



THE PROTOMARTYR



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

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**GLORY TO JESUS CHRIST!
SUNDAY OF CHEESEFARE**

**GLORY FOREVER!
TONE 8**

SUNDAY OF CHEESEFARE — Tone 8. The Expulsion of Adam and Eve from Paradise.

The 42 Martyrs of Ammoria in Phrygia, including: Constantine, Aetitus, Theophilus, Theodore, Melissenus, Callistus, Basoës and others (ca. 845). The Uncovering of the Precious Cross and the Precious Nails by Empress St. Helen (Elena) in Jerusalem (326). Monk Martyrs Conon and his son, Conon, of Iconium (270-275). Ven. Arcadius of Cyprus (4th c.).

EPISTLE: Romans 13:11-14:4

GOSPEL: Matthew 6:14-21

Schedule of services and events of the upcoming week:

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| Monday, March 7 | Compline w Great Cannon of St. Andrew 7:00 PM |
| Tuesday, March 8 | Compline w Great Cannon of St. Andrew 7:00 PM |
| Wednesday, March 9 | Compline w Great Cannon of St. Andrew 7:00 PM |
| Thursday, March 10 | Compline w Great Cannon of St. Andrew 7:00 PM |
| Friday, March 11 | Presanctified Liturgy 7:00 PM <i>Confessions heard starting at 6 PM</i> |
| Saturday, March 12 | Divine Liturgy 9:00 AM Great Vespers 5:00 PM <i>Confessions</i> |
| Sunday, March 13 | Sunday of Orthodoxy Divine Liturgy (Slavonic) 8:30 AM Divine Liturgy 10:00 AM Pan-Orthodox Vespers for Sunday of Orthodoxy 4:00 PM |

Today is Forgiveness Sunday! Let us begin our Lenten journey with asking each other forgiveness. Only when we are at peace with each other can our Lenten sacrifice be accepted by the Lord.

Cheesefare Sunday Blini Dinner: as usually before Lent, today we have a special Blini Dinner following the Liturgy. Please join us downstairs for this last pre-Lenten event.

Sunday of Orthodoxy: This year our Cathedral parish is honored to host the annual Sunday of Orthodoxy service which will take place next Sunday, March 13 at 4 PM. We will have with us our Diocesan Hierarch, His Grace Bp. Tikhon as well as many clergy and faithful of Philadelphia area who will gather to proclaim the truth of Orthodoxy. After the service we plan on having Lenten refreshments and presentation from members of IOCC. The normal custom is to have a Lenten repast for our visitors following the service. So far the response from parishioners to volunteer to help serve, donate and bring food, and clean up afterwards has been underwhelming. Very few St. Stephen's parishioners, sadly, attend the Lenten mission parishes at other parishes so they don't have a sense of the significance of these services during Great Lent. Please help your parish to be a good host by attending the service and by volunteering to help and by bringing and preparing food for this event.

ST. Stephen's Chapter Meeting - Saturday, March 12 - There will be a chapter meeting of St. Stephen's Senior OCF on Saturday, March 12, following Vespers. The primary topic of discussion will be the 75th annual Novogodny Ball which will be held in January 2012. Sorry for the short notice, but this is the one Saturday in March which is convenient for both Chairpersons. All members are asked to please try to attend. Anyone interested in the OCF is warmly welcomed to attend.

SOUPER BOWL OF CARING PROJECT: Final contribution to Philabundance was \$247.70. Canned goods for St. Tikhon's total...32 so far. Thank you to all who contributed in any way!

Mission Services of Great Lent: Here is the schedule of Mission Vespers services that will be served during Lent at various churches in the Philadelphia area. All Sunday services will start at 4 PM. Our parishioners should make a special effort during this Lenten season to attend these services to spend time in prayer and fellowship with other Orthodox Christians in our area.

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| Sunday, March 20 | St. Nicholas Orthodox Church (OCA), Coatsville, PA St. Thomas Greek Orthodox Church, Cherry Hill, NJ |
| Sunday, March 27 | St. John Chrysostom Orthodox Church, Philadelphia, PA St. Philip's Antiochian Church, Souderton, PA |
| Thursday, March 31 | Holy Assumption Orthodox Church, Philadelphia, PA: Presanctified Liturgy |
| Sunday, April 3 | Sts. Peter and Paul Ukrainian Church, Wilmington, DE |
| Sunday, April 10 | St. Nicholas Orthodox Church (OCA), Philadelphia, PA |
| Sunday, April 17 | St. Nicholas Serbian Orthodox Church, Elkins Park PA: Lenten Vespers of Palm Sunday at 5 PM |

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