



THE PROTOMARTYR



*A Weekly Bulletin of St. Stephen Cathedral,
Orthodox Church in America*

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APRIL 10, 2011

**GLORY TO JESUS CHRIST!
SUNDAY OF ST. MARY OF EGYPT**

**GLORY FOREVER!
TONE 5**

FIFTH SUNDAY OF LENT — Tone 5. St. Mary of Egypt. Martyrs Terence, Pompeius, Africanus, Maximus, Zeno, Alexander, Theodore, Macarius, and 33 others, beheaded at Carthage (3rd c.). Martyrs James (Jacob) the Presbyter, and Azadanes and Abdicius—Deacons, of Persia (ca. 380).

EPISTLE: Hebrews 9:11-14; Galatians 3:23-29

GOSPEL: Mark 10:32-45; Luke 7:36-50

Schedule of services and events of the upcoming week:

Wednesday, April 13	Presanctified Liturgy 7:00 PM <i>Confessions heard starting at 6 PM</i>
Thursday, April 14	Vespers 7:00 PM Bible Study 7:30 PM
Friday, April 15	Vespers with service of Holy Unction 7:00 PM
Saturday, April 16	<i>Lazarus Saturday</i> Divine Liturgy 9:00 AM Vigil Service 5:00 PM <i>Confessions heard during the service</i>
Sunday, April 10	<i>Sunday of St. Mary of Egypt</i> Divine Liturgy (Slavonic) 8:30 AM Divine Liturgy 10:00 AM

Thank you: to all those who joined the vigil of 40 Days for Life this past Friday. We ask all our parishioners to continue to pray that the people of our country will understand that the Sacred gift of human life begins at conception and will stand for the defense of the unborn.

Palm Sunday Bake Sale will be held following the Divine Liturgy on Sunday, April 17. Please consider donating a baked good. We will have Pascha breads, nut and poppy seed rolls and babkas.

Charity for April: we dedicate the Charity collection of this month to fundraising towards our High School Graduation Grant that we will give to the High School graduates from our parish. Please be generous. Also, if anyone from our parish is graduating from college or university, please let Fr. Victor know since we would like to recognize them as well.

Pascha Lilies Donation: with the feast of Pascha approaching, we ask all our parishioners to consider sponsoring lilies for the decoration of our Cathedral. There is a sign-up sheet in the candle donation book. The cost of each plant is \$10. Thank you!

Clean-up Day: We will be holding our regular clean-up day to prepare our Cathedral for the services of Holy Week and Pascha. Please mark Lazarus Saturday, April 16 and come to help us with various clean-up projects around our parish. Thank you.

Mission Services of Great Lent: We have one remaining Mission Vespers service for this Lent and it will take place tonight at 4 PM at St. Nicholas Orthodox Church (OCA) on 7th ad Brown St. There will be other events taking place at St. Nicholas during the day today, please check the bulletin board for more information.

Some fasting rules to pay special attention to:

More time should be dedicated to prayer. Since prayer is the most important action that connects us with God and nourishes our spiritual life, we have to make special effort to pray more than we are used to during the rest of the year. We also have opportunity to come more often to church: there are services that are served every day during the First week of Lent and during Wednesdays and Fridays of the rest of Lent.

Abstinence from certain food: Abstinence from heavy food is necessary so that our body can be “lighter” and better suited for prayer. The Church prescribes that we abstain from meat and dairy during the course of the entire Lent. We all should make a sincere effort to limit ourselves from certain food as much as the circumstances of our lives allow us.

Entertainment: It’s very important that we approach this time of repentance seriously and don’t allow ourselves to be distracted with those things that try to take our attention away from God. It would be a good idea to limit our watching of TV to only most basic programs, like news reports.

Confession: As Lent is a time of repentance, we should make a special effort to come to Confession so that we can examine our consciousness and ask the Lord to heal us from our spiritual infirmities. There will be no General Confession till after Pascha. The best time for Confessions would be Saturday after Vespers service and Wednesday before the Presanctified Liturgy. Let us use this opportunity to prepare ourselves for receiving the Eucharist on the feast of Christ’s Resurrection