



**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)**

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)

**33rd SUNDAY AFTER PENTECOST – Tone 8.** Ven. Maximus the Confessor (662).  
 Martyr Neophytus of Nicaea (303-305). Martyrs Eugene, Candidus, Valerian, and  
 Aquila, at Trebizond (3rd c.). Virgin Martyr Agnes of Rome (ca. 304). Martyr  
 Anastasius, disciple of Ven. Maximus the Confessor (662). Venerable Neóphytos of  
 Vatopaidi (Mt. Athos). Ven. Maxim the Greek

**EPISTLE:** Liturgy of St. John Chrysostom **GOSPEL:**  
 Colossians 1:12-18 Matthew 22:1-14

**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!  
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**Altar Vigil Candles** are offered by Anthony DeNuovo in Loving Memory  
 of Thy Departed Servants of his family. May their memory be eternal.  
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**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**

### **Troparion for The Resurrection – Tone 1**

When the stone had been sealed by the Jews, while the soldiers were guarding Thy most pure body, Thou didst rise on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to Thee, O Giver of Life: “Glory to Thy Resurrection, O Christ! Glory to Thy Kingdom!// Glory to Thy dispensation, O Thou Who lovest mankind!”

### **Troparion for The Holy New Martyrs of Russia– Tone 4**

Today the Church of Russia forms a chorus in joy, praising her new martyrs and confessors; hierarchs and priests, royal passion-bearers, right-believing princes and princesses, venerable men and women, and all Orthodox Christians. Having laid down their life for faith in Christ during the days of godless persecution, they preserved the truth by the shedding of blood.// By their protection, O long-suffering Lord, preserve our land in Orthodoxy till the end of the age.

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

### **Kontakion for The Resurrection - Tone 1**

As God, Thou didst rise from the tomb in glory, raising the world with Thyself. Human nature praises Thee as God, for death has vanished. Adam exults, O Master! Eve rejoices, for she is freed from bondage and cries to Thee:// “Thou art the Giver of Resurrection to all, O Christ!”

*Now and ever and unto ages of ages. Amen.*

### **Steadfast Protectress Tone 6**

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!

### **THE PROKEMEINON – TONE1**

Let Thy mercy, O Lord, be upon us / as we have set our hope on Thee.

*V. Rejoice in the Lord, O you righteous! Praise befits the just!*

### **ALLELUIA VERSES**

*God gives vengeance unto me, and subdues people under me.*

*He magnifies the salvation of the King and deals mercifully with David, His anointed, and his seed forever.*

*The righteous cried, and the Lord heard them and delivered them out of all their troubles.*

### **THE HYMN TO THE THEOTOKOS**

It is truly meet to bless You, O Theotokos, ever blessed and most pure and the Mother of our God. More honorable than the Cherubim and more glorious beyond compare than the Seraphim. Without defilement, You gave birth to God the Word, true Theotokos, we magnify You!

### **COMMUNION HYMN**

Praise the Lord from the heavens, praise Him in the highest! Rejoice in the Lord, O you righteous! Praise befits the just! Alleluia! Alleluia! Alleluia!

## EPISTLE LESSON FOR TODAY

### **BRETHREN:**

When Christ who is our life appears, then you also will appear with Him in glory.

Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. Because of these things the wrath of God is coming upon the sons of disobedience, in which you yourselves once walked when you lived in them.

But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds,

and have put on the new man who is renewed in knowledge according to the image of Him who created him,

where there is neither Greek nor Jew, circumcised nor uncircumcised, barbarian, Scythian, slave nor free, but Christ is all and in all.

## GOSPEL LESSON FOR TODAY

### **LET US ATTEND:**

Then one of them, a lawyer, asked Him a question, testing Him, and saying, "Teacher, which is the great commandment in the law?"

Jesus said to him, "You shall love the LORD your God with all your heart, with all your soul, and with all your mind.'

This is the first and great commandment.

And the second is like it: 'You shall love your neighbor as yourself.' On these two commandments hang all the Law and the Prophets."

While the Pharisees were gathered together, Jesus asked them, saying, "What do you think about the Christ? Whose Son is He?" They said to Him, "The Son of David." He said to them, "How then does David in the Spirit call Him 'Lord,' saying:

'The LORD said to my Lord, sit at My right hand, till I make Your enemies Your footstool'?

If David then calls Him 'Lord,' how is He his Son?"

And no one was able to answer Him a word, nor from that day on did anyone dare question Him anymore.

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=== Scriptural Readings for the Week ===

PLEASE REFER TO THE OCA WEBSITE...[www.oca.org](http://www.oca.org)  
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### **THE WEEKLY SCHEDULE OF SERVICES AND EVENTS**

#### **SUNDAY JANUARY 28, 2024**

Matins – **9:00 AM**                  Divine Liturgy - **10:00 AM**

Church School Class in Parish Fellowship Hall following The Divine Liturgy

Coffee Hour Fellowship in Parish Fellowship Hall following The Divine Liturgy

#### **MONDAY JANUARY 29, 2024**

**EVE OF THE FEAST OF THE THREE HOLY HIERARCHS: St. Basil the Great, St. Gregory The Theologian, and St. John Chrysostom**

Great Vespers – **6:00 PM**

#### **TUESDAY JANUARY 30, 2024**

**THE FEAST OF THE THREE HOLY HIERARCHS: St. Basil the Great, St. Gregory The Theologian, and St. John Chrysostom**

Divine Liturgy – **9:00 AM**

Paraklesis Service to The Theotokos – **6:00 PM**  
Adult Education Class (Via Zoom) – **6:45 to 8:00 PM**

#### **THURSDAY FEBRUARY 1, 2024**

**EVE OF THE FEAST OF THE MEETING OF OUR LORD IN THE TEMPLE**

Akathist to Our Lord Jesus Christ - **8:30 AM**

Great Vespers with Litiya and Blessing of Candles– **6:00 PM**

#### **FRIDAY FEBRUARY 2, 2024**

**THE FEAST OF THE MEETING OF OUR LORD IN THE TEMPLE**

Divine Liturgy followed by The Blessing of Candles– **9:00 AM**

#### **SATURDAY FEBRUARY 3, 2024**

Great Vespers – **4:00 PM**

**Education Series Lecture #2 – 5:00 PM**

- *In Parish Fellowship Hall with Movie, Discussion and Refreshments*

#### **SUNDAY FEBRUARY 4, 2024**

YOUTH SUNDAY

Matins – **9:00 AM**                  Divine Liturgy - **10:00 AM**

Q&A With Fr. Jay in Parish Fellowship Hall following The Divine Liturgy

Monthly Potluck Luncheon and Fellowship in Parish Fellowship Hall following The Divine Liturgy



Coffee Hour Fellowship is held every Sunday in The Parish Fellowship Hall following the Divine Liturgy. As this is a continuation of The Divine Liturgy itself through Agape and Fellowship, let us come together to enjoy the time as a parish family.

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, 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/frances.vansuch@yahoo.com](mailto:610.698.1666/frances.vansuch@yahoo.com))

## **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](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](mailto:jvansuch@hotmail.com)) or 716.875.4222 and he will be able guide you.

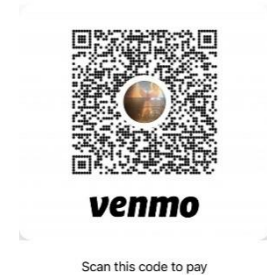
**To visit our parish website, please click on the QR Code below:**



## 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)

## MONTHLY HEALING PRAYER SERVICE

### The Supplicatory Canon Prayer Service to St. Nektarios

TUESDAY FEBRUARY 5, 2024 –6:00 PM



**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**



**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 bringing the joy, the love, and the peace of Our Lord God and Savior Jesus Christ 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 2024, 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 and FeedMore of WNY on a regular basis!

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**MAY GOD CONTINUE TO BLESS YOU AND GUIDE YOU  
 FOR YOUR CONTINUED SUPPORT AND PRAYERS!**  
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**\*\*PLEASE REFER TO THE WEEKLY EMAILS AND PARISH WEBSITE  
 FOR CHANGES TO THE CALENDAR!\*\***  
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**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 (2023)**

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

Nicholas Wityk  
 Turtle Rock Road  
 Livonia, NY

Mr. Steve Scordalakis  
 122 Pennsylvania Ave  
 Lockport, NY 14221

Andrew Wityk  
 Ellicott Center  
 200 Seventh Street  
 Buffalo, NY 14201

**ST. GEORGE ORTHODOX CHURCH PRAYER LIST**

*Please remember in prayer Thy Servants of God...*

**FOR THE HEALTH OF THY SERVANTS:**

**HIERARCHS**

Archbishop BENJAMIN      Archbishop ALEJO  
 Archbishop NATHANIEL      Archbishop DANIEL



## CLERGY

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

MATUSHKI Mat. Deborah Popadija Sara Mat. Gayle Mat. Natasha  
Mat. Barbara Mat. Katia Mat. Paraskeva Mat. Joanna Popadia Vicki  
Mat. Patricia Mat. Gloria Christine Coard Karen  
Catherine Ivan/Marina/Inna Bonnie/Silviu Jennifer, Amanda  
Edwina Irene Luba Jim, Darren, Marsha  
Serena/Asma Lillian Reader Victor Nicholas, Andrew  
Marilyn Frank June Theodora Amanda, Chase Ronald, Candice  
Sarah Albert Boris Oscar Billy Clyde  
Xenia, Justin, Danielle, Anne, Patricia Larry Joseph Frank  
Victor Catherine Susan Svetlana Juliana  
Evelyn Robert Rebecca Paul Brian  
Jeanne Angela, Jason, Michelle Linda Justin Frances  
John, Helen Ashley Steven Barbara Daniel  
Joseph, John, Margaret, Thomas, Victoria, Tyler Matthew William  
Melody Natalie, Lorraine Lee, Maribeth Bridget  
Kelly, Robert, Boris, Zaeb, Tirza, Sabas, Sada, Charles, Thlisinitsa,  
Gemmal, Geesa, and Patric Lia/Isaiah  
Olga and Eugene Jeremy Stewart Susan  
Susan Justin Louis Yuri/Elena Alex John, Kevin, Sean  
Anthony Aldona, Melinda, Pam Valerie Mary John Rebecca  
Jaime/Sammy, Juliana Harry James Jake Raphael  
Lee, Benjamin, Harry Patrick Aspasia/Stavros  
Charles Emma/Alexander Elias, John, Joseph, Nadim, Theresa  
Vadym Iryna Yuriy Anastasia Rosemary Anthony  
Seraphim Anthony  
Mary, Hal, Autumn, Ariana, and Amber, Judithann, James, Jeffrey, Dominic,  
Douglas, Rachel, Dennis, Edith, Joanna  
Brian John, Roberta, Barbara John, Michael John  
George Costa Jonathan, Kevin, Lary, Carly, Sherry, Mary Jo, Clara, Karl,  
Mary Al and Sophie and Family

Stephen, Larry, Olga, Olga, Sally, Deborah, David  
Rdr Nicholas, Judithann, Michael, Mary, Cate, Michael, Gary, Damian, Olga,  
Alexandra, Barbara, Damian, David, David Alexander and Bonnie Nadja  
Ron, Illiana, Jillian, Joel, Robert, Susan, Arnold, Kyriaki, Danny, Thomas,  
Amelia, Emily, Kevin/Juanita Sam Anna

Crissy and the child Luke Raphael born of her  
Children of God - Jake, Raphael

## Diocese of NY&NJ Prayer List

Archpriest Samuel Mitred Archpriest Joseph Lickwar  
Mitred Archpriest Daniel and Mat. Myra  
Archpriest George Archpriest Paul Mitred Archpriest Ken (*Starevsky*)  
Archpriest Jonathan Archpriest Paul  
Those Serving in The Armed Forces  
Kenneth, Nadine, Jason, Robert, Andrew, Justin, Shawn,  
Austin, Chris, John, Daniel, Gjorgie, Thomas

## Inquirers

Jeremy Ayden Edward  
Rudy and Karen Judy Raymon/ Gina Raymond and Frankie

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

**Metropolitan HERMAN**  
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 James  
Barbara Gabe Anita Cindy Robert Lynn Francis Thomas James**

**\*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](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 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 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>.

### **"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!**

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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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## **ST. GEORGE ORTHODOX CHURCH EDUCATION CENTER**

# **The Holy New Martyrs and Confessors of Russia**

## **January 28**

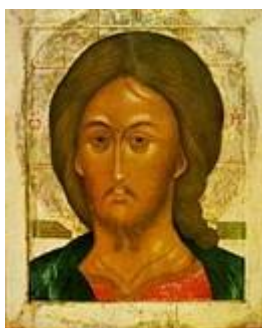
On the Sunday closest to January 25, the Church commemorates the Synaxis of the Holy New Martyrs and Confessors of Russia, remembering all those Orthodox Christians who suffered for Christ at the hands of the godless Soviets during the years of persecution. These include the royal Passion Bearers Tsar Nicholas II and his family, and the Grand Duchess Elizabeth. Countless thousands of martyrs, both clergy and laity also suffered, some of whose names are known, as well as millions of simple believers whose names have been lost to history.

It is estimated that the number of the New Martyrs of Russia, who were glorified by the Russian Orthodox Church at the Jubilee Council of 2000, far exceeds that of all the martyrs who died for Christ during the first three centuries of Christianity. The Russian Church lost millions of its sons and daughters, not only at the hands of external enemies, but also those of their own country. Among those who were murdered and tortured in the years of persecution were countless Orthodox: laity, monks, priests, and bishops, whose only "crime" was their unshakable faith in God.

In the long history of the world, never have so many new heavenly intercessors been glorified by the Church in such a way (more than one thousand New Martyrs were numbered among the saints). Among those who suffered for their faith were some who labored in America before the Russian Revolution: St. Tikhon, Patriarch of Moscow and All Russia (April 7); St. Alexander Hotovitzky (Dec. 4); St. John Kochurov (Oct. 31).

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### **Two Commandments for Our Times: Orthodox Commentary on The Gospel Lesson (Matthew 22:35-46)**



In this portion on St. Matthew's Gospel, we see Our Lord being tested once again by the Pharisees and Sadducees regarding the interpretation of Scripture and the meaning of God's law. In response to this test, Our Lord first gives us the clear statement of the Two Great Commandments. Then he gives us a brilliant and succinct method of showing those who would hope to "catch" him in some nuance of the law his complete mastery of Sacred Scripture. It is especially useful to consider this passage in light of the companion Second Epistle from St. Paul to the Corinthians (4:6-15) and especially the preceding and following passages from St. Matthew.

When we go to church each Sunday, and hear the Gospel

preached, it is not enough for us to only hear it pronounced by the priest at that moment. We should take our bulletins home, carefully read and meditate upon each Scripture passage pronounced that week, as well as the one for the next Sunday. In addition, one can benefit from a fuller and richer understanding of each Sunday's Gospel reading simply by reading a chapter before, and after, each Sunday's appointed selection. This can help provide a clearer, and more profound understanding of just what happens to us when we read the Holy Gospel Books.

In this particular reading, it's important to take note that this reading comes just after the time that Jesus had entered into Jerusalem on Palm Sunday. There is the cleansing of the temple, where Jesus drives the money-changers out of God's house and he says "My house shall be called a house of prayer; but you make it a den of robbers." This is another open challenge to the "powers that be" in Jerusalem, namely the Pharisees and Sadducees. Thus they intend to challenge Jesus with a series of questions involving scripture and law, in the hopes of casting doubt or discredit upon Him.

"Out of immeasurable spite," the Blessed Theophylact writes, "this man comes forward to put the Lord to the test. For when they saw the Sadducees put to shame (in the passage immediately before this reading) and the Lord praised for His wisdom, they came forward to test Him to see if he would add something to the first commandment, and thus give them the chance to accuse Him of being an innovator who corrects the law. But the Lord discloses their malice, and because they came not to learn, but rather, devoid of love, to show their envy and their spite. He reveals to them the exceedingly great love expressed by the commandments. And He teaches that we ought not to love God partially, but to give all of ourselves to God."

This reflection by the Blessed Theophylact is good reason to make us pause and consider our own attitudes and practices towards our Savior. Do we truly love God with our entire being, or are we just going through the motions? Do we try to find a “new” way to somehow prove our own point, our own arguments, our own self-importance over the very words of Our Lord and Savior? To fulfill this great commandment, our total love for God must also be a knowing, rational and reasoned love and not just the force of habit or custom. Thus, we are called by these two great commandments to follow our Lord and to be the “light to shine out of darkness who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.” Especially in these times, let us put aside the vengeful, spiteful and selfish attitudes of this lawyer’s test and live in the great brilliance of these, the two Great Commandments.

As difficult as that may be, in this life of spiritual warfare where we are “hard pressed on every side, yet not crushed... perplexed but not in despair; persecuted but not forsaken; struck down, but not destroyed” (as St. Paul reminds us in his letter to the Corinthians) let us take comfort and renew our spiritual strength and resolve through the great grace The Lord gives us by living these same two Great Commandments.

The “puzzle” that Our Lord gives back to the lawyer at the end of this reading is a small piece of brilliance which also gives us a hint at the great love Our Lord both freely gives to us all, and receives from God the Father. The first “Lord” refers to God the Father, the second one to the Messiah -- the Son -- whom we say “sitteth at the right hand of the father” when we recite the Nicean Creed. It’s a brief linguistic hint at Trinitarian theology, but it is also something that causes his testers to be unable “to answer him a word.”

It’s important to remember that this same phrase is used elsewhere in Sacred Scripture, for Jesus himself quotes this from Psalm 110:1 to test the lawyer. Further, the same passage is referred to in Acts 2:34-35 and Hebrews 1:13 and 10:12-13. In consulting these other passages of the New Testament, reflect upon Our Lord’s Great Commandments at the point each of these references appears.

Finally, Our Lord pronounces “woe unto you Scribes and Pharisees” in the passages immediately following this one. He gives them a very clear picture of exactly who and what they are for seeking to trip Him up in this way. This again provides us with a moment to pause and consider our own lives and attitudes towards God. Let us therefore seek to fulfill these same two Great Commandments in our words, deeds attitudes and actions and avoid the great temptation of trying to find a way to “outsmart” God.



A Note on Christian Stewardship .....

Life is given to us through Our Lord Jesus Christ. Our commitment to expressing gratitude for this great blessing is seen through our participation in Christian Stewardship by being faithful stewards of The Gospel. Our commitment reveals how we live our faith in the Resurrected Lord. It is in The Resurrection of Our Lord that we receive eternal life and we express our hope in the life to come by our response as Orthodox Christian stewards.

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

Please take 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.

Thank you for your continued support and generosity.

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

#### What is Stewardship?

Stewardship means making a regular commitment of one's time, talent, and treasure to Christ and His Church

Stewardship is a way of life, which acknowledges accountability, reverence, and responsibility before God.

Stewardship recognizes that we believe that "every good and perfect gift we receive in our lives comes from above."

Stewardship is a spiritual practice, much like prayer and fasting. And just as prayer and fasting are ways we seek to deepen our relationship with God, so we use Stewardship to turn everything in our lives into an opportunity to grow in our relationship with God.

Stewardship, like prayer and fasting, should be undertaken purposefully and with intention - while giving of time, talent, and treasure when we feel so moved is a good beginning, it can only bear limited fruit. We should set aside portions of our time, talent, and treasure to give to God before we give them to anything else, in the same way that we should plan our prayer and fasting. There will always be times for spontaneous giving, as with spontaneous prayer - but intention is also necessary.

#### Why be a Steward?

To be a Steward of the Church means being an active participant in the life of the Church - growing in Faith and communion with God and proclaiming that same Faith with every word, every action, and every moment of our lives.

### What is Orthodox Christian Stewardship

*"It is by offering our blessings back to God that He will be able to continue His forgiving, healing, liberating, empowering, transfiguring, loving ministry through the Church. For God, Infinite though He be, has chosen to work through us, through our gifts, to continue His saving work in the world today." - Fr. Anthony Coniaris*

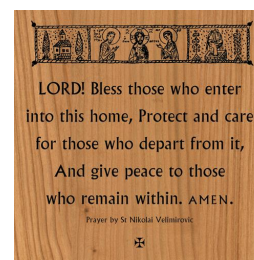
Stewardship reminds us that everything we have has been given to us by God - not for us to have, but for us to care for as stewards, or caretakers. This is why we call those who are actively living the Orthodox Christian life "stewards," because to live the Orthodox Christian life fully means to recognize that we have received everything from God, and therefore we offer some of what we have received back in thanksgiving.

Financial stewardship is an offering, and it is part of how we participate in the saving work of Christ and His Church. By offering back some of what has been given to us, we allow God to work through that offering "for the life of the world." Just as we offer bread and wine for the Liturgy which God transforms into the Body and Blood of Christ to transform us into the living Body of Christ, so do we offer our time, treasure, and talents to Christ and His Church so that God might receive them and transform them into the means not only of our salvation, but for all Creation.



BE SURE TO CONTACT MAT. FRAN REGARDING THE NEW 2024 COFFEE HOUR SCHEDULE AS WELL AS SEE IT LOCATED IN THE PARISH FELLOWSHIP HALL!!

\*\*BEGINNING IN 2024 – THE 1<sup>ST</sup> SUNDAY OF EVERY MONTH WILL BE POT-LUCK SUNDAY! BRING A FAVORITE DISH OR DESSERT TO SHARE WITH YOUR PARISH FAMILY AS WE COME TOGETHER TO ENJOY CHRISTIAN FELLOWSHIP!\*\*



### HOME BLESSING

BE SURE TO CONTACT FR. JASON TO SCHEDULE A TIME AND DAY FOR HIM TO COME AND BLESS YOUR HOME DURING THE THEOPHANY SEASON!! HOMES WILL BE BLESSED DURING THE THEOPHANY SEASON ALL THE WAY UP TO THE BEGINNING OF GREAT LENT. AS A REMAINDR, WE CAN HAVE OUR HOMES BLESSED ANYTIME THROUGHOUT THE YEAR 😊

### HOME BLESSING



BE SURE TO SEE THE 2024 READER SCHEDULE (Hours and Epistle) SIGN UP SHEET LOCATED IN THE PARISH FELLOWSHIP HALL AS WELL AS ON THE PARISH WEBSITE!! PLEASE SEE OR CONTACT FR. JASON, MAT. KATIA, OR SUBDEACON SHAWN IF WE ARE INTERESTED IN READING DURING THE DIVINE SERVICES.



MONTHLY BIRTHDAY AND ANNIVERSARY CELEBRATIONS OF OUR PARISHIONERS, FAMILIES, AND FRIENDS WILL BE HELD ON THE LAST SUNDAY OF EVERY MONTH. IF ANYONE HAS A BIRTHDAY OR ANNIVERSARY OF MILESTONE THAT WE CAN CELEBRATE WITH YOU, PLEASE SEE OR CONTACT FR. JASON SO THAT WE CAN RECOGNIZE YOU AND CELEBRATE YOU AND HONOR YOU ASKING GOD'S BLESSINGS UPON YOU FOR MANY YEARS OF GOOD HEALTH AND HAPPINESS.



# THE ORTHODOX FAITH

**PARISH EDUCATION SERIES WILL BE HELD IN  
JANUARY/FEBRUARY 2023 ON 3 CONSECUTIVE SATURDAYS  
WITH THE FOLLOWING SERIES**

**Saturday January 27, 2024**

The Showing of The History of the Orthodox Church Part I: The Beginnings

**Saturday February 3, 2024**

The Showing of The History of the Orthodox Church Part II: Byzantium

**Saturday February 10, 2024**

The Showing of The History of the Orthodox Church Part III: The Hidden Treasure

Great Vespers – 4:00 PM      Education Class and Refreshments and Discussion – 5:00 PM

COME PRAY WITH US!

COME GROW WITH US!

COME LEARN ABOUT THE ANCIENT FAITH OF THE HOLY APOSTLES!

For any questions or more information, please contact Fr. Jason –  
716.875.4222/jvansuch@hotmail.com

## UPDATE ON FR. HERMAN SCHICK

Fr Herman Schick, the retired long time Pastor here at St George Orthodox Church in Buffalo, has been moved from Strong Hospital here in Rochester to Loretto Nursing Facility in Syracuse on Brighton Avenue.

Fr Herman was transported on Monday afternoon where the focus of care is at this point either rehabilitation or palliative.

Fr Herman and Matushka Cindy do have a family connection to Daria York (Syracuse) and Matushka and their son George are planning on making visits as well. Father Herman and Matushka Cindy also have an older Daughter who lives in Japon as well however as you can imagine she doesn't have the opportunity to visit much.

Contact info for the facility is as follows:

Loretto Skilled Nursing Facility  
700 East Brighton Avenue  
Syracuse New York 13205  
(313) 469-5570

Please continue to keep Fr. Herman Matushka Cynthia George and Elizabeth in our daily thoughts and prayers.

We will be sending a card to Fr. Herman next weekend if anyone would like to send a message, we will have the card available for everyone to sign during coffee hour next Sunday.



**SUNDAY FEBRUARY 25 - 1:30 to 3:30 PM**

Kenmore Lanes - 1691 Kenmore Ave, Buffalo, NY 14217

\$9/per person (includes 2 games of bowling and shoe rental)

Please contact Fr. Jason ([jvansuch@hotmail.com](mailto:jvansuch@hotmail.com)/609.851.3811) or Mat. Katia ([katia.vansuch@gmail.com](mailto:katia.vansuch@gmail.com)/609.851.3034 by Wednesday February 21 to make a reservation.

We will also be ordering pizza and soda/water from the restaurant at the bowling alley.

The cost is \$9 per bowler which includes 2 games and shoe rental. We will also be ordering pizza and soda from the restaurant at the bowling alley. If anyone needs assistance, please see or contact Fr. Jason.

At your earliest convenience, if you would please let Fr. Jason or Mat. Katia know if you are able to make it and also how many from your family will be able to come. This way we can have an approximate count and plan accordingly.



## **SOUPER BOWL OF CARING SUNDAY: SUNDAY FEBRUARY 11, 2024**

**SUNDAY FEBRUARY 11, 2024**

### **SOUPER BOWL OF CARING LUNCHEON**

On Super Bowl Sunday, Feb. 11, 2024, Orthodox Christian churches across the country will join a nationwide, ecumenical effort: "Souper Bowl of Caring" to help organizations such as International Orthodox Christian Charities (IOCC). The children of our church school will be going around the Parish Fellowship Hall holding large soup pots to receive the financial donations. Please take 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. The donations that are collected will then be sent into International Orthodox Christian Charities (IOCC).

Also, we are asking for donations of canned goods and non-perishable food items which will be collected and then donated to Feed More of WNY. Come and enjoy a delicious lunch where we will be offering a variety of homemade soups, Chilis, etc!!

If anyone would like to bring a soup, chili, salad, bread, dessert, please see or contact Andrea Chmiel who is organizing the Luncheon for us!!

Let us come together as a parish family and support the church school children and IOCC project of feeding the hungry by ministering to those in need!

"Inasmuch as you did it to one of the least of these My brethren, you did it unto Me." (Matthew 25:40)

The "Souper Bowl of Caring" began at a Presbyterian church in Columbia, S.C., in 1990 and has grown into a grassroots movement linked with the national pastime of Super Bowl Sunday. Over the past

several years, over 15, 000 parishes and congregations, including many Orthodox parishes, participated and generated millions in donations for various charities.

**THE INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES (IOCC)** is an agency of The Standing Conference of Canonical Orthodox Bishops in the Americas (SCOBA) which represents Orthodox Christians in North America and understands its work to include developing in Orthodox Christians a commitment to philanthropy and global cooperative involvement within the Orthodox Church. IOCC was established in March 1992 as the Official Humanitarian Organization of SCOBA.

Consonant with the Great Commission of our Lord Jesus Christ (Matthew 28:19-20 and Matthew 25:35-46), the vision of IOCC is to provide programs and services such as: providing emergency relief and establishing developmental programs as well as ministering to those who are in need worldwide.

For more information about IOCC please visit their website at: <http://www.iocc.org>.

### **Schedule of The 2024 COCCNF Great Lenten Sunday Vespers Service**

The 2024 Schedule of COCCNF Great Lenten Sunday Vespers Services which will be served on the 5 Sundays of Great Lent along with the 2023 Schedule of Services for our parish will be emailed out to everyone within the next few weeks.

# MEATFARE SUNDAY LUNCHEON

## SUNDAY March 10, 2024

Please join us on Sunday March 10 in The Parish Fellowship Hall immediately following The Divine Liturgy for a special Meatfare Sunday Luncheon!

Please see or contact Fr. Jason, Mat. Katia or Mat. Fran if you would like to help out or bring a covered dish to share with everyone!!

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## ST. GEORGE ORTHODOX CHURCH MEET n GREET

SUNDAY MARCH 17, 2024  
FORGIVENESS SUNDAY




IN THE PARISH FELLOWSHIP HALL  
IMMEDIATELY FOLLOWING FORGIVENESS SUNDAY VESPERS

Please join us on Sunday March 17 for a Special Lenten Luncheon during which we will get to know our parish family a little better as we begin The Great Lenten Season!

Great Food ~~~~ Great Fellowship ~~~~ Great Fun for All

Let us come together as a parish family, as brothers and sisters in Christ and enjoy Christian Fellowship as begin The Great Lenten Season!

Please see or contact Fr. Jason, or Mat. Katia, Mat. Fran if you would like to help out or bring a Lenten (**dairy but no meat**) covered dish to share with everyone!!

OUR JOURNEY TO PASCHA! 2024		
Created by Fr. Jonathan Bannon (ACROD)		
SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 25th</b>	 <i>TRIDION 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>MARCH 3rd</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>MARCH 10th</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 17th</b> FAREWELL TO CHEESE TODAY	 <b>Adam and Eve are cast from Paradise!</b> 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 <b>MARCH 24th</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 31st</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>APRIL 7th</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 bow!
4th Sunday of Lent <b>APRIL 14th</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 21st</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 28th</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>MAY 3rd</b>	 <i>GREAT AND HOLY FRIDAY</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>MAY 5th</b> NO FASTING!	 <i>BRIGHT WEEK</i> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!