



# Way of The Saints

## Excerpts from Father Vasilios' recent sermon:

In the parable of the great Banquet, "A man once gave a great banquet and invited many..." What is this 'great banquet' that the master of the house prepared? It is the consensus of the Fathers and the Church that this refers to the Divine Eucharist, the mystery of Holy Communion, the supper that our Lord enacted on Holy Thursday evening. Our Lord by His All Powerful Blessing transformed the bread and wine to become His Body and Blood. He gave his Apostles a command: "Do this in My remembrance. Since the day of Pentecost our Church repeats it at every Divine Liturgy. "Take, eat, this is My Body. Drink of it, this is my Blood" and when everything is ready, the Priest calls out to the people: "With the fear of God, and Faith and with love draw near." These words are the same that we hear in this parable: "Come, for all things are now ready." All Orthodox Christians are invited. "Drink of this all of you..."

But what is the reality? What is the response to the Royal Invitation? Many present various excuses like the people in this Gospel parable. Even though they were invited they rejected the invitation. The excuses continue today. 'I am not worthy. That is why I receive 2 or 3 times per year. Anyway, that's what my mother taught me'...there are many excuses. First of all, no one is ever worthy to receive the Body and Blood of Christ. It is a gift from God.

But there is a solution—regardless of whether it's from ignorance, or negligence or certain sins which make us feel uncomfortable to receive often. The solution is a sincere repentance and confession to a Priest. Then we will be in a condition to receive at practically every Divine Liturgy. We need only prepare ourselves, the night before we receive we remain quite with our inner reflection and prayer. Then, in the morning we are to receive, we should not eat anything. Of course it is imperative to take medicines, so allowances can be made.

Receiving only a few times a year does not make us more worthy and acceptable to The Lord. And, let us all participate in the Fasts that our Church has established. It will vary somewhat for every person depending on health issues. Let us follow the fasts of the year as much as we can, but remember that those fasts are not directly associated with receiving Holy Communion. They are ascetical fasts to help us in our struggle to lead a spiritual life, toward our repentance and the avoidance of sin.

The deprivation of Holy Communion is regressive for the spiritual life, There is no true spiritual life without participation in the Life Giving Cup. The Lord said it plainly, "Unless you eat of the flesh of the Son of Man and drink His blood you have no life in you." - You are spiritually dead. We should feel honored and grateful to be able to participate frequently in that Great Banquet.

Amen!



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## WITH FAITH AND LOVE LET US DRAW NEAR....



OUR JOURNEY TO PASCHA! 2020			
<small>Created by Fr. Jonathan Bannon (ACROD)</small>			
SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:	
Fast - Free Week <b>FEBRUARY 9th</b>	<b>TRIDION WEEKS</b> <b>Publican and the Pharisee</b> Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.	
Normal Fast Week <b>FEBRUARY 16th</b>	<b>The Prodigal Son Returns!</b> Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.	
Meatfare <b>FEBRUARY 23rd</b> FAREWELL TO MEAT TODAY	<b>The Last Judgement</b> Epistle: 1 Corinthians 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 1st</b> FAREWELL TO CHEESE TODAY	<b>Adam and Eve are cast from Paradise!</b> <b>FORGIVENESS SUNDAY</b> 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 8th</b>	<b>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</b> <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 15th</b>	<b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.	
3rd Sunday of Lent <b>MARCH 22nd</b>	<b>VENERATION OF THE HOLY CROSS</b> <b>HALF WAY TO PASCHA!</b> 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>MARCH 29th</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 5th</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 12th</b> GREAT WEEK BEGINS	<b>GREAT AND HOLY WEEK</b> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!	
GREAT AND HOLY FRIDAY <b>APRIL 17th</b>	<b>GREAT AND HOLY FRIDAY</b> JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.	
FEAST OF FEASTS! <b>APRIL 19th</b> NO FASTING!	<b>BRIGHT WEEK</b> <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!	

## Praying for those who have passed.....

**Why?** Because: We love them and do not stop loving them after they're gone. Because: To God, all live, and life after death is a mystery, of which many things have not been revealed to us. Because: We will not forget those we love whether living or dead. Because: From apostolic times, Christians have prayed for their reposed loved ones.

**When?** If we love someone we think of them often. We pray every day for our loved ones, dead in the flesh, or alive in the flesh, and the church has appointed days when we serve services for our reposed ones.

**How?** With love, and hope in the resurrection. We may pray the "Prayer for every departed person", which is in any Orthodox Psalter (book of Psalms), or pray more simply saying:

"Lord Jesus Christ, have mercy on Thy servant, (N)"

# Upcoming Services Schedule

March	1— <b>Forgiveness Service</b>	Divine Liturgy 9:30 am
	4—Pre-Sanctified Liturgy	9:30 am
	6—1 <sup>st</sup> Salutations	5:00 pm
	7—Miracle of Kollyva	Divine Liturgy 9:30 am
	11—Pre-Sanctified Liturgy	9:30 am
	13—2 <sup>nd</sup> Salutations	5:00 pm
	14—All Souls	Divine Liturgy 9:30 am
	18—Pre-Sanctified Liturgy	9:30 am
	20—3 <sup>rd</sup> Salutations	5:00 pm
	21—All Souls	Divine Liturgy 9:30 am
	25—Pre-Sanctified Liturgy	9:30 am
	27—4 <sup>th</sup> Salutations	5:00 pm
	28—All Souls	Divine Liturgy 9:30 am
April	1—Pre-Sanctified Liturgy	9:30 am
	2—Great Canon of St Andrew	5:00 pm
	4—Akathist Salutations	<b>SATURDAY</b> , 5:00 pm, (All Stanzas)
	8—Pre-Sanctified Liturgy	9:30 am
	11—Lazarus Saturday	Divine Liturgy 9:30 am
	12— <b>Palm Sunday</b>	Divine Liturgy 9:30 am
	12—	5:00 pm Orthros
	13— <b>Great &amp; Holy Monday</b>	5:00 pm Orthros
	14— <b>Great &amp; Holy Tuesday</b>	5:00 pm Orthros
	15— <b>Great &amp; Holy Wednesday</b>	5:00 pm Holy Unction
	16— <b>Great &amp; Holy Thursday</b>	Divine Liturgy 9:30 am
	17— <b>Great &amp; Holy Thursday</b>	5:00 pm Orthros
	18— <b>Great &amp; Holy Friday</b>	5:00 pm Orthros
May	19— <b>Holy Saturday</b>	Divine Liturgy 9:30 am
	20— <b>PASCHA</b>	<b>Midnight Orthros—Divine Liturgy following</b>
	23—St George the Great	Divine Liturgy 9:30 am
	29—Apostles the Apostle	Divine Liturgy 9:30 am
	8—St John the Theologian	Divine Liturgy 9:30 am
	13—Mid-Pentacost	Divine Liturgy 9:30 am
	20— <b>St Constantine &amp; Helen</b>	5:00 pm <b>Vespers</b>
	20— <b>St Constantine &amp; Helen</b>	Divine Liturgy 9:30 am
	28—Ascension of The Lord	Divine Liturgy 9:30 am

**Lord, help my eyes to fast by feeding them on the things that will draw me closer to you. May these things be a feast for my eyes each day!**



## SPECIAL SERVICES:

We will be following the [Monastic Services Schedule](#) again this Pascha season, meaning: ....

There will be a special "[Forgiveness Service](#)" immediately following the Divine Liturgy [Sunday, March 1st](#) for the beginning of Great Lent. This is an especially moving service and we invite all to join in so that we will all go into Great Lent having forgiven and being forgiven.

There will be Soul Saturday Divine Liturgy services for [all the Saturdays in Great Lent](#) as we approach Pascha., with the final Akathist Hymn on [Saturday, April 4th](#). at 5 pm.

As our Church is dedicated to [Saints Constantine and Helen](#), we hope all will join us as we commemorate them for Evening Vespers, and Divine Liturgy the next morning.



## OPERTUNITIES TO SERVE & HELP

### SCHEDULE A VISIT

The monastery regularly hosts parish groups and individuals throughout the year. The monastery is open to visitors, and all are welcome to pray in our chapel of Ss. Constantine and Helen, and our three outside shrines dedicated to St. Andrew and the Theotokos.

### OUR SERVICES

Orthros and Divine Liturgy are held on Sundays and feast days, beginning at 8:45 am with Liturgy at 9:30 am. A small luncheon follows the services in our Trapisa hall.



***Let us know if you'd like to offer help with.....***

- ⇒ Plants/trees clean up from winter
- ⇒ Vegetable garden/planting flowers
- ⇒ Making prosphora
- ⇒ Bringing red eggs for Pascha

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