

**CHURCH DIRECTORY** – In order to formulate a new church directory, we are asking every member to please fill out a form which is available in the vestibule at the candle stand. Place your form in the box provided. The forms will be available until April 1<sup>st</sup>. Please *PRINT* legibly when you are filling out the form.

**CHURCH COUNCIL MEETING** – The next scheduled council meeting is, **NEXT SUNDAY, MARCH 24th, 2019**, following Divine Liturgy and coffee hour. Please, all council members, make every effort to attend.

**MEMORIAL DONATIONS:**

Fredrick Vigil (in memory of Mary & John Szumlanski)	\$127.00
Nicholas Obrizok Jr. (in memory of my Father Nickolas Sr & Mother Helen)	100.00
Pat Dominick (in memory of Dorothy Nypuik)	50.00
William Saxby (in memory of wife Ann Saxby)	50.00

**CHURCH DONATIONS:**

Pat Dominick (in honor of the birth of my Great Grandson-William)	\$ 50.00
Munaco family (in honor of Deacon Dan's 50 <sup>th</sup> Birthday)	50.00
Mary Tsoukalas (for the health of my sister Pat Dominick)	20.00

**FLOWERS FOR CROSS:**

Barna family, Ted Maloney	\$ 58.00
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**THANK YOU FOR YOUR DONATIONS!**

**CHARITY DONATIONS:**

**Poor Box**

**\$ 86.00**

**\$ 11.00**

**SATURDAYS:** As in previous years, Fr. Timothy will pray for the repose souls of families and friends of our parish at Divine Liturgy on these Memorial Saturdays, please list the names on the "Souls Saturday" envelopes found in the church vestibule and bring them into church or give them to Fr. Timothy before this Saturday's service.

**PRESANCTIFIED GIFTS LITURGY:** During Great Lent we do not celebrate the Divine Liturgy on weekdays, except for the Holy Feast Day of the Annunciation of the Theotokos on March 25th. This is because the Divine Liturgy is a joyous celebration and great Lent is a time for repentance of our sins. So that the faithful are not left without Holy Communion, the Presanctified Liturgy is usually celebrated on Wednesday (and Friday). "Presanctified" means "already consecrated" because the bread and wine of Holy Communion were consecrated on the preceding Sunday. The Liturgy of the Presanctified Gifts will be served on Wednesday of each week during Great Lent at 6:00 p.m. (except the Wednesday of Holy Week). Fasting before the Liturgy should start at 12:00 noon (6 hours before receiving the Holy Sacraments). Confessions will be heard before Liturgy, or after, or by appointment.

**FASTING AND RECEIVING HOLY COMMUNION AT PRESANCTIFIED LITURGY:** If you would like to take communion at the Presanctified Liturgies during Great Lent, you must fast by taking no food from 12:00 noon until you receive Holy Communion. Confession must be taken before Liturgy. If you have taken private confession or General Confession during a given month (or 4 weeks), then you may receive Absolution at the Presanctified Liturgy and Sunday Liturgies in that four (4) week period. We pray that many of our members will partake of Holy Communion more than once during Great Lent!

**'AGAPE MEAL'** - Each Wednesday, after Presanctified Liturgy, there will be a gathering of our members in St. Michael's Cultural Center to partake of an evening meal. All who are at the Presanctified Liturgy, are invited to join in this fellowship meal. We only ask that each family bring a Lenten Dish (casserole, dessert, salad, bread). There is no fee. Our agape meals have always been enjoyed by all.

**PROSTRATION:** This is the act of getting down on one's knees and touching the forehead to the floor in a great reverence. During Great Lent, and at all Lenten services, our Orthodox Faithful are reminded to prostrate (bow) to the floor before venerating the icon on the Tetrapod (at the center of church) upon entering church. This has been the tradition in our Orthodox Churches for centuries. At the end of most services during Lent, the people prostrate 3 times while the choir sings "**Suffering Passions of our Lord, Jesus Christ, Son of God, have mercy on us!**"

**SOMETHING TO THINK ABOUT DURING THE GREAT LENT:**

It is possible for one who fasts not to be rewarded for his fasting. How? When, we abstain from foods, but do not abstain from iniquities, When we do not eat meat, but gnaw to pieces the homes of the poor, When we do not become drunkards with wine, but become drunkards with evil pleasures, When we abstain all the day, but we spend all the night in profane entertainment. Then what is the benefit of abstention from foods, when on the one hand you deprive your body of a selected food, but on the other, offer yourself unlawful pleasure? **St. John Chrysostom**

**THE SACRAMENT OF CONFESSION:** This is one of the seven holy "Mysteries" of the church, e.g. Baptism, Eucharist, etc. It is also called the sacrament of Repentance, from the Greek word *metanoia*, a change, a turning around of our heart, mind and will. The Lord instituted this mystery when He conveyed His own Priesthood upon the bishops and priests of the Church, through His Holy Apostles. He breathed on them and said, "*Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.*" (John 20:22-23) While confessing frequently throughout the year, the faithful are to do so, especially during Great Lent!