



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

Archpriest 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

THIRD SUNDAY OF LENT — Tone 7. Veneration of the Cross. Martyrs Chrysanthus and Daria, and those with them at Rome: Claudius, Hilaria, Jason, Maurus, Diodorus the Presbyter, and Marianus the Deacon (283). Saint Innocent of Komél and Vologda disciple of Saint Nilus of Sora (Vologdá—1521). Martyr Pancharius, at Nicomedia (ca. 302). "Sweet-Kissing" Icon of the Mother of God of Smolensk

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 DelNuovo 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.

HYMNS FOR THE DIVINE LITURGY

DIVINE LITURGY OF ST. BASIL THE GREAT

Troparion for The Resurrection — Tone 7

By Thy Cross Thou didst destroy death. To the thief Thou didst open Paradise. For the Myrrhbearers Thou didst change weeping into joy, and Thou didst command Thy disciples, O Christ God, to proclaim that Thou art risen,// granting the world great mercy.

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."

ST. GEORGE ORTHODOX CHURCH (Buffalo, NY) PARISH OUTREACH MINISTRIES

To the Glory of God, every year our beloved parish family answers The Call of Our Lord of ministering to those in need by fulfilling The Gospel of Our Lord God and Savior Jesus Christ with participating in 5 on-going Parish Outreach Ministries within the local Buffalo Area on an on-going basis and especially during the Nativity Season.

Every year, we look forward to another wonderful blessed Nativity Season of bringing the joy, the love, and the peace of The Nativity of Our Lord to everyone especially through the following the outreach ministries:

Hearts for The Homeless – which is a mobile soup kitchen/thrift shop that feeds the poor and chronic homeless on the street. Characterized by a profound spiritual motivation. The program offers nourishing food, as well as clothing, pertinent information regarding area services, companionship and hope for the future.

- Each Month we collect a different canned good/non-perishable food item along with hygiene products and drop them off at the Hearts for The Homeless Distribution Center

Buffalo City Mission – exists to meet the spiritual and practical needs of the poor through the demonstration of the love and preaching of the Gospel of Jesus Christ in providing love, care, shelter, food, and other means necessary to those in need.

- Each Month we collect hygiene products, clothing for men, women, and children and drop them off at the Buffalo City Mission Distribution Center

HomeSpace – is a local community organization ministering to local teens and pre-teen moms which provides comprehensive care to 14-21 yr old moms (providing those essential items necessary for caring for their children: diapers, wipes, baby food, clothing (infants through 7/8 years old). HomeSpace Corporation supports at-risk young women to achieve independence two generations at a time.

- Each Month we collect hygiene products, clothing for young women and children along with those essential items necessary for caring for their children: diapers, wipes, baby food, clothing (infants through 7/8 years old) and drop them off at the HomeSpace Distribution Center

Mats for Mission/Resurrection Life Food Pantry – A Local Organization assisting with providing rest mats made out of plastic bags for the less fortunate as well as providing food and other means necessary to those in need.

- Each Month we collect plastic bags as well as canned goods and non-perishable food items and drop them off at the Resurrection Life Food Pantry Distribution Center.
- Beginning in January 2023, our church school children will be volunteering here on a regular basis assisting with collecting and sorting out Food Bags for those in need.

Baker Victory – A Local Organization dedicated to fostering the highest possible quality of life and personal achievement by partnering with children, adults, their families and the WNY community through a diverse array of social, health and human services.

- Twice a year we collect gifts and other essential items necessary for the children and drop them off at the Baker Victory Distribution Center.

**We also support Compass Care Pro-Life Agency on a regular basis!

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



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)
--	---	---

Mr. Albert Fadell
317.376.2562

Andrew Wityk
Ellicott Center
200 Seventh Street
Buffalo, NY 14201

**** NEW COFFEE HOUR SCHEDULE FOR 2023 IN THE PARISH FELLOWSHIP HALL!
 BE SURE TO SIGN UP TO HOST A COFFEE HOUR! PLEASE JOIN US EVERY
 SUNDAY IN THE PARISH FELLOWSHIP HALL FOLLOWING THE DIVINE LITURGY
 FOR SOME CHRISTIAN FELLOWSHIP WITH ONE ANOTHER!****

++++

****PLEASE REFER TO THE WEEKLY EMAILS AND PARISH WEBSITE
 FOR CHANGES TO THE CALENDAR!****

++++

THE SCHEDULE OF WEEKLY SERVICES and ACTIVITIES

Sunday March 19 THIRD SUNDAY OF GREAT LENT – VENERATION OF THE PRECIOUS CROSS

9:00 A.M. Matins Service
10:00 A.M. Divine Liturgy of St. Basil

the Great followed by Memorial Litia for Archpriest Eugene
(15th Anniversary of his Falling Asleep in The Lord)

Coffee Hour Luncheon following Divine Liturgy in Parish Fellowship Hall
Church School Class in Parish Fellowship Hall following Divine Liturgy
6:00 P.M. COCCNF Lenten Vespers Service
St. George Antiochian Orthodox Church
(1073 Saunders Settlement Road – Niagara Falls)

Third Week of Great Lent {March 20 - March 26}

Monday March 20 9:00 A.M. Morning Prayers
6:00 P.M. Monthly Healing Prayer Service

Tuesday March 21 9:00 A.M. Lenten Daily Matins Service
6:30 P.M. Bible Study Class/Adult
Education Class (Via Zoom)

Wednesday March 22 9:00 A.M. Morning Prayers
5:40 P.M. General Confession
6:00 P.M. Presanctified Liturgy
Pot-Luck Lenten Meal and Discussion in Parish Fellowship Hall following Liturgy

Thursday March 23 9:00 A.M. Akathist Service to Our Lord
5:00 P.M. Panahyda for
Archpriest Eugene Vansuch

EVE OF THE FEAST OF THE ANNUNCIATION OF THE MOST-HOLY THEOTOKOS

Friday March 24 9:00 A.M. Confessions
9:30 A.M. Presanctified Liturgy
6:00 P.M. **GREAT VESPERS**

AT ANNUNCIATION GREEK ORTHODOX CHURCH (Utica and Delaware)

Saturday March 25

THE FEAST OF THE ANNUNCIATION OF THE MOST-HOLY THEOTOKOS

9:00 A.M. Divine Liturgy 4:00 P.M. Great Vespers
5:30 P.M. Parish Council Meeting (Via Zoom)

**Sunday March 26 THIRD SUNDAY OF GREAT LENT – St. John Climacus and Leavetaking of The
Feast of The Annunciation of The Most-Holy Theotokos/Synaxis of Archangel Gabriel**

9:00 A.M. Matins Service
10:00 A.M. Divine Liturgy of St. Basil

Coffee Hour Fellowship following Divine Liturgy in Parish Fellowship Hall
Church School Class in Parish Fellowship Hall following Divine Liturgy
Memorial Litia for The Father of Linda Mucyn

6:00 P.M. COCCNF Lenten Vespers Service
OUR PARISH IS HOSTING



****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!

When hosting coffee hour during Great Lent, we will be following The , please check the refrigerators in the Parish Fellowship Hall the week before we are hosting to see what supplies we will/may need.

We will also be using real coffee cups for coffee hour. If anyone needs assistance with cleaning them or using the dishwasher following Coffee Hour, please see or contact Mat. Katia.

**If there is no host for coffee hour,
then we will not have coffee hour on that particular Sunday.**

If anyone would like to host coffee hour or has any questions regarding one's preparations for Coffee Hour, please see or contact Mat. Fran
([610.698.1666](tel:610.698.1666) / frances.vansuch@yahoo.com)

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



FIND YOUR SPIRITUAL HOME In The Orthodox Christian Church

SATURDAY Great Vespers 4:00 PM
SUNDAY Divine Liturgy 10:00 AM (Sept-May)
9:30 AM (May-September)

~ 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

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.

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!



St George Orthodox Churc...
@StGeorgeOrthodoxChurch



venmo

Scan this code to pay

https://www.paypal.com/donate/?hosted_button_id=E5X6YTVC9DF3W

ST. GEORGE ORTHODOX CHURCH PRAYER LIST

Please remember in prayer Thy Servants of God...

FOR THE HEALTH OF THY SERVANTS:

HIERARCHS

Metropolitan TIKHON Archbishop MICHAEL
Archbishop BENJAMIN Archbishop ALEJO
Archbishop NATHANIEL Archbishop DANIEL

CLERGY

Archpriest Herman, Matushka Cynthia and George, Elizabeth
Archpriest Leonid Archpriest David
Archpriest Alexey and his family Archpriest Vladimir and Matushka Jeanne
Archpriest Timmothy/Mat. Michelle Archpriest John and Presbyter Nancy
Archpriest Ken and Matushka Natalie Archpriest Robert
Archpriest Andreja, Popadija Anica and Family
Archpriest Timmothy Priest Peter and Mat. Mary
Dn. Sean and Mat. Heather Archpriest John (Onofrey)

MATUSHKI

Mat. Katia Mat. Paraskeva Mat. Joanna Popadia Vicki Christine
Mat. Patricia Mat. Gloria Popadija Sara Mat. Gayle Mat. Natasha

Catherine Ivan/Marina/Inna Bonnie/Silviu Coard Karen Aliscia
Walter/Paul Edwina, Irene Luba Jim, Darren, Marsha
Iman.Serena/Asma, Sarah, Lillian, Olga Reader Victor Nicholas, Andrew, Theresa
Xenia, Justin, Danielle Albert Frank June Jennifer
Marilyn Amanda, Chase, Ronald, Candice Boris Oscar
Larry Joseph Frank Billy Clyde Amy
Victor Catherine Susan Svetlana Juliana
Evelyn Robert Paul Brian
Jeanne Angela, Jason, Michelle Linda Justin John, Helen
Joseph, John, Margaret, Thomas, Victoria, Tyler Ashley Steven Barbara
Lia/Isaiah Lee, Bridget Matthew William
Melody Kelly, Robert, Boris, Zaeb, Tirza, Sabas Sada, Charles, Thisinitsa, Gemmal,
Geesa, and Patric
Olga and Eugene Jeremy Stewart Susan Mary John
Susan Justin Louis Alex John, Kevin, Sean Anthony Aldona, Melinda
Yuri/Elena James Lee, Benjamin, Harry Patrick
Jaime/Sammy, Juliana Anthony Roscoe Rosemary
Aspasia/Stavros, Harry Charles, Seraphim Emma/Alexander Pam and Valerie
Elias, John, Joseph, Nadim, Theresa, Thomas Amelia, Emily
Vadym Iryna Yuriy Anastasia
Mary, Hal, Autumn, Ariana, and Amber, Judithann Anita, James, Jeffry, Dominic,
Douglas, Rachel , Dennis, Edith
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, Damian
Kyriaki and Konstantinos (*Pete Thanos parents*) Amy(*friend of Molly Burke*)

Children of God –Keely, Isla, Talia, Lane, Liam
Alyssa Marie and the child to be born of her

Diocese of NY&NJ Prayer List

Archpriest Samuel
Mitred Archpriest Joseph Lickwar Mitred Archpriest Daniel and Mat. Myra
Archpriest George Archpriest Paul
Archpriest Jonathan Archpriest Paul

Those Serving in The Armed Forces

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

Catechumens

William and Darlene

**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

+++++

FOR THY DEPARTED SERVANTS OF GOD:

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

Metropolitan HERMAN

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

Khouria Grace

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

Mitred Archpriest Sergius (*Kuharsky*)

Sultana (*Grandmother of Mira*)

G-Day (*mother of Zenash*)

Bishop TIKHON Archpriest Eugene (*Tarris*)

Todd (*Friend of Mike Dan*)

Vasili

***if anyone would like to have their loved ones added to the prayer list
for remembrance during the Divine Liturgy and Divine Services, please see or contact Fr. Jason.**

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 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) 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 Donation for Office Supplies (Paper, Copier)

Monthly Donation for Health Kits for Mats for Mission

Monthly Donation for Chowder Sale

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!

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!

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>

+++++

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>.

+++++

"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!

+++++

MONTHLY HEALING PRAYER SERVICE

Supplicatory Canon to St. Nektarios

MONDAY MARCH 20, 2023 – 6:00 PM





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

THE THIRD SUNDAY OF GREAT LENT:

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

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."

+++++

****PLEASE REFER TO THE PARISH WEBSITE FOR THE
SCHEDULE OF SERVICES AND EVENTS FOR GREAT LENT,
HOLY WEEK, FEAST OF HOLY PASCHA****

***MATINS WILL BE CELEBRATED EVERY SUNDAY AT 9:00 AM!**

***GENERAL CONFESSION WILL BE CELEBRATED ON
SUNDAY APRIL 2 – FIFTH SUNDAY OF GREAT LENT
ST. MARY OF EGYPT – AT 9:30 AM! AS WELL AS ON
WEDNESDAY EVENINGS DURING GREAT LENT AT 5:40 PM AND
FRIDAY MORNINGS AT 9:10 AM****

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

+++++

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

=====
= = = 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 Genesis 28:10-17	Proverbs 14:15-26 Ezekiel 43:27-44:4 Proverbs 9:1-11
Saturday	Heb. 6:9-12 Hebrews 2:11-18	Mark 7:31-37 Luke 1:24-38
Sunday	Eph. 5:9-19 Heb. 6:13-20	Mark 9:17-31 Matt. 4:25-5:12

=====

OUR JOURNEY TO PASCHA! 2023

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 5th	 <i>TRIDION WEEKS</i> 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 12th	 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 FEBRUARY 19th 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 FEBRUARY 26th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <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 MARCH 5th	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> 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 12th	 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 MARCH 19th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHAI</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 bow!
4th Sunday of Lent MARCH 26th	 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 2nd	 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 9th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> 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 14th	 <i>GREAT AND HOLY WEEK</i> GREAT AND HOLY FRIDAY <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! APRIL 16th NO FASTING!	 <i>BRIGHT WEEK</i> 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!

Lenten and Paschal Cycle



Zacchaeus Sunday

2023	2024	2025	2026	2027
Jan 29	Feb 18	Feb 2	Jan 25	Feb 14



Publican & Pharisee

Beginning of the Lenten Tridion

2023	2024	2025	2026	2027
Feb 5	Feb 25	Feb 9	Feb 1	Feb 21



Prodigal Son

2023	2024	2025	2026	2027
Feb 12	Mar 3	Feb 16	Feb 8	Feb 28



Meatfare

Sunday of the Last Judgment

2023	2024	2025	2026	2027
Feb 19	Mar 10	Feb 23	Feb 15	Mar 7



Cheesefare

Forgiveness Sunday

2023	2024	2025	2026	2027
Feb 26	Mar 17	Mar 2	Feb 22	Mar 14



Beginning of Great Lent

2023	2024	2025	2026	2027
Feb 27	Mar 18	Mar 3	Feb 23	Mar 15



Palm Sunday

2023	2024	2025	2026	2027
Apr 9	Apr 28	Apr 13	Apr 5	Apr 25



PASCHA

Beginning of the Pentecostarion

2023	2024	2025	2026	2027
Apr 16	May 5	Apr 20	Apr 12	May 2