAY NIGHT AS WELL AS ANSWER THE COVID QUESTIONNAIRE!!

Regarding Holy Communion:

- If anyone would like to come and receive Holy Communion or if you would like Fr. Jason to come and bring Holy Communion to your home, please contact him to make arrangements:
jvansuch@hotmail.com/609.851.3811/716.875.4222

Regarding Holy Confession:

Taking into consideration the spiritual and mental healing that comes through the Sacrament of Confession, His Eminence blesses, for all priests and communities in the Diocese of New York and New Jersey, that for this period:

- Confession may continue to be held over the telephone or by live video communication; it may also be done in person with social distancing kept between the priest and the penitent (6 feet), and with face masks worn by both. The Prayer of Absolution can be given by video or phone and especially in person.
- When Confession is heard over the telephone or by live video, the priest must read the Prayer of Absolution before ending the phone call or video communication, in the hearing of the penitent.
 - If anyone would like to have Confession, please contact Fr. Jason to make arrangements:
jvansuch@hotmail.com/609.851.3811/716.875.4222

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Please look up the below weblink for the Digital Edition of The Jacobs Well:
<https://issuu.com/jacobswell/docs/jacobs-well-fall-2019-nk>

Please look up the below weblink for the website of The Diocese of New York and New Jersey:
<https://www.nynjoca.org>

Please look up the below weblink for the newly-updated Diocesan Directives of The Diocese of New York and New Jersey for the Gradual Approach of Re-Opening of our Parishes:

<https://www.nynjoca.org/files/2020/covid-19/Diocesan-Directives-on-the-Gradual-Re-Opening-of-Diocesan-Churches-2020-05-08-For-Distribution.pdf>



St. George Orthodox Church
2 Nottingham Terrace - Buffalo, NY 14216
(716) 875-4222

www.stgeorgebuffalo.com

THE WEEKLY MESSENGER

Published weekly in the interest of the parishioners and friends of Saint George Orthodox Church, Buffalo, NY a parish of the Diocese of New York and New Jersey and The Orthodox Church in America

ST. GEORGE ORTHODOX CHURCH

2 Nottingham Terrace Buffalo, NY 14216

V. Rev. Jason Vansuch, Parish Priest

2 Nottingham Terrace 716-875-4222 Buffalo, NY 14216

Cell Phone: 609-851-3811 Email: jvansuch@hotmail.com

Presbyter Andreja Damjanovski, Attached Rev. Peter Irfan, Attached
Reader John Kirwan, Choir Director
Mr. Paul Shosho, Parish Council President
Home: 716-544-7358 Email: pshosho@me.com

THIRD SUNDAY OF LENT — Tone 2. Veneration of the Cross. Ven. Joseph the Hymnographer (883). Ven. George of Mt. Maleon in the Peloponnesus (6th c.). Ven. Joseph the Much-ailing, of the Kiev Caves (Far Caves—14th c.). Ven. Zosimas, Abbot of Vorbozómok (ca. 1550). Ven. Zosimas, of Palestine (4th c.). Virgin Martyr Pherbutha of Persia, her sister, and servants (341-343). Martyr Nikita of Pojani (1808). St. Isidore, Bishop of Seville (636). Ven. Theonas, Archbishop of Thessalonica (1545).

EPISTLE: Liturgy of St. Basil the Great **GOSPEL:**
Hebrews 4:14-5:6 Mark 8:34-9:1

GLORY TO JESUS CHRIST!

GLORY FOREVER!

****FLOWERS FOR THIS WEEK****

In front of the Icon of Our Lord, In front of the Icon of The Theotokos, and on the Center Icon Table are donated by St. George Orthodox Church

Altar Vigil Candles are offered by Anthony DelNuovo in Loving Memory of Thy Servants of God – Marion Rose, William, and George. May their memory be eternal.

TODAY'S WEEKLY MESSENGER IS SPONSORED BY:

ST. GEORGE ORTHODOX CHURCH

WELCOME TO ST. GEORGE ORTHODOX CHURCH

We welcome all of you to the Divine Liturgy this morning, especially those who are visiting with us here at St. George Orthodox Church. Everyone is invited to the Parish Fellowship Hall following the Divine Liturgy for Christian Fellowship. It is our prayer that your experience this morning was spiritually uplifting and you will return very soon to pray with our parish family. In the Orthodox Church, we do not practice open Communion. However we do invite everyone to come and participate in the Divine Liturgy. Hence only those Orthodox Christians who have properly prepared themselves through prayer and fasting may receive Holy Communion. May the Lord bless you with many years of good health and happiness.

THE SCHEDULE OF WEEKLY SERVICES and ACTIVITIES

**Sunday April 4 THIRD SUNDAY OF GREAT LENT –
VENERATION OF THE CROSS {YOUTH SUNDAY}**
9:40 A.M. The Hours
10:00 A.M. Divine Liturgy of St. Basil the Great
Social Distant Coffee Hour following Divine Liturgy in Parish Fellowship Hall
Church School Q&A with Fr. Jay via Google Classroom (12:30-1:15 PM)
5:00 P.M. Lenten Vespers Service

Fourth Week of Great Lent {April 5- April 11}

Tuesday April 6 9:00 A.M. Daily Lenten Matins

The Feast of St. Tikhon – Patriarch of Moscow and Enlightener of North America

Wednesday April 7 5:00 P.M. Confessions
6:00 P.M. Presanctified Liturgy

Social Distant Pot-Luck Lenten Meal and Discussion in Parish Fellowship Hall following Liturgy

Thursday April 8 9:00 A.M. Akathist to Our Lord Jesus Christ

Friday April 9 9:00 A.M. Confessions
9:30 A.M. Presanctified Liturgy
5:00 P.M. Confession
6:00 P.M. Memorial Matins

Saturday April 10 FOURTH SATURDAY OF GREAT LENT – MEMORIAL SATURDAY
9:30 A.M. Divine Liturgy
4:00 P.M. Great Vespers

**Sunday April 11 FOURTH SUNDAY OF GREAT LENT –
ST. JOHN CLIMACUS**
9:40 A.M. The Hours
10:00 A.M. Divine Liturgy of St. Basil the Great

Memorial Litai for Thy Servant of God – George Papaharalambos on the 9th Anniversary of his falling asleep in the Lord (George is the brother of Mat. Fran and Fr. Jason's Uncle/Godfather)

Social Distant Coffee Hour Luncheon following Divine Liturgy in Parish Fellowship Hall

Church School Class via Google Classroom (12:30-1:15 PM)

5:00 P.M. Lenten Vespers Service

*** * * * * PRAYERFUL REMEMBRANCE * * * * ***

**PLEASE REMEMBER TO KEEP IN OUR DAILY PRAYERS
FOR THE HEALTH OF THY SERVANTS:**

HIERARCHS

Metropolitan HERMAN Bishop DANIEL Archbishop ALEJO

CLERGY

Archpriest Herman, Matushka Cynthia and George *(Schick)* Archpriest James and Mat. Patricia *(Mason)*
 Archpriest Alexey and his family *(Karlcut)* Archpriest Vladimir and Matushka Jeanne
 Archpriest Timothy/Mat. Michelle Archpriest Michael and Mat. Valerie *(Hatrak)*
 Archpriest Ken and Matushka Natalie *(Starevsky)* Dn. Sean and Mat. Heather *(McNulty)*
 Archpriest Gregory and Mat. Diane *(Winsky)* Priest Peter and Mat. Mary *(Irfan)*
 Archpriest Leonid Archpriest David *(Mezinski)* Presbyter John and Presbytera Nancy
MATUSHKI Presbyter Andreja, Popadija Anica and Family
 Mat. Katia Mat. Paraskeva Mat. Joanna Popadija Vicki Mat. Christine Mat. Patricia *(Severeno)*
 Mat. Gloria *(Martin)*

Family/Friends/Parishioners of St. George Orthodox Church

Catherine Ivan/Marina/Inna Bonnie *(Dan)* Coard Karen Aliscia *(Nick Rostko)* Walter, Paul
 Edwina Irene Luba Silvu Dan, Jr. Jim, Darren, Marsha *(Relatives of Elaine M.)*
 Serena Lillian Reader Victor Nicholas, Andrew *(Wityk)* Frank *(Barb. K brother-in-law)*
 Sarah Oscar Albert *(Fadell)* Frank Boris *(Kuvshinoff)* Marilyn *(Linda cousin)*
 Xenia, Justin, Danielle *(Friends of Fr. Jason)* Larry Joseph *(Rocco Father in Law)* Ronald, Candice *(Masset)*
 Victor *(Tita Nephew)* Catherine *(Tony)* Susan *(Kirwan)* June *(Pavlov)*
 Evelyn *(Friend of Julie)* Billy *(William – Mat. Christine’s cousin)* Clyde Allison *(school)*
 Robert *(Phillips)* Rebecca *(Relative of Mat. Christine)* Svetlana *(Family friend of Fr. Jason/Mat. Katia)*
 Jeanne *(Mat. Christine’s Friend)* Angela, Jason, Michelle *(Relatives of Dn. Mark)* Linda Justin *(Slaiman)*
 Carol *(Mailman’s sister-in-law)* Joseph, John, Margaret, Thomas, Victoria *(Ewing)* Ashley *(Friend from Roswell)*
 Melody Lee *(Beth’s brother)* Lee, Bridget *(John Kirwan friend)* Paul *(Shosho)* Brain *(Brother of Matthew Just)*
 Kelly, Robert, Boris, Zaeb, Tirza, Sabas Sada Thisinisitsa, Gemmal, Geesa, and Patric *(Fr. Peter)* Child Senit
 Anne *(Mariami Grandmother)* Jeremy Stewart *(nephew of Bill George)* Susan *(Zumba)* Juliana *(Matusiak)*
 Susan *(Deeb)* Justin *(Cmunt)* Louis *(cousin of Barbara)* Yuri/Elena Alex *(Valieff)* John, Kevin Irene Sean
 Jaime *(Zumba)* Rosemary Harry *(neighbor of Tom and MaryAnne Slaiman)* Anthony *(DelNuova)*
 Aspasia *(Dean’s Mother)* Charles Seraphim Emma/Alexander *(relatives of Natalie Huett)*
 Olga *(Friend of Fr. Jason/Mat. Katia)* Vadym Iryna Yuriy Anastasia Noah *(McEntee)* Elias, John, Joseph
 Mary, Hal, Autumn, Ariana, and Amber Judithann *(Friend of Barbara)* Steven *(Uncle of Dean)*
 Barbara *(Rdr. John’s Sister in Law)* William *(Friend of Judge Family)* John, Helen *(Parents of Tanya Cmunt)*
 Brian John, Roberta, Barbara *(Family of Dana and Annette)* John, Michael John Matthew *(Bashira)*
 Rdr Nicholas, Judithann, Michael, Mary, Cate, Michael, Gary, Damian, Olga, Clara *(Bethlehem)*
 Jeffry, Dominic, Rachel *(Family of Andrea)* Lee, Benjamin, Harry Patrick *(Relatives of Beth Mellas)*

Diocese of NY&NJ Prayer List

Protopresbyter Leonid *(Kishkovsky)* Archpriest Samuel *(Kedela)* Mitred Archpriest Joseph Lickwar
 Archpriest George *(Hasenechz)* Archpriest Paul *(Shafraan)* Mitred Archpriest Daniel and Mat. Myra *(Kovalek)*
 Archpriest Jonathan *(Ivanoff)* Archpriest Paul *(Kucynda)* Archpriest Sergei and Mat. Gerry *(Glagolev)*
 Archpriest Terenti *(Wasielewski)* Dn. Stephan *(Karlcut)*

Expectant Mothers Randy Iris, Pete, Sara Douglas, Chris Costa *(Father of Pete Thanos)*

Rachel and the child to be born of her Jonathan Kevin, Lary, Carly, Sherry, Mary Jo, Dragiza, Karl

Those Serving in The Armed Forces

Kenneth, Nadine, Jason, Robert, Andrew, Justin, Shawn, Austin, Juanita Marthia
 Chris, John, Daniel, Gjorgie

FOR THY DEPARTED SERVANTS OF GOD:

All of the clergy and parishioners of This Holy House who have departed this life, who now lie asleep in the Lord.

Ever-Memorable Archpriest Eugene Vansuch Ever-Memorable Archpriest George Timko
 Ever-Memorable Priest John Bohush Ever-Memorable Archpriest George Aswad
 Ever-Memorable Archpriest Rastko Matushka Dorothy *(Timko)* Met. THEODOSIUS
 Ever-Memorable Dn. Mark Ever-Memorable Sbdn. Gregory
 Ever-Memorable Pdn. Gregory Martha, Akhtar Remyat, and Barkat *(Family of Fr. Peter)*

Newly-Departed Servants of God Audrey *(Grandmother of Mariami)*

Archpriest John *(Chupeck)* *If anyone would like to have their loved ones added to the prayer list for remembrance during the Divine Liturgy, please see or contact Fr. Jason.

HYMNS FOR THE DIVINE LITURGY
Tropars/Kontakions for Divine Liturgy

TROPAR FOR THE RESURRECTION, TONE 2

When Thou didst descend to death, O Life immortal, Thou didst slay hell with the splendor of Thy Godhead. And when from the depths Thou didst raise the dead, all the powers of heaven cried out:// “O Giver of life, Christ our God, glory to Thee!”

Troparion for The Precious and Life-Giving Cross of Our Lord — Tone 1

O Lord, save Thy people, and bless Thine inheritance! Grant victories to the Orthodox Christians over their adversaries; and by virtue of Thy Cross,// preserve Thy habitation!

Glory to the Father, and to the Son, and to the Holy Spirit.

Kontakion for The Precious and Life-Giving Cross of Our Lord – Tone 7

Now the flaming sword no longer guards the gates of Eden; it has been mysteriously quenched by the wood of the Cross. The sting of death and the victory of hell have been vanquished; for Thou, O my Savior, hast come and cried to those in hell:// “Enter again into Paradise!”

Now and ever and unto ages of ages. Amen.

Steadfast Protectress Tone 6 (Hymn to the Theotokos)

Steadfast Protectress of Christians, constant advocate before the Creator. Despise not the entreating cry of us sinners, but in Your Goodness come speedily to help us who call on You in faith! Hasten to hear our petition and to intercede for us, O Theotokos!! For You always protect those who honor You!

(In place of the Trisagion, we sing:)

Before Thy Cross, we bow down in worship, O Master,
and Thy holy Resurrection, we glorify.

PROKEMEINON Tone 6

O Lord, save Thy people, / and bless Thine inheritance!
v: *To Thee, O Lord, will I call. O my God, be not silent to me!*

ALLELUIA VERSES

Remember Thy congregation, which Thou hast purchased of old!

*God is our King before the ages; He has worked salvation in the
midst of the earth!*

THE HYMN TO THE THEOTOKOS

(Instead of "It is truly meet...", we sing the following)

All of creation rejoices in you, O Full of Grace: the assembly of
Angels and the race of men. O sanctified temple and spiritual
paradise, the glory of virgins, from whom God was incarnate and
became a Child – our God before the ages. He made your body
into a throne, and your womb He made more spacious than the
heavens. All of creation rejoices in you, O Full of Grace. Glory to
you!

COMMUNION HYMN

Praise the Lord from the heavens, praise Him in the highest!
The light of Thy countenance has shone on us, O Lord.
Alleluia, Alleluia, Alleluia!

EPISTLE LESSON FOR TODAY

HEBREWS 4:14-5:6

BRETHREN:

Seeing then that we have a great High Priest who has passed through
the heavens, Jesus the Son of God, let us hold fast our confession. For we do
not have a High Priest who cannot sympathize with our weaknesses, but was
in all points tempted as we are, yet without sin. Let us therefore come boldly
to the throne of grace, that we may obtain mercy and find grace to help in
time of need. For every high priest taken from among men is appointed for
men in things pertaining to God, that he may offer both gifts and sacrifices for
sins.

He can have compassion on those who are ignorant and going astray,
since he himself is also subject to weakness. Because of this he is required as
for the people, so also for himself, to offer sacrifices for sins. And no man
takes this honor to himself, but he who is called by God, just as Aaron was.

So also Christ did not glorify Himself to become High Priest, but it was
He who said to Him: "You are My Son, Today I have begotten You." As He also
says in another place: "You are a priest forever According to the order of
Melchizedek".

GOSPEL LESSON FOR TODAY

MARK 8:34-9:1 {VENERATION OF THE CROSS}

Let us Attend!

When He had called the people to Himself, with His disciples also, He
said to them, "Whoever desires to come after Me, let him deny himself, and
take up his cross, and follow Me. For whoever desires to save his life will lose
it, but whoever loses his life for My sake and the gospel's will save it. For what
will it profit a man if he gains the whole world, and loses his own soul? Or
what will a man give in exchange for his soul?"

For whoever is ashamed of Me and My words in this adulterous and
sinful generation, of him the Son of Man also will be ashamed when He
comes in the glory of His Father with the holy angels. And He said to them,
"Assuredly, I say to you that there are some standing here who will not taste
death till they see the kingdom of God present with power."

**** NEW PROTOCOLS WHEN ATTENDING THE DIVINE LITURGY ON SUNDAYS****

☒ A Parish Council Member will greet everyone at the Front Entrance Doors to the Church. We will have the Sign-Up Sheet there to mark off your name if you signed-up to attend. If we did not sign-up, then we will write your name down and kindly remind you to sign-up before next Sunday. We will also take your temperature as well. If someone has a fever or is experiencing symptoms or answers YES to any of the COVID Questions, they will not be permitted to come into the church.

☒ EVERYONE attending the Divine Liturgy (those in the Nave and those in The Parish Fellowship Hall – parishioners, choir members, parish council members) NEED to sign-up. Only Those in the Altar do not need to sign-up as they are not taking space in The Nave. Once we reach our capacity of 33 people in The Church, everyone else will be seated in The Parish Fellowship Hall. We must also remember to wear a mask in Church and in the Parish Fellowship Hall as well as on Church Property at all times and maintain social distancing. If we forget one, we will have them available at the Candle Desk as well as in the Parish Fellowship Hall. Also, when we enter the Church and say our prayers, we must use the hand sanitizer that is located at the Candle Desk as well as review the posted Diocesan Guidelines. These (masks, prayers, hand sanitizer) are also located in the Parish Fellowship Hall These precautions are for the health, safety, and well-being of everyone who comes and enters our Church to pray and worship God.

☒ When receiving Holy Communion, a Parish Council Member will call everyone up – pew by pew – to allow for social distancing (the children and Altar Servers will come first, then the first pews up front all the way to the back of the Church with the Choir being the last ones to receive Holy Communion). If any faithful are in The Parish Fellowship Hall, Fr Jason, Fr. Andreja, or Fr. Peter will bring Holy Communion to those in the Hall.

****If anyone has any questions or concerns, please do not hesitate to see or contact Fr. Jason. May God continue to bless and guide all of you!****

LIVE-STREAMING OF DIVINE SERVICES

As a friendly reminder, ALL DIVINE SERVICES, WILL ALSO BE LIVE-STREAMED from Fr. Jason's Facebook page and our Parish Youtube Page so that we can still be together and pray together. So please continue to join us in prayer!! There are three ways you can join us in prayer via Live-Stream even if we do not have a FaceBook account:

- 1) Go directly to our Parish Website (www.stgeorgebuffalo.com) and on our homepage you will see a a box that says 'Restream: Stream currently offline". When 'live-stream' is active, the live video will automatically appear.
- 2) Go directly to Fr. Jason's Facebook Page <https://www.facebook.com/jason.vansuch> and there you will see the Live-stream video.
- 3) Go directly to our Parish Youtube Page <https://www.youtube.com/channel/UCft4AWAX2COorLZExfMJc5KQ> and there you will see the Live-stream video.

Also in the Parish Fellowship Hall, we have the Giving Tree! If anyone would like to sign up for Coffee Hour Readers Bulletin Collection, Communion Cloth, Home Blessing, please see or contact Fr. Jason!



A SINCERE AND HEARTFELT THANKS AND APPRECIATION FOR THE FOLLOWING DONATIONS TO THE PARISH FROM OUR PARISH GIVING TREE

- Fr. Jason and Mat. Katia for donating the flowers the Feast of The Annunciation of The Most-Holy Theotokos and Ever-Virgin Mary
- John and Gretchen Judge and Rebecca Torres for donating the Incense
- John and Gretchen Judge for donating the Vigil Candles near The Gospel Book/Confession, The Icons of The Holy Sepulchre, The Icons of All Saints of North America, and The Icons of St. Nektarios and The Holy Relics, The Icons of Our Lord, and The Icons of The Mother of God for the continued good health of their Family.

Please be sure to check out "The Giving Tree" in the Parish Fellowship Hall as well as on our parish website (www.stgeorgebuffalo.com) to see how we may be able to donate towards the needs of our parish through our continued support and stewardship for our beloved parish.

If anyone has any questions, please see or contact Fr. Jason or Barbara.

Thank you for your continued prayerful support and stewardship. May God continue to bless and guide all of you, your families and our entire Parish family and keep all of us in His Loving Care!

WELCOME TO THE ORTHODOX CHURCH!

Do we have questions about our life, its meaning, purpose, destiny?
Are we desiring to know Jesus Christ, the Son of the living God?
Are we seeking forgiveness, healing, and wholeness?
Do we wonder where to go to find answers?

We can find the answers to these questions and so many other questions in The Holy Orthodox Church through Her Sacred Tradition, Holy Scriptures, Her Teachings and Dogmas.

The Orthodox Church is the original Christian Church, the Church founded by the Lord Jesus Christ and described in the pages of the New Testament. Her history can be traced in unbroken continuity all the way back to Christ and His Twelve Apostles, empowered and sent forth on the day of Holy Pentecost. Incredible as it seems, for over twenty centuries she has continued in her undiminished and unaltered faith and practice. Today her apostolic doctrine, worship, and structure remain intact. The Orthodox Church maintains that the Church is the living Body of Jesus Christ. Many of us are surprised to learn that for the first 1000 years of Christian history there was just one Church.

Where is "**The Church**" to be found and experienced today? Come Taste and See How Good The Lord is every Sunday by joining us for The Divine Liturgy at 10:00 AM.

What is Orthodox Christianity all about? How does it differ from other Christian confessions? This section will attempt to answer these questions and many more. For a visual introduction to the Orthodox Church, please view the video link below: http://www.youtube.com/v/Gj4pUphDitA&color1=0xb1b1b1&color2=0xcfcfcf&feature=player_embedded&fs=1 For a brief introduction and in depth study to The Orthodox Faith and to find answers to: "What we Believe?", "Who we Are?", and "How we Live?", please view the PDF link below:

<http://orthodoxdelmarva.org/files/studies/InquirersClassV1final.pdf>

or you may visit the OCA website by clicking the link below:

<http://oca.org/orthodoxy/the-orthodox-faith>

or you can begin a Journey Through Orthodoxy by clicking the link below:

<http://journeytoorthodoxy.com>

To learn more ways that we can teach our children about the Orthodox Faith, The OCA has provided a wonderful website for us to use that provides great resources such as (handouts, texts, articles, stories, and much more)! To see this great website, please view the PDF link below:

<http://dce.oca.org/page/resources/>

If you have any questions or would like to know more about The Orthodox Faith, please contact our parish priest: V Rev. Jason Vansuch (jvansuch@hotmail.com) or 716.875.4222 and he will be able guide you.

IMPORTANT DATES WITHIN THE LIFE OF OUR PARISH

Parish Announcements:

- We will continue with our on-going collections for The Buffalo City Mission, Hearts for Homeless, Mats for Mission, HomeSpace as well as Kevin Guest House and our other outreach ministry projects.
- **WE CONTINUE TO CONTACT ALL OF OUR PARISHIONERS ON A REGULAR BASIS TO ENSURE THAT EVERYONE IS OKAY, SAFE AND HEALTHY.**

****Please be on the lookout for emails this week with the following items:**

- 1) Reader Vespers for Saturday Evening (April 10)**
- 2) Reader Typika Service for Sunday Morning (April 11)**
- 3) Information for St. George Book Class – Monday (April 12)**
- 4) Information for Adult Education Class – Thursday (April 15)**
- 5) Reader Vespers and Typika Service for Wednesday and Friday (April 7/April 9)**
- 6) Reader Vespers Service for Sunday Morning (April 11)**

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**EACH WEEK WE WILL BE RECORDING
THE WEEKLY INCOME FOR EACH SUNDAY AS WELL AS OFFERING THE
MONTHLY INCOME and EXPENSE FOR OUR PARISH!**

**INCOME FOR SUNDAY March 28, 2020 – \$ 1614.00
& \$500 for Capital Improvement Fund**

**DONATIONS FOR THE NEW BOILER (Capital Improvement Fund) –
Total Donations so far for the New Boiler: \$19,130.00**

MAY GOD CONTINUE TO BLESS YOU AND GUIDE YOU FOR YOUR CONTINUED SUPPORT AND PRAYERS!

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Please refer to the Weekly Bulletin and Church Website for any changes to the calendar!

DAILY FAMILY PRAYER RULE WE CAN PRAY TOGETHER AT HOME WITH OUR FAMILIES

A Prayer Rule must be done in front of the icons and the Gospel in our Icon Corners with a lit candle.. It is important to remember that we must make time for God, for the “Kingdom of heaven suffers violence, and the violent take it by force”(Matt. 11:12).The best time to pray is in the morning or in the evening when we as a family can come together in prayer. Also, when using a Rule of Prayer, we must be flexible and do what we can and do it attentively and consistently. Our goal is to maintain the connection with God and cultivate a real relationship with Him.

With that in mind, please find below The Rule of Prayer offered by our Diocese for us to use at home especially during this most difficult time when we are not able to be in church together as a parish family.

<https://www.nynjoca.org/files/2020/praying-at-home/A-FAMILY-PRAYER-RULE.pdf>

May God bless you and keep you always in His Loving Care!

ST. ANDREW'S CAMP

**** Saint Andrew's Camp has released a new promotional video for prospective campers!**

The video can be found here on Facebook:

<https://www.facebook.com/saintandrewsorthodoxcamp/videos/357928144820497/>

****Be sure to check it out...you may recognize the priest:)**

For more than sixty years, St. Andrew's Camp has offered the young people of our parishes an incredible summer camping experience. Children and teens have been instructed in prayer and the divine services, the reading of Scripture and the teachings of our Orthodox Church. They have been nourished with the Sacraments of Confession and Holy Communion. They have had fun swimming, horseback riding, playing sports, singing and learning musical instruments, creating in the visual arts, learning to safeguard the planet, and exploring the stars. And they have established friendships that last a lifetime, met their future spouses, and nurtured their vocations to serve the Lord in ministry.

As a token of gratitude for the labors of love extended by the administration and staff, both clergy and laypersons, of St. Andrew's over the past six decades, it is now time for us to help the Camp in an especially needed way.

Please join us in raising funds for the new multi purpose building which will include new kitchen, dining hall and activities center. The cost of this new building is \$300,000. To become a reality, the completion and furnishing of this much-needed center will require great generosity of individuals, organizations and parishes.

You can click on the link below which will take you to the gofundme.com page.

<https://www.gofundme.com/f/st-andrew039s-camp-fundraiser-by-ss-peter-and-paul>

As we continue to fulfill the work of Our Lord by living and fulfilling His Gospel Message, let us open our hearts and minds by providing support and assistance to our Diocese, to our children, by taking a moment to reflect upon what God has given us, and to discern how we might be able to return to God a portion of the blessings we have received.

We extend our heartfelt thanks and appreciation to all of you and your families for your continued prayers, support and generosity.

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****Also, make sure we check out the promotional video for prospective campers!**

The video can be found here on Facebook:

<https://www.facebook.com/saintandrewsorthodoxcamp/videos/357928144820497/>

****Be sure to check it out...you may recognize the priest:)**

Remember our Loved Ones during Our Daily Prayers

'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.'

{Matt. 25:40}

As we say our daily prayers, let us also take time out to remember our loved ones who are homebound, who are in hospitals and who are in nursing homes. Let us remember them that GOD will continue to watch over them and protect them. Also, during the Year, let us take to either send them a card, give them a call, or visit them to let them know how much we love them, how much we remember them, and how much we pray for them.

Please refer to the of our Parish Shut-Ins below.

If anyone has any questions or would like to add someone to our List of Parish Shut-Ins, please see or contact Fr. Jason. May God continue to bless you and guide you!

ST. GEORGE ORTHODOX CHURCH PARISH SHUT-INS (2020)

Mrs. Diane Salvamoser 147 West Hazeltine Avenue Kenmore, NY 14217 716.875.9503	Reader Victor Shanchuk 495 Lafayette Avenue Buffalo, NY 14222 716.881.3096	Mrs. Luba Japadjief Elderwood Nursing Home (Memory Care Unit) 245 Bassett Road Williamsville, NY 14221 (Room 30)
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Mrs. Catherine Tony 274 Wadsworth Ave. Tonawanda, NY 14150 716.695.3068	Mr. Albert Fadell 317.376.2562	Mrs. Bonnie Dan 15 Pine Street North Tonawanda, NY 14150 716.693.1377
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Andrew Wityk Ellicott Center 200 Seventh Street Buffalo, NY 14201	Mrs. Tita Abraham 84 Stonington Lane Gertzville, NY 14068
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WEEKLY VIDEO SERMONS GIVEN BY HIS EMINENCE ARCHBISHOP MICHAEL

These sermons offered to us by The Diocese via video can be found on the Diocesan Website: <http://www.nynjoca.org>! There are videos for each week beginning with The Feast of Feasts – Holy Pascha! Be sure to check them out!

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An Invitation to Support the Stewards of the OCA!

The Orthodox Church in America (OCA) set the direction for expanding our apostolic work in North America at the 18th All-American Council. The foundation for this work is Jesus Christ, Whom we encounter in our spiritual lives, stewardship, evangelism and outreach, and relations with others as we engage the world. Being a steward of the OCA goes beyond the financial gifts which support the work of our church. Being a steward is about caring for and knowing the history of the mission of the Orthodox Church here in North America and finding your place in that history. Having received this great gift of our Orthodox Faith, we bear the responsibility to continue the legacy of Saint Herman and Saint Tikhon; Saint Innocent and Saint Alexis and all the other saints known and unknown who have worked to build up and expand Christ's Church here in North America. Please consider being a part of that mission today by giving to the Stewards of the OCA. For more information, please visit The OCA Website: <https://oca.org/become-a-steward>

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An Invitation to Support the Ministry of the DDB!

In order to fund necessary ministries and fulfill the work of the Church in the Diocese of New York and New Jersey, **Distinguished Diocesan Benefactors** generously contribute financial support. To learn more about the DDB, please go to the following link: <http://vimeo.com/71021182> and watch a 60 second video inviting you to join the ever-growing list of Distinguished Diocesan Benefactors of The Diocese of New York and New Jersey who joyfully support the on-going work of our diocese. Their support allows us to provide assistance to new mission parishes, scholarships to seminarians, support the departments of The Diocese, and much-needed encouragement to older struggling parishes. How about you? Our parish is a member of the DDB. If anyone would like to join, please see Fr. Jason as well as take a pamphlet from the table in the back of the church. May God continue to bless and guide you for your continued support. The Diocese of New York and New Jersey has two monthly newsletters: "**First Fruits**" and "**Beyond the Plateau**." The goal, as expressed by Archbishop Michael, is to increase communication and grow the communal spirit of diocesan fellowship in the building-up and strengthening of our parish communities. To learn more about these monthly diocesan publications, please refer to the diocesan website: <http://www.nynjoca.org/newsletters.html>.

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"Lessons in Our Faith" Video presented by His Eminence Archbishop MICHAEL

His Eminence Archbishop Michael presents a series of talks on matters of faith, belief, and the teachings of the Church. These instructional videos are concise and "to the point," offering Orthodox Christians much-needed information, helpful advice for their spiritual journey, and assistance in answering questions that may come from non-Orthodox friends or acquaintances. The goal is that we might better know and better live our faith. These instructional videos can be found at the Diocesan Website: <http://www.nynjoca.org>! For those who do not have internet, please see the handouts from each lesson which are located on the table in the back of the church. **There are 14 videos! Be sure to check them out!**

ST. GEORGE ORTHODOX CHURCH BOOKSTORE

As you are in the Parish Fellowship Hall for coffee hour, don't forget to check out our newly-formed Bookstore. We have some new items that just arrived. These items include: Icon ornaments, jewelry, Icons, prayer books, prayers ropes, and much more. If you need a Gift, come check out the Bookstore...you may find something you like!! We are now also offering Gift Certificates for our Bookstore. Please speak with Dave or Andrea for more details/information!! We thank David and Andrea Chmiel who are managing of our Bookstore for us. If you have any questions or if you would like to order something that you do not see, please see or contact David or Andrea Chmiel and they will be able to assist you. You may also email them at: bookstore@stgeorgebuffalo.com. May GOD continue to bless and guide all of you.

Self Preservation

Many things have been done - or words were said
That pierced the heart - like a bullet of lead
And though the event came - and soon was gone
The sting of it all - lingered on and on.

Dwelling on the past - though time has marched on
Will make us miserable - no mood for a song,
Because peace and joy - Satan is stealing
Thus, he alone prospers - if we hold an ill-feeling.

We must forgive others - in a way that is right:
Leaving their flaws - for only God's sight.
Sometimes it's impossible - to humanly do
So we call on the Holy Spirit - to see us through.

When the Lord forgives us - our slate is wiped clean.
God doesn't hold grudges - or see us as mean.
Yes, He gives us a chance - for a whole new start.
He holds no memory - of our mistakes in his heart.

If we can't forgive - like the Lord intended
We have a miserable life - which can't be mended.
Because an unforgiving heart - is real devastation
And forgiving completely - is self-preservation.

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****A REMINDER FOR HOSTING COFFEE HOUR DURING GREAT LENT****

When hosting coffee hour during Great Lent, we must refrain from using meat and dairy products in our foods and beverages.

If anyone has any questions about fasting or restrictions when hosting coffee hour, please see Fr. Jason and he will help you and guide you! If anyone would like to host coffee hour, please see or contact Mat. Fran (610.698.1666/frances.vansuch@yahoo.com)

May all of us have a Blessed, Peaceful, Holy
and Prayerful Great Lenten Journey!

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****NEW SECTION IN THE WEEKLY BULLETIN: LENTEN RECIPES****

As we are in the midst of Great Lent, we would like to share with one another those delicious Lenten Recipes that we have from our home kitchens. If anyone would like to share a Lenten Recipe with our parish family, please email it to Fr. Jason (jvansuch@hotmail.com) so that we can include it in the weekly bulletin. This will be another way for us to stay connected with one another as well as an opportunity to build up and expand our recipe books at home 😊

TODAY'S RECIPE..... Potato Leek Soup

A simple soup with a creamy texture using cashew cream. [Cashew "cream"](#) is made by soaking cashews overnight then blending them into a very smooth consistency.

The cashew cream doesn't add much flavor but it does deliver some fat and protein. However, this is a light carby soup.

If you use soy you might balance the carbs with a bit of soy milk. Alternatively, you could use a 1/2 cup of tahini provided the tahini is pretty oily and not over roasted.

If you don't give a hoot about the protein then use any old non dairy milk

This recipe is adapted from Robert Irvine's on Foodnetwork.com

Ingredients

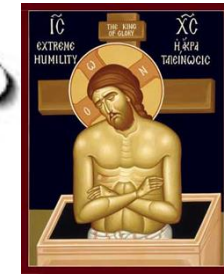
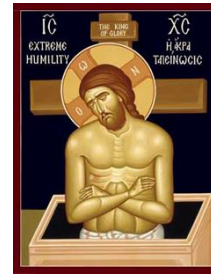
- 8 cups vegetable stock**
- 6 russet potatoes, peeled and cut into large pieces**
- 4 leeks (whites only), thoroughly washed and sliced**
- 3 stalks celery, roughly chopped**
- 1 bay leaf**
- 1 1/2 teaspoons finely chopped fresh thyme**
- 1/2 teaspoon of salt & pepper**
- 1 cup of raw cashews for cashew cream (or 1/2 cup tahini)**

Cashew cream:

- 1 cup of raw cashews, soaked overnight in enough water to completely cover
- 1. Drain soaked cashews, add cashews and 3/4 cup of water into a blender or use a stick blender and blend until absolutely smooth

Directions

1. Lord, bless my work.
2. Put the vegetable stock, potatoes, leeks, celery, bay leaf and thyme in a large pot and sprinkle with salt and pepper. Boil until the potatoes are soft, 15 to 20 minutes.
3. Remove the bay leaf. Using an immersion blender (or in batches in a blender or food processor), blend the soup until smooth.
4. Pour the soup into a medium pot; add the cashew cream and simmer briefly. Serve.



2021 - THE SCHEDULE OF SUNDAY GREAT LENTEN VESPERS - 2021

“Fulfilling the Gospel through Our Life in Christ”

****ALL SUNDAY EVENING VESPERS**

WILL BE SERVED AT ST. GEORGE ORTHODOX CHURCH (BUFFALO, NY)**

Sunday of Orthodoxy

Discussion: “Being called to be Living Icons of The Gospel in our everyday life”

Sunday March 21, 2021

5:00 PM

St. Gregory Palamas

Discussion: “Prayer as a key to Fulfilling The Gospel in our everyday life”

Sunday March 28, 2021

5:00 PM

Veneration of the Cross

Discussion: “The Cross a key to Fulfilling The Gospel in our everyday life”

Sunday April 4, 2021

5:00 PM

St. John Climacus

Discussion: “The Ladder of Divine Ascent a key to Fulfilling The Gospel in our everyday life”

Sunday April 11, 2021

5:00 PM

St. Mary of Egypt

Discussion: “Repentance a key to Fulfilling The Gospel in our everyday life”

Sunday April 18, 2021

5:00 PM

ST. GEORGE ORTHODOX CHURCH EDUCATION CORNER



THE THIRD SUNDAY OF GREAT LENT:

THE VENERATION OF THE PRECIOUS and LIFE-GIVING CROSS OF OUR LORD

=== Scriptural Readings for The Fourth Week of Great Lent ===

Monday	Genesis 8:21-9:7	Proverbs 11:19-12:6
Tuesday	Genesis 9:8-17	Proverbs 12:8-22
Wednesday	Genesis 9:18-10:1	Proverbs 12:23-13:9
Thursday	Genesis 10:32-11:9	Proverbs 13:19-14:6
Friday	Genesis 12:1-7	Proverbs 14:15-26
Saturday	1 Cor. 15:47-57 and Heb. 6:9-12	John 5:24-30 and Mark 7:31-37
Sunday	Eph. 5:9-19 and Heb. 6:13-20	Mark 9:17-31 and Matt. 4:25-5:12

Third Sunday of Lent Veneration of the Holy Cross

Mark 8:34 - 9:1

From The Explanation of the Gospel of St. Mark
by Blessed Theophylact, Archbishop of Ochrid and Bulgaria

34-37. And when He had called the people unto Him with His disciples also, He said unto them, Whosoever desireth to follow after Me, let him deny himself, and take up his cross, and follow Me. For whosoever desireth to save his life, shall lose it; but whosoever shall lose his life for My sake and the Gospels, the same shall save it. For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?

[In this passage of St. Mark, and in the following commentary, the single Greek word, *psyche*, has been translated as either 'life' or "soul" as it has both these meanings. See also Theophylact's *Explanation of St. Matthew*, pp. 30, 61, and 193. Tr.] Since Peter had rebuked Him for wanting to be crucified, the Lord called the people unto Him, and said in the hearing of all, but directing His words mostly towards Peter, "Do you find fault with Me, Peter, because I

take up the cross? I say to you, that neither you, nor anyone else, will be saved unless you die for the sake of goodness and truth." See that Christ does not compel a man to die on a cross against his own will. Instead He said, *Whosoever desireth*. The Lord is saying: "I compel no one. I invite him to something good, not to something bad to which he must be forced. Whoever does not want these things is not worthy of them." We can learn what it means to deny oneself if we understand what it means to deny another. He who denies another is he who, when he sees his brother, or servant, or father, being flogged or even murdered, does not turn towards him and pity him in his suffering, but acts as if he were a stranger to him. In this same manner the Lord wants us to show no pity towards our own bodies, so that even if we are flogged, or worse, let it make no difference to us. Let him take up his cross, that is, accept a most shameful death, for at that time to die on a cross was considered the most shameful of deaths. But since many were crucified for being bandits, the Lord added to the crucifixion something else: that one ought to have virtue. This is what it means *to follow Me*. Although His command that one give oneself over to death seemed hard and cruel, the Lord straightway shows this commandment is given out of love for mankind. For *whosoever shall lose his life for My sake shall find life*. (But the death of a condemned man, or of one who hangs himself, is not for Christ's sake and brings no such reward.) And, on the contrary, he who appears to have saved his life, far from finding life, shall lose it by not remaining steadfast during his time of martyrdom. Do not say to Me, "But he has saved his life"—it means nothing. Even if you say that he has gained the whole world as well, it is of no benefit. No one can exchange money for his salvation, for if that were so, a man who had gained the world but lost his soul, could, while

burning in the flames of hell, use his money to buy innocence. But at that time and in that place no such trade can be made. Here let us shut the mouths of those who say, following Origen, that all the souls in hell will be restored [and reunited with those in heaven] after they have been punished in accordance with their sins. (1) Let them hear that there is no exchange that can be made there for one's soul. No one is kept in hell as a punishment. Rather, it is the weight of his own sins which holds him there.

38-9:1. Whosoever therefore shall be ashamed of Me and of My words in this adulterous and sinful generation; of him also shall the Son of Man be ashamed, when He cometh in the glory of His Father with the holy angels. And He said unto them, Verily I say unto you, that there be some of them that stand here, which shall not taste of death, till they have seen the kingdom of God come with power.

Intellectual faith does not suffice, but confession of faith with one's mouth is required as well. Since man himself is two-fold, let his sanctification be two-fold as well. The soul is sanctified by faith, but the body is sanctified by confessing. *Whosoever therefore shall be ashamed* to confess that the Crucified One is his God, *of him also shall the Crucified One be ashamed*. For the Lord shall judge that man to be an unworthy servant, when He comes with glory, escorted by the angels, and no longer in lowly form. At the second coming He will not appear, as He did before, to be of base origin and circumstance, and an object of scorn. Since He speaks of His own glory, He desires to show that He is not vainly boasting, and says, *There be some of them that stand here*, namely, Peter, James, and John, who shall not die until I have shown them at the Transfiguration the glory with which I shall appear at the second coming. For

the Transfiguration was nothing less than a foreshadowing of the second coming, and as He appeared in radiance then, so will He shine at the second coming, as will also all the righteous.

THE CROSS POEM

Whatever your cross, whatever your pain, there will always be sunshine, after rain.

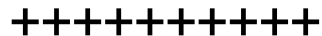
Perhaps you may stumble, perhaps even fall, But God's always ready. To answer your call.

He knows every heartache, He sees every tear, a word from His lips can calm every fear.

Your sorrows may linger throughout the night, but suddenly vanish in dawn's early light.

The Savior is waiting somewhere above, to give you His Grace and send you His love.

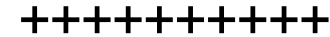
So, whatever your cross, whatever your pain, God will always send a rainbow after the rain.



THE VENERATION OF THE CROSS

The Third Sunday of Lent is that of the Veneration of the Cross. The cross stands in the midst of the church in the middle of the lenten season not merely to remind men of Christ's redemption and to keep before them the goal of their efforts, but also to be venerated as that reality by which man must live to be saved. "He who does

not take up his cross and follow me is not worthy of me" (Mt.10:38). For in the Cross of Christ Crucified lies both "the power of God and the wisdom of God" for those being saved (1 Cor.1:24).



On the third Sunday of Great Lent, during the All-night Vigil after the Great Doxology, the Holy Cross is brought forth from the Altar and placed in the center of the church for the veneration of the faithful. During the prostrations made before the Cross (which often contains a portion of the True Cross) the church chants, "Before Thy Cross, we bow down, O Master, and Thy holy Resurrection we glorify." This hymn is also chanted at the Liturgy instead of the Trisagion. The Church has placed this event in the middle of Great Lent in order that the recollection of the suffering and death of the Lord might inspire and strengthen those fasting for the remainder of the ascetic struggle of the fast. The Holy Cross remains out for veneration throughout the week until Friday, when, after the hours and before the beginning of the Presanctified Liturgy, it is returned to the Altar. Thus the third Sunday and fourth week of Great Lent are termed those of the "Adoration of the Holy Cross."

FOR THE GARDEN OF YOUR DAILY LIVING

PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul

PLANT FOUR ROWS OF SQUASH:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another



NO GARDEN WITHOUT TURNIPS:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE FOR THERE IS MUCH FRUIT IN YOUR GARDEN BECAUSE YOU REAP WHAT YOU SOW.

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 21st	 Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week FEBRUARY 28th	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare MARCH 7th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 14th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 21st	 SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 28th	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent APRIL 4th	 VENERATION OF THE HOLY CROSS HALF WAY TO PASCHA! Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent APRIL 11th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 18th	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 25th GREAT WEEK BEGINS	 ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 30th	 GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! MAY 2nd NO FASTING!	 HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

Created by Fr. Jonathan Bannon (ACROD)

Orthodox Christian Stewardship is a way of life, which acknowledges accountability, reverence, and responsibility before God. A primary goal of Stewardship is to promote spiritual growth and strengthen faith. Becoming a Steward begins when we believe in God, to whom we give our love, loyalty and trust and act on those beliefs. As Stewards, we affirm that every aspect of our lives comes as a gift from Him. Stewardship calls on the faithful to cheerfully offer back to God a portion of the gifts with which they have been blessed. Orthodox Christian Stewardship is a way of life, which acknowledges accountability, reverence, and responsibility before God by teaching and giving examples of a virtuous life to all (St. John Chrysostom). A primary goal of Stewardship is to strengthen our understanding of the teachings and dogmas of The Orthodox Faith through supporting the work of The Church. This can be found in The Divine Services as reiterated by St. John of San Francisco: "The Divine Services in their composition contain all the fullness of the dogmatic teaching of the Church and set forth the path of salvation." Fulfilling our responsibility of continual learning begins when we believe in God, to whom we give our love, loyalty and trust and act on those beliefs. Through being Stewards of the Gospel and of The Orthodox Church, Education calls on the faithful to cheerfully receive instruction given to the Church by Our Lord, Holy Scripture, The Divine Services, and The Holy Fathers of

the Church. Through Orthodox Christian Stewardship, The Church promotes spiritual growth and strengthened faith and calls on all of us to bring the faith and love of Our Lord to every aspect of our lives as gifts from Him through our time, talents, and treasures. During this year, let us come together as a Diocesan Family and recommit ourselves to both spiritual growth of our Life in Christ as well as through Orthodox Christian Stewardship by attending the Divine Services, attending the many opportunities of Education for both Adults and Children through Parish Education, gatherings, and fellowship and by supporting our Parishes and Diocese in the many endeavors through which, by the Grace of God, we will bring the light and love of Our Lord to all!

LET ALL THAT YOU DO BE DONE IN LOVE. 1 Cor.16:14

YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND. Matt. 22:37

YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF. Matt. 22:39

LOVE YOUR ENEMIES AND PRAY FOR THOSE WHO PERSECUTE YOU. Matt. 5:44

LOVE IS PATIENT, LOVE IS KIND, LOVE DOES NOT ENVY, LOVE DOES NOT BOAST, LOVE IS NOT PROUD, LOVE IS NOT SELFISH, LOVE IS NOT PROVOKED. 1Cor. 13:4

LOVE BEARS ALL THINGS, LOVE ALWAYS HAS FAITH, LOVE ALWAYS HAS HOPE, LOVE ENDURES ALL THINGS. LOVE NEVER FAILS! 1Cor. 13:7,8

The Sunday of The Veneration of the Cross: Christ Understands!

Have you ever wished a grown-up could understand you better? Maybe you wish your parents or your teachers could see things your way. Then, maybe they could understand how some things are hard for you, or how you might feel.

Today we celebrate the third Sunday of Lent, the Sunday of the Holy Cross. We remember how our Lord God became a person, so that He could save us! God became a man.

Sometimes we might wish grown-ups could understand us, but did you know that our Lord God really does understand us? God became human. He knows what it is like when we get tempted to do something. He knows what it is like when something hurts or when we are sad. He knows how it is hard to make choices sometimes. Christ understands!

In today's epistle, we read, "We do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin." Our Lord, Jesus Christ is God, but He also knows how we feel. He understands us. He feels sorry when things are hard for us. Let's turn to Him, whenever we need help. Christ understands!