

## Come and See how we are all called to be Stewards of The Church!

- Stewardship is our active commitment to use all our time, talent and treasure for the benefit of humankind in grateful acknowledgment of Christ's redeeming love.
- Stewardship is caring for the needs of others.
- Stewardship is offering one's self to God as He offered Himself to us.
- Stewardship is what a person does after saying "I Believe . . . ", as proof of that belief.
- Stewardship is learning how to be a responsible and concerned caretaker of Christ's Church; it is learning how to enjoy Church life and be happy in Church work, for in Her dwells the fullness of the Spirit of God.

If you would like to make a donation to our parish, please feel free to use the QR Code or link to our parish website donation page below. Thank you for your continued support and generosity for our parish in bringing The Love and Faith of Our Lord Jesus Christ to all! May God continue to bless and guide you and keep all of you in His loving care today and always!



[https://www.paypal.com/donate/?hosted\\_button\\_id=E5X6YTVC9DF3W](https://www.paypal.com/donate/?hosted_button_id=E5X6YTVC9DF3W)



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

**[www.stgeorgebuffalo.com](http://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](mailto:jvansuch@hotmail.com)

Presbyter Andreja Damjanovski, Attached Rev. Peter Irfan, Attached  
Mat. Katia Vansuch, Choir Director

Dr. Boris Kuvshinoff, Parish Council President

Home: 716-812-6132 Email: [boris.kuvshinoff@gmail.com](mailto:boris.kuvshinoff@gmail.com)

**THIRD SUNDAY OF LENT — Tone 7. Veneration of the Cross.** Martyr Matrona of Thessalonica (3rd-4th c.). Martyrs Manuel and Theodosius (304). Ven. John the Clairvoyant, Anchorite, of Egypt (394-395). The “GLYKOPHYLOUSA” and the “AKATHIST” Icons of the Mother of God on Mt. Athos.

**EPISTLE:** Divine Liturgy of St. Basil the Great  
Hebrews 4:14-5:6

**GOSPEL:**  
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 DeNuovo in Loving Memory of Thy Departed Servants of his family. 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 March 27 THIRD SUNDAY OF GREAT LENT – VENERATION OF THE CROSS  
Down Syndrome Sunday**

9:40 A.M. The Hours

10:00 A.M. Divine Liturgy of St. Basil the Great

Special Coffee Hour following Divine Liturgy in Parish Fellowship Hall

Meet n Greet Parish Fellowship in Parish Fellowship

Church School Class via In-Person and Google Classroom

6:00 P.M. Lenten Vespers Service

{Ss Peter and Paul Church – Buffalo, NY}

### Fourth Week of Great Lent {March 28 - April 3}

**Tuesday March 29 9:00 A.M.** Daily Lenten Matins

6:30 P.M. St. George Church Bible Study Class (via Zoom)

**Wednesday March 30 5:00 P.M.** Confessions

6:00 P.M. Presanctified Liturgy

### Feast of St. Innocent – Met. of Moscow, Enlightener of The Aleuts and Apostle to North America

**Thursday March 31 9:00 A.M.** Moleben Service in honor of St. Innocent  
6:00 P.M. Monthly Healing Prayer Service  
(Prayers for The World)

**Friday April 1 9:00 A.M.** Confessions

9:30 A.M. Presanctified Liturgy

**Saturday April 2 FOURTH SATURDAY OF GREAT LENT – MEMORIAL SATURDAY**

9:30 A.M. Divine Liturgy followed by Memorial Litia

4:00 P.M. Great Vespers

**Sunday April 3 FOURTH SUNDAY OF GREAT LENT – ST. JOHN CLIMACUS  
{Youth Sunday}**

9:40 A.M. The Hours

10:00 A.M. Divine Liturgy of St. Basil the Great

Coffee Hour Fellowship in Parish Fellowship Hall following Divine Liturgy  
Q&A with Fr. Jay via In-Person and Google Classroom following Divine Liturgy

5:00 P.M. Lenten Vespers Service

{Ss Theodore Orthodox Church – Williamsville, NY}

For All of our Parishioners and their families, the communicants of this holy house, those who pray here, our loved ones and their families and for those who are praying with us today and all of those whom we have in our hearts and minds

For All of our parishioners who are in hospitals, nursing home, and those who are homebound.

For All of the ill-afflicted of our parishes and families especially those affected with the Coronavirus and other ailments and for their continued full recovery and good health

For All of our doctors, nurses, physicians, and medical professionals

For our Nation that The Lord our God will continue to bless us and guide and teach us to love another, pray for one another and forgive one another.

For All of those who are travelling and for their safe journey and return to their homes

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**FOR THY DEPARTED SERVANTS OF GOD:**

For all of those who tragically lost their lives to the Coronavirus and other ailments of the clergy and parishioners of This Holy House who have departed this life, who now lie asleep in the Lord

Metropolitan THEODOSIUS  
Ever-Memorable Archpriest Eugene  
Ever-Memorable Priest John  
Ever-Memorable Archpriest Rastko  
Ever-Memorable Dn. Mark

Ever-Memorable Archpriest Bernard  
Ever-Memorable Archpriest George  
Ever-Memorable Archpriest George  
Matushka Dorothy

Priest Leonid Gregory, Priest Peter, Archpriest Kirill, Dn. Michael, John Robert, Sister Thomas, Frank, Jenny, Charles, Florence, Michael Stevens, William, George, Marion

Ever-Memorable Pdn Gregory

Ever-Memorable Sbdn Gregory

Martha, Akhtar, Barkat, Rehmat

**Newly-Departed Servants of God**

Mario (40<sup>th</sup> Day – April 17)

\*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!

**\* \* \* \* \* PRAYERFUL REMEMBRANCE \* \* \* \* \***

**PLEASE REMEMBER TO KEEP IN OUR DAILY PRAYERS**

**FOR THE HEALTH OF THY SERVANTS:**

#### **HIERARCHS**

Metropolitan HERMAN

Archbishop BENJAMIN

Archbishop ALEJO

Archbishop PAUL

Archbishop NATHANIEL

Bishop DANIEL

#### **CLERGY**

Archpriest Herman, Matushka Cynthia and Family Archpriest Leonid Archpriest David

Archpriest Alexey and his family

Archpriest Vladimir and Matushka Jeanne

Archpriest Timothy/Mat. Michelle

Presbyter John and Presbytera Nancy

Archpriest Ken and Matushka Natalie

Presbyter Andreja, Popadija Anica and Family

Archpriest Timothy

Priest Peter and Mat. Mary

Dn. Sean and Mat. Heather

Archpriest John (Onofrey)

Priest Mykola and those with him

#### **MATUSHKI**

Mat. Katia Mat. Paraskeva Mat. Joanna Popadia Vicki Mat. Patricia Mat. Gloria

Catherine Ivan/Marina/Inna Bonnie/Silviu Coard Karen Aliscia Walter/Paul

Edwina Irene Luba Jim, Darren, Marsha Frank June

Serena/Asma Lillian Reader Victor Nicholas, Andrew Marilyn Amanda

Sarah Albert Boris Oscar Ronald, Candice

Xenia, Justin, Danielle, John Larry Joseph Frank Billy Clyde

Victor Catherine Susan Svetlana Juliana Evelyn

Robert Rebecca Paul Brian Jeanne Angela, Jason, Michelle Linda

Justin Olga John, Helen Ashley Steven Lia/Isaiah

Joseph, John, Margaret, Thomas, Victoria Barbara Susan Mary John

Melody Lee Lee, Bridget Matthew William

Kelly, Robert, Boris, Zaeb, Tirza, Sabas Sada Thisinitsa, Gemmal, Geesa, and Patric

Olga and Eugene Jeremy Stewart

Susan Justin Louis Yuri/Elena Alex John, Kevin, Sean Anthony Tita

Jaime/Sammy, Juliana Harry James

Lee, Benjamin, Harry Patrick Emma/Alexander Elias, John, Joseph, Nadim, Theresa

Aspasia/Stavros Charles Seraphim Aldona

Vadym Iryna Yuriy Anastasia Rosemary Anthony

Mary, Hal, Autumn, Ariana, and Amber, Judithann Anita, Jeffry, Dominic, Douglas, Rachel, Dennis

Amelia, Emily

Brian John, Roberta, Barbara John, Michael John Ron, Illiana, Jillian, Joel

George Costa Jonathan, Kevin, Lary, Carly, Sherry, Mary Jo, Clara, Karl, Dragica, Mary

Stephen, Larry, Olga, Olga, Sally, Deborah, David

Rdr Nicholas, Judithann, Michael, Mary, Cate, Michael, Gary, Damian, Olga, Alexandra, Barbara

Children of God – Harry, Keely, Isla, Talia, Lane, Liam

Corina and Nicole and the children to be born of them

#### **Diocese of NY&NJ Prayer List**

Archpriest Samuel Mitred Archpriest Joseph Lickwar

Mitred Archpriest Daniel and Mat. Myra

Archpriest George Archpriest Paul

Mat. Gerry

Archpriest Jonathan Archpriest Paul

#### **Those Serving in The Armed Forces**

Kenneth, Nadine, Jason, Robert, Andrew, Justin, Shawn,

#### **Catechumens**

Juanita Martha, Selathiel, Nathaniel

Austin, Chris, John, Daniel, Gjorgie, Thomas

### **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.

**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**

Please be sure to check out "The Giving Tree" in the Parish Fellowship Hall as well as on our parish website ([www.stgeorgebuffalo.com](http://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.

Some of the items on the leaves are as follows:

- Candles
- 7-Day Vigil Candles
- Flowers for Feast Days
- Charcoal
- Altar Wine
- Cups for Zapifka
- Paper Towels
- Toilet Paper

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!

## **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."

**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 (2022)**

Mr. Anthony Dipiano 305 North Street Apt. 77 Buffalo, N	Reader Victor Shanchuk McAuley Residence 1503 Military Rd. Buffalo, NY 14217 716.881.3096	Mrs. Luba Japadjief Elderwood Nursing Home 104 Old Niagara Rd. Lockport, NY 14221 (Room 47A)
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Mrs. Bonnie Dan 15 Pine Street North Tonawanda, NY 14150 716.693.1377	Mr. Albert Fadell 317.376.2562
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Andrew Wityk Ellicott Center 200 Seventh Street Buffalo, NY 14201	Mrs. Tita Abraham 84 Stonington Lane, Apt 3 Getzville, NY 14068
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**\*\*GENERAL CONFESSION SERVICE**

**SUNDAY APRIL 10 AT 9:30 AM\*\***

**ST. GEORGE ORTHODOX CHURCH OCMC PARISH AMBASSADORS**

To The Glory of God, our parish has been blessed with two parishioners who have answered The Call of Our Lord to be Parish Ambassadors for OCMC guiding us to help bring The Gospel of Our Lord God and Savior Jesus Christ of “Making Disciples of All Nations baptizing them in The Name of The Father and of The Son and of The Holy Spirit!” Anthony Gregory DelNuovo and John Moses Lutz are our Parish Ambassadors for OCMC (The Orthodox Christian Mission Center). To help the good work being done by The OCMC of supporting Missionaries around the world, our parish will be sponsoring and supporting a missionary on a annual basis. The cost is only \$600/year. So far we have collected over \$1000 for this year’s sponsorship. If anyone would like to make a donation, please see or contact Anthony or John. We express our most sincere and heartfelt thanks and appreciation to everyone who has graciously donated so far. Thank you for kindness and generosity in supporting the good work and mission of The OCMC in fulfilling Our Lord’s Command in The Gospel of Matthew of: “Making Disciples of All Nations!”

For more information about The OCMC, please visit their website:

[www.ocmc.org](http://www.ocmc.org)

Another blessing for our parish of continuing the Good Work that has been entrusted to us of bringing The Gospel Message to All! Lord it is good to be here!

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**\*\*PLEASE REFER TO THE PARISH WEBSITE FOR THE SCHEDULE OF SERVICES AND EVENTS FOR GREAT LENT, HOLY WEEK, FEAST OF HOLY PASCHA THROUGH FEAST OF SS PETER AND PAUL!\*\***

**\*\*GENERAL CONFESSION WILL BE CELEBREATED ON SUNDAY APRIL 3 – THIRD SUNDAY OF GREDAT LENT ST. MARY OF EGYPT – AT 9:30 AM!\*\***

**If anyone has any questions or concerns, please do not hesitate to see or contact Fr. Jason!**

## **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 18<sup>th</sup> 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!**

## **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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## **IMPORTANT PARISH ANNOUNCEMENTS**

- We will continue with our on-going collections for The Buffalo City Mission, Hearts for Homeless, Mats for Mission, HomeSpace, Resurrection Life Food Pantry, Baker Victory as well as 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 Outlines for ALL weekend SERVICES**
- 2) **Zoom information for Education Classes and Book Club**
- 3) **Updates on Schedule of Services Events**
- 4) **Pastoral Video for Parish Monthly Update**

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**EACH WEEK WE WILL BE RECORDING THE WEEKLY INCOME FOR EACH SUNDAY AS WELL AS POSTING THE MONTHLY FINANCIAL REPORTS AND MINUTES FOR OUR PARISH FOLLOWING THE MONTHLY PARISH COUNCIL MEETINGS!**

**INCOME FOR SUNDAY MARCH 20, 2022 - \$**

**Commercial Savings Account Deposit \$**

**DONATION TO THE CAPITOL IMPROVEMENT FUND (Kitchen) – \$750.00**

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

**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 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 prayer and 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](mailto: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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FIND YOUR SPIRITUAL HOME In The  
Orthodox Christian Church  
Saturday Great Vespers 4:00 PM  
SUNDAY Divine Liturgy 10:00 AM  
~ All are Welcome ~

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](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 or needs and help or assistance, please contact our parish priest: V Rev. Jason Vansuch (jvansuch@hotmail.com) or 716.875.4222 and he will be able guide you.



## 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:)




St. Andrew's  
Camp Summer 2022  
Save the Dates!

Week 1: Sunday, July 3 - Friday, July 8 -- Family Week  
Week 2: Sunday, July 10 - Saturday, July 16 -- Horse Week 1  
Week 3: Sunday, July 17 - Saturday, July 23 -- Mish Mash Week  
Week 4: Sunday, July 24 - Saturday, July 30 -- Horse Week 2  
Week 5: Sunday, July 31 - Saturday, August 6 -- Teen Week

[standrewscamp.org](http://standrewscamp.org)

# OUR JOURNEY TO PASCHA! 2022

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 13th</b>	 <i>TRIODION WEEKS</i> <b>Publican and the Pharisee</b> 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 <b>FEBRUARY 20th</b>	 <b>The Prodigal Son Returns!</b> 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 <b>FEBRUARY 27th</b> FAREWELL TO MEAT TODAY	 <b>The Last Judgement</b> 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 <b>MARCH 6th</b> FAREWELL TO CHEESE TODAY	 <b>Adam and Eve are cast from Paradise!</b> <i>FORGIVENESS SUNDAY</i> 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 <b>MARCH 13th</b>	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> <b>SUNDAY OF ORTHODOXY</b> 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 <b>MARCH 20th</b>	 <b>ST GREGORY PALAMAS</b> 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 <b>MARCH 27th</b>	 <b>VENERATION OF THE HOLY CROSS</b> <i>HALF WAY TO PASCHA!</i> 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 bowl!
4th Sunday of Lent <b>APRIL 3rd</b>	 <b>ST JOHN of the LADDER</b> 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 <b>APRIL 10th</b>	 <b>ST MARY of EGYPT</b> 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! <b>APRIL 17th</b> GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> 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 <b>APRIL 22nd</b>	 <i>GREAT AND HOLY WEEK</i> <b>GREAT AND HOLY FRIDAY</b> <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>APRIL 24th</b> NO FASTING!	 <i>BRIGHT WEEK</i> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1: 1-8 Gospel: Jan 1: 1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

## ST. GEORGE ORTHODOX CHURCH WEEKLY EDUCATION CORNER



**THE THIRD SUNDAY OF GREAT LENT:**

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

## 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 profita man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?**

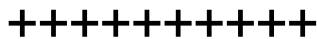
[In this passage of St. Mark, and in the following commentary, the single Greek word, *psyche*, has been translated as either 'life' or "soul" as it has both these meanings. See also Theophylact's *Explanation of St. Matthew*, pp. 30, 61, and 193. Tr.] Since Peter had rebuked Him for wanting to be crucified, 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 Christs 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 ones 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.**

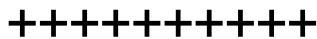
Intellectual faith does not suffice, but confession of faith with ones mouth is required as well. Since man himself is two-fold, let his

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.



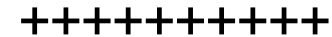
### **THE CROSS POEM**

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.

***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***

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=== 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

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## 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!



# GREAT LENT 2022

Sunday of Orthodoxy, March 13

**Fr. Andrew Damick - What Do Angels Have to Do with Salvation?**

Annunciation Greek Orthodox Church, 146 West Utica Street, Buffalo, New York 14222

Sunday of St. Gregory Palamas, March 20

**Fr. Raphael Barberg - Reenchantment of the World**

St. Stephen Serbian Orthodox Church, 177 Weber Road, Lackawanna, New York, 14218

Sunday of the Cross, March 27

**Fr. Christos Christakis - Guardian Angels**

SS. Peter and Paul Orthodox Church, 45 Ideal Street, Buffalo, New York, 14206

Sunday of St. John of the Ladder, April 3

**Fr. Jason Vansuch - Evangelization**

SS. Theodores Orthodox Church, 96 Los Robles St, Williamsville, NY 14221

Sunday of St. Mary of Egypt, April 10

**Fr. John Hutnyan - Spiritual Warfare**

St. George Antiochian Orthodox Church, 1073 Saunders Settlement Rd, Niagara Falls, NY 14305

Vespers Services begin at 6 PM followed by refreshments, presentation, and discussion

## ALL ARE WELCOME