

ST. MARY'S HELPERS

March 20

March 27

Prospora Daniel, Draga & Maria- Psa. L. & Hanne

Reader Dan & Andre Bogdan & Anne

Greeter George C& Dennis Bogdan & George D



Thank you to all the church helpers. Your service is appreciated. **Please make note of the schedule and of your commitment.** If you are not able to fulfill your commitment, please find a replacement.

The Apostle has told us to pray uninterruptedly, without anger or passionate thoughts. And this is excellent advice, for every thought which takes the mind away from God is not merely from the devil but is the devil himself.

St. John Chrysostom

The only true riches are those that make us rich in virtue. Therefore, if you want to be rich, beloved, love true riches. If you aspire to the heights of real honor, strive to reach the kingdom of Heaven. If you value rank and renown, hasten to be enrolled in the heavenly court of the Angels.'

St. Gregory the Great

Confessions by appointment. Please e mail
Father Michael at: fatherlupu@shaw.ca

TO OUR VISITORS: WELCOME TO ST. MARY'S

Welcome to all guests to St. Mary's on this holy day. If you are new to our church, please make yourself known to Father Michael. We look forward to seeing you all again soon.

Please note that only Orthodox Christians who have prepared themselves with prayer, fasting and Confession may approach to receive Holy Communion. Everyone is welcome to receive the blessing and partake of the blessed bread (Antidor) at the dismissal.

As a sign of respect please remain standing during Holy Communion, even if you are not partaking. Please turn off all cell phones during all church services

Ten Suggestions for Lent

- 1. Meditate on the History of Salvation**
- 2. Review the understanding of fasting**
- 3. Reconsider our life of prayer**
- 4. Be conscious of the gravity of sin**
- 5. Make Lent a season for repentance**
- 6. Reflect on our reading the Bible**
- 7. Be aware of the Christocentric focus (focus on Christ)**
- 8. Cultivate human relationships**
- 9. Practice almsgiving**
- 10. Make this Lent a time for transformation**

St. Mary's Nativity of the Theotokos Orthodox Church

Romanian Orthodox Episcopate of America (O.C.A.)

3511 3rd Avenue SW, Calgary T3C 0A7

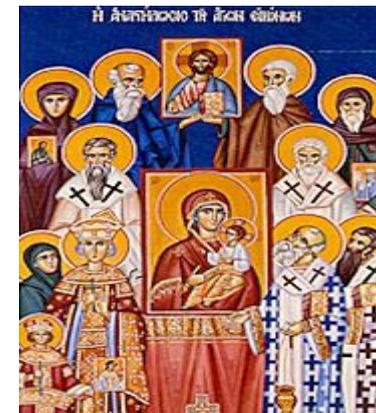
Hierarch: The Most Reverend Archbishop Nathaniel

Pastor: Very Reverend Father Michael Lupu

EMAIL: fatherlupu@shaw.ca

WEBSITE: <http://www.saintmaryscalgary.org/>

<https://www.facebook.com/StMarysRomanianOrthodoxChurchCalgary>



Sunday of Orthodoxy Duminica 1-a din Post (a Ortodoxiei) March 20, 2016

Vespers every Saturday 6:00 pm

Divine Liturgy every Sunday 10 am

Other services as announced

ORTHODOX TEACHING

Reading - Sunday of Orthodoxy

For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora (celebrated Feb. 11), together with the Patriarch Methodius (June 14), established Orthodoxy anew. This ever-memorable Queen venerated the icon of the Mother of God in the presence of the Patriarch Methodius and the other confessors and righteous men, and openly cried out these holy words: "If anyone does not offer relative worship to the holy icons, not adoring them as though they were gods, but venerating them out of love as images of the archetype, let him be anathema." Then with common prayer and fasting during the whole first week of the Forty-day Fast, she asked God's forgiveness for her husband. After this, on the first Sunday of the Fast, she and her son, Michael the Emperor, made a procession with all the clergy and people and restored the holy icons, and again adorned the Church of Christ with them. This is the holy deed that all we the Orthodox commemorate today, and we call this radiant and venerable day the Sunday of Orthodoxy, that is, the triumph of true doctrine over heresy.

Reading © Holy Transfiguration Monastery - Brookline, MA

- Procession of icons by the children after Divine Liturgy
- 6:00 pm- **Sunday of Orthodoxy Vespers** will be held at **St. Vladimir's Ukrainian Church**
- **Wednesday March 23 6:30 pm- Lenten Service**
- **Friday March 25 (Western Good Friday) Annunciation- Divine Liturgy 10:00 am - Pot Luck to follow - Fish allowed**
- **Saturday March 26 -**
 - **4:45pm Bible Study.** Topic will be **St. Gregory Palamas (2nd Sunday of Lent).** Everyone is invited
 - **6:00 pm Memorial Saturday**
- **Sunday March 27 - Ladies' Meeting to discuss the visit of Archbishop Nathaniel. Please plan to attend!!**
- **April 8- 10 -Men's Retreat. Please see Dennis or Daniel for details.**
- ** **Pocket calendars are now available English and Romanian combined \$8.00****

CHRISTIAN CHARITY

- *Loaves of sandwiches are collected every Sunday for the Mustard Seed. Please bring a loaf (no tomatoes or lettuce) and place it in the fridge in kitchen.*
- *Collecting money for **Safeway cards**. Please mark your envelope "Safeway"*
- *Collecting for an **Orthodox Syrian Refugee** family. Please see Bogdan*

TODAY'S READINGS AND TROPARS

Epis. Hebrews 11:24-26; 32-40. Gos. John 1:43-51 Tone 1

Ap. Evrei 11,24-26; 32-40. Ev. Ioan 1,43-51 Glas 1,

Resurrection Tone 1 When the stone had been sealed by the Jews, while the soldiers were guarding your most pure body, You rose on the third day, O Saviour, granting life to the world. Therefore the powers of heaven cried out to you, O Giver of Life: Glory to your resurrection O Christ! Glory to your kingdom! Glory to your dispensation, O only lover of mankind.

Tropar for Sunday of Orthodoxy We venerate Your most pure image, O Good One, / and ask forgiveness of our transgressions, O Christ God. / Of Your own will You were pleased to ascend the Cross in the flesh / to deliver Your creatures from bondage to the enemy. / Therefore with thanksgiving we cry aloud to You: / You have filled all with joy, O our Savior, / by coming to save the world.

Tropar for the church

Your Nativity O Birthgiver of God has proclaimed joy to all the Universe. For the Son of Righteousness, Christ our God has risen from you, By abolishing the curse, He gave a blessing, By destroying death, He bestowed eternal life.