



THE PROTOMARTYR



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

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February 21, 2010

**Glory to Jesus Christ
SUNDAY of ORthodoxy**

**Glory Forever!
Tone 4**

FIRST SUNDAY OF LENT — Tone 4. Sunday of Orthodoxy. Ven. Timothy of Symbola in Bithynia (9th c.). St. Eustathius (Eustace), Archbishop of Antioch (377). St. George, Bishop of Amastris on the Black Sea (802-811). The “**KOZEL'SHCHANSKAYA**” Icon of the Most-holy Theotokos (1881).

EPISTLE: Hebrews 11:24-26,32-12:2

GOSPEL: John 1:43-51

Schedule of services and events of the upcoming week:

Monday, February 22	Parish Council Meeting 7:30 PM
Tuesday, February 23	Daily Vespers 7:00 PM Inquirer's Class 7:30 PM
Wednesday, February 24	Confessions 6:00 PM Liturgy of Presanctified Gifts 7:00 PM
Thursday, February 25	Daily Vespers 7:00 PM Bible Study 7:30 PM
Friday, February 26	Akafist Service 7:00 PM
Saturday, February 27	<i>Memorial Saturday</i> Divine Liturgy 9:00 AM
Sunday, February 28	Great Vespers 5:00 PM <i>Sunday of St. Gregory Palamas</i> Divine Liturgy 10:00 AM <i>Annual Parish Meeting following</i>

Annual Parish Meeting Notice: this is the second announcement that the Annual Parish Meeting of our Cathedral will take place on Sunday, Feb. 28 following the Divine Liturgy. We ask all parishioners to fulfill their obligations to our parish and participate in the meeting.

Parish Council Positions: We are in the process of preparing a slate of nominees for the position of Trustee on Parish Council to be voted upon at the Annual Meeting on February 28th. If you are interested in the privilege of running for the position of Trustee, please notify Fr. Victor, Larry Skvir or Janice Kolea.

February Charity Collection: is dedicated to help us meet our \$1000 yearly pledge to Fellowship of Orthodox Stewards (FOS). Please be generous in helping our Orthodox Church in America by funding various aspects of its ministry in our country.

Living Waters Survey: our Diocesan Office of Communication is conducting a survey of all parishioners to gather more information about their knowledge and use of diocesan publications. At candle desk there are copies of “Living Waters” newsletter available that were marked for each household in our parish and with it there is a brief survey that we ask our parishioners to fill out and bring back to church. Thank you for your participation in this project!

St. Tikhon’s Choir Visit & Collection: on Meatfare Sunday we had a blessing of St. Tikhon’s Quartet singing the responses to the Hierarchical Divine Liturgy. Often a choir from St. Tikhon’s would join us on Meatfare Sunday and we always in the past had a special collection at our parish on that day in support of our beloved Seminary. Unfortunately, due to the weather, many of our parishioners were not able to come on that Sunday. If you didn’t get a chance to contribute towards our collection for St. Tikhon’s you can do it at any time marking the envelope with “St. Tikhon’s Choir”. Thank you for your support of our beloved Seminary.

Sunday of Orthodoxy and Mission Services of Great Lent: This year Philadelphia Deanery of the OCA will host a Sunday of Orthodoxy Service at St. Nicholas Russian Orthodox Church in Bethlehem, PA. Bishop Tikhon (OCA) and Bishop Thomas (Antiochian Archdiocese) will preside over the service which will start at 4 PM. Also, Philadelphia Clergy Brotherhood will hold their Sunday of Orthodoxy service at St. Sophia Greek Orthodox Church in Jeffersonville, PA.

Here is also the schedule of Mission Vespers services that will be served every Sunday of Lent at 4 PM at various churches in the Philadelphia area. 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:

Feb. 28, Sunday of Saint Gregory Palamas Holy Trinity Orthodox Church Mervine & Juniper St. Pottstown, PA	Mar. 7, Sunday of the Cross Holy Trinity Orthodox Church 1023 5 th St., Catasauqua, PA
March 14, Sunday of Saint John Climacus St. Michael Orthodox Church 2231 E Huntington Dr. Wilmington, DE	March 21, Sunday of St Mary of Egypt St. Herman’s Orthodox Church 1855 Middletown Rd, Gradyville, PA

Haiti Clothing Drive: during the month of February we will be conducting a clothing drive as part of Haiti relief efforts. We ask our parishioners to bring clean, good, summer clothes during this month for shipment to Haiti and distribution thru Haitian Churches coordinated thru GAINUSA. There is a special box downstairs in the hallway where you can leave your donated cloth for pick up. Thank you!

Health Kits for Haiti relief: The Jr. OCF will be collecting Health Kits for Haiti through the IOCC. Please bring the following items to church!

Buy a one-gallon plastic bag with a zipper closure and fill it with the following items:

- One hand towel
- One washcloth
- One comb
- One metal nail file or nail clipper
- One bar of soap (bath size, new and wrapped in original packaging)
- One toothbrush (NO TOOTHPASTE)
- Six Band-Aids

This is a worthy cause and we would appreciate everyone's help!

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 on weekdays of Lent and should make every effort to attend the service of Presanctified Liturgy on Wednesday evening.

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.