



THE PROTOMARTYR



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

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February 14, 2010

**Glory to Jesus Christ
FORGIVENESS SUNDAY**

**Glory Forever!
Tone 3**

SUNDAY OF CHEESEFARE — Tone 3. Forgiveness Sunday. The Expulsion of Adam from Paradise. Ven. Auxentius of Bithynia (ca. 470). Repose of St. Cyril, Equal-to-the-Apostles and Teacher of the Slavs (869). Ven. Isaac, Recluse, of the Kiev Caves (Near Caves—ca. 1190). The Twelve Greeks who built the Dormition Cathedral in the Lavra of the Kiev Caves (11th c.). Translation of the Relics of Martyrs Michael and his councilor, Theodore, of Chernigov (1578). Ven. Maron, Hermit, of Syria (4th c.). St. Abraham, Bishop of Charres in Mesopotamia (5th c.).

EPISTLE: Romans 13:11-14:4

GOSPEL: Matthew 6:14-21

Schedule of services and events of the upcoming week:

Monday, February 15	Lenten Matins 10:00 AM Compline w Great Cannon of St. Andrew 7:00 PM
Tuesday, February 16	Compline w Great Cannon of St. Andrew 7:00 PM
Wednesday, February 17	Compline w Great Cannon of St. Andrew 7:00 PM
Thursday, February 18	Compline w Great Cannon of St. Andrew 7:00 PM
Friday, February 19	Presanctified Liturgy 7:00 PM
Saturday, February 20	Divine Liturgy 9:00 AM Great Vespers 5:00 PM
Sunday, February 21	<i>Sunday of Orthodoxy</i> Divine Liturgy 10:00 AM

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.

Blini Dinner. Join us at Blini Dinner that will follow today's service. We would like to express our thanks to all those who came yesterday and prepared the food for our fellowship today.

Annual Parish Meeting Notice: This is the first 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.

St. Tikhon's Choir Visit & Collection: Last 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 last Sunday and we ask you to make a special contribution today or next Sunday. Please use special envelopes provided for collection for St. Tikhon's and make checks payable to St. Stephen's Cathedral with a note that it should go towards the Seminary.

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.

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

<p style="text-align: center;">Feb. 28, Sunday of Saint Gregory Palamas Holy Trinity Orthodox Church Mervine & Juniper St. Pottstown, PA</p>	<p style="text-align: center;">Mar. 7, Sunday of the Cross Holy Trinity Orthodox Church 1023 5th St., Catasauqua, PA</p>
<p style="text-align: center;">March 14, Sunday of Saint John Climacus St. Michael Orthodox Church 2231 E Huntington Dr. Wilmington, DE</p>	<p style="text-align: center;">March 21, Sunday of St Mary of Egypt St. Herman's Orthodox Church 1855 Middletown Rd, Gradyville, PA</p>

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.

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!

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!

SOUPER BOWL SUNDAY Donations will be collected again today as many parishioners were unable to make it to church last week due to the weather. Please be generous. All proceeds will be sent to Philabundance to help feed the hungry in our area. These donations are especially needed now due to the adverse weather conditions that shelters are experiencing. Canned goods will be accepted thru March 7.

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!

St. Stephen Shirts: Orders for St. Stephen Cathedral polo shirts are now being taken. The shirts are gray with red lettering and are available in Small, Medium, Large, and Extra Large. The cost for each shirt is \$25. Please stop downstairs to see a sample and place your orders with Nina Rapak.

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.