

## Lenten Prayer of St. Ephrem

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk.

But give rather the spirit of chastity, humility, patience, and love to Thy servant.

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen.



## Sunday of Cheesefare: Expulsion of Adam from Paradise

Commemorated on [March 10](#)

### Kontakion — Tone 6

Master, Teacher of wisdom, / Bestower of virtue, / you teach the thoughtless and protect the poor: / Strengthen and enlighten my heart. / Word of the Father, / let me not restrain my mouth from crying to you: / Have mercy on me, a transgressor, / O merciful Lord!



**Sunday, March 10, 2019**

**Tone 8**

**Gospel:** St. Matthew 6: 14-21

**Epistle:** Romans 13:11-14:4

**41st Sunday after Pentecost / Forgiveness Sunday / Cheesefare Sunday**

**Martry Quadratus & those with him**

**March Bulletin Sponsor: Basil**

In loving memory of wife, Jean

*Liturgical & Events Schedule*

**Sunday, March 10**

9:05 am: Hours followed by D.L. followed by Forgiveness Vespers / Pot-luck Social (No Meat)

**Monday, March 11**

9:30 am: Lenten Prayers / Confessions  
6:00 pm: Canon of St Andrew / Confessions

**Tuesday, March 12**

9:30 am: Lenten Prayers / Confessions  
6:00 pm: Canon of St Andrew / Confessions

**Wednesday, March 13**

9:30 am: Lenten Prayers / Confessions  
6:00 pm: Canon of St Andrew / Confessions

**Thursday, March 14**

9:30 am: Lenten Prayers / Confessions  
6:00 pm: Canon of St. Andrew / Confessions

**Friday, March 15**

9:30 am: Lenten Prayers / Confessions  
6:00 pm: Liturgy of Pre-Sanctified Gifts followed by Lenten meal

**Saturday, March 16**

4:00 pm: Great Vespers / Confessions

**Sunday, March 17**

9:05 am: Hours followed by D.L. followed by Procession of Icons around the Church / Social  
5:00 pm: Sunday of Orthodoxy @ St. Michael's in Broadview Heights  
5:00 pm: Sunday of Orthodoxy Vespers in Akron w/ His Grace Bishop Paul

**VIGILS- March 3**

**Susan Guzy (1)** For health and peace of mom

**Laura Kovach (1)** Special intention

**Sandy Martin (1)** Special intention

**Darlene, Nick & Gabe Mazurik (1)** Special intentions

**Twarek family(7)** Health and recovery of Julia, God's grace to Todd, Safe travel for family and friends, Health of Diane, Brad, Betty, Steve, John, Doris, Health of Stella, Ron, Jake, Helen, Special intention, Special intention

**MARCH**

	<u>Cleaners</u>	<u>Readers</u>	<u>Social</u>
3	Mary Hiser	Tim	Pot-luck
10	Stephanie & Cooper	David	Pot-Luck
17	Sandy	Ron	Open
24	Greg M	Wayne	Open
31	David & Roddie	Natalie	Open



**MARCH SPECIAL COLLECTION**  
St. Tikhon's Seminary

*Please be generous!*

**FASTING FOR PRE-SANCTIFIED LITURGY**

Those who will be receiving communion at this Liturgy, please fast from lunch time (but no later than 1:00pm).

**Holy Assumption Orthodox Church**

OCA - Diocese of the Midwest

Parish Council President: Matthew Adamcio

Fr. Andrew Bartek, Rector



# PRAYER LIST Updated 3-7

## Clergy:

**His Beatitude, Metropolitan Theodosius**  
**His Beatitude, Metropolitan Herman**  
**John Duranko** (*Father's home pastor*)  
**James Gleason** (*Father's Spiritual Father*)  
**Joseph Gibson**  
**Emilian Hutnyan**  
**John Jones**  
**Josef Von Klarr**  
**Vladimir Lecko**  
**John Matusiak**  
**Peter Tutko**  
**Deacon Paul Mitchell**  
**Sub-deacon Wylie Meath**

## Matushkii:

**Pani Patricia Duranko**  
**Barbara Kopka**  
**Virginia Lecko**  
**Sonya Tutko**

## Parishioners / & their Family:

**Carol Chevenger** (*Roddie's mom*)  
**Debbie Garnek** (*Roddie's sister*)  
**Christopher Dixon** (*Mary H's son-in-law*)  
**Victoria Dixon** (*Mary H's daughter*)  
**John Richard Elcishko**  
**Michael Glovinsky** (*Basil's nephew*)  
**Ernest Gresh** (*Basil's nephew*)  
**Julia Guzy**  
**Joseph Habegger** (*Laura brother-in-law*)  
**Margi Habegger** (*Laura's sister*)  
**James Heffernan** (*Jennifer father-in-law*)  
**Judy Heffernan**  
**Maria** (*Terrie's mom*)  
**Michael Kouznetsov** (*Mary Hiser's son*)  
**Helen Lis**  
**Stanley Lis**  
**Walter Litzie** (*Fr.'s cousin*)  
**David Martin**  
**Greg Mazur**  
**Judy Mazurik**  
(*Paul Mazurik's sister-in-law*)  
**Helen Jean Rofkar** (*Rose's cousin*)  
**John Rofkar** (*Rose's cousin*)  
**Joe Rose**  
**Margaret Rose**  
**Steven Schirtzinger**  
(*Christi's brother*)

**Nancy Sitzler**  
(*Amber Twarek's mother*)  
**Baby Stella Miller**  
(*Chico's granddaughter*)  
**Kristen** (*Cassell's daughter*)  
**Peter Truta** (*Jean H's cousin*)  
**Diane Tryon**  
**Greg Tryon**  
**Larry Twarek**  
(*Gregs T's uncle*)  
**Lauren Jerome & her unborn baby** (*Jean H's daughter*)  
**Nikki and her unborn baby**  
**Brianna and her unborn baby**  
(*Trudy's daughter*)

## Other Requests:

**Victor Abrahamowicz**  
(*Mary Hiser's friend*)  
**Steven Brancho** (*Fr's friend*)  
**Tommy Leonchick** (*Fr's friend*)  
**Pauline Meath** (*Fr's friend*)  
**Emily Sarisky** (*Fr's friend*);  
**Anna Burch** (*Wayne's friend*)  
**Danielle** (*Cassell's friend*)  
**Shawntee Day** (*Christi friend*)  
**Dana Mahler** (*Christi's friend*)  
**Nick Shortridge**  
(*Christi's friend*)  
**Chris Fallon**  
(*Bishop Matthias's sister-in-law*)  
**Ben Franklin** (*Laura friend*)  
**Theodore Geletka**  
(*St. Michael OC-Broadview Heights' choir director*)  
**Tom Hutnyan**  
(*Fr. Emil's brother*)  
**Baby Lucas Goodman**  
(*Christi Soski's friend*)  
**Donald Gresh**  
(*Basil's neighbor*)  
**Dan Mallory** (*Basil's neighbor*)  
**Elliot Joy** (*Police chief's son*)  
**Jake Lipstraw**  
(*Natalie's friend*)  
**Jim Mahler** (*Laura's neighbor*)  
**Becky Vermillion**  
(*Laura's friend*)  
**Todd Pollick** (*Twarek's friend*)

**Beth Reinhard** (*Diane friend*)  
**Ethan Ross** (*Joe S's co-worker*)  
**Donald Williams**  
(*Joe S's friend*)  
**Matthew Sterling**  
(*Diane T's neighbor*)  
**Janice Timko**  
**Cheyenne Welch & her two unborn babies**  
(*wife of Former Sgt. of Marblehead Police Dept.*);  
**Katie & her unborn baby**  
(*manager at Bruno's wife*)

## Military:

**Craig Cassell**  
**Nathan Brown**

## Captives:

**Metropolitan Paul**  
(*Orthodox Archdiocese of Aleppo*);  
**Archbishop John**  
(*Syriac Archdiocese of Aleppo*);

**The UN & IOCC humanitarian aid workers in & around Syria; Those suffering persecution in Iraq, Syria, Israel, Egypt, Ukraine and throughout the world**

**NOTE: Please let Fr. Andrew know when someone needs to go on list and come off.**

**ATTENDANCE - March**

**Sunday, March 3**

26 Total (21 members, 1 non-member; 4 children; 14 Communicants; 6 attended Vespers; 10 attended Memorial Service)

**WEEKLY TITHING ONLY**

Goal Pledged per month: \$4,100

Sunday, March. 3: \$870

**OTHER WEEKLY INCOME**

**Sunday, March 3:** \$110 Special Collection (St. Tikhon's Seminary); \$15 in Candles; \$50 in Altar Candles; \$50 Chandelier; \$45 in Vigils / TOTAL DEPOSIT: \$1,140)

**CANDLE / BULLETIN SPONSORS OFFERED FOR MARCH**

- Chandelier:** (\$50) Fr. Andrew in memory of Metropolitan Nicholas
- Altar Candles:** (\$50) Fr. Andrew: in memory of his father George
- Candles on the Tomb:** (\$25) Basil: In memory of his brother & sisters
- Eternal Light & Icon Screen:** (\$25) Diane Tyron: In loving memory of her brother Richard
- Bulletin:** (\$50) Basil: In loving memory of wife Jean

**40 DAY REMEMBRANCE**

- March 10: Pani Patricia Patrick / Archpriest John Mason / Police officer William from OH ; Border patrol Agent Donna
- March 17: State Trooper Lucas from VA / Police officer Matthew from Milwaukee
- March 24: Police officer Alfred from P.R.
- March 30: Shooting victims in Aurora /
- April 7: Police officer Nicholas from TN; Police officer Steve TN
- April 14: All those who lost their lives from the Tornadoes in AL / Joseph

**Volunteers sought for August teaching team to OCA Diocese of Mexico**

Archpriest Antonio Perdomo, Rector of Saint George Church, Pharr, TX, will once again lead a teaching team to remote villages near Mexico City to strengthen the faith of native Aztec Orthodox Christians. Sponsored by the Orthodox Christian Mission Center [OCMC] with the blessing of His Eminence, Archbishop Alejo of the Orthodox Church in America's Diocese of Mexico, the mission trip will be held August 10-17, 2019.

This year's mission team will assist the ongoing outreach efforts of the OCA Diocese of Mexico to native Aztec Orthodox Christians in the villages of San Esteban, Zapote Bravo, and Pisa Flores, north-east of Mexico City. The team will offer children basic religious education, crafts, and activities in a Vacation Bible School format. Adult catechism, together with visits to families and participation in liturgical services with the local communities, will round out the week-long itinerary.

Potential team members are strongly advised to register online early as space is limited. Team members are responsible for the \$745.00 registration fee, which covers all expenses while in Mexico including local transportation, room and board, orientation costs, ministry expenses, excursions and materials. They also are responsible for their own round-trip travel expenses to Mexico City. Typically, team members solicit pledges and financial support from their parishes and deaneries as well as sponsorships in their local communities. Team members must be conversant in Spanish.

Additional information may be obtained by contacting Archpriest Theodore Pisarchuk, Trip Coordinator, at [sjmrector@gmail.com](mailto:sjmrector@gmail.com) or 904-880-7671.

**CONFESSIONS**

Opportunities for confession BEFORE April 19 are many. Please do not wait until the last minute for your confession. April 19 is the last day of confessions during this Lenten period and time on that day will be very limited. Please make every effort to confession prior to this time.

## MARCH CELEBRATIONS

Birthday		Namesday
2- Lori Batura 3- Tony Monastra 7- Tamera Blackford 8- Rachel Adamcio 11- Jason Monschein	23- Mason Monschein 30- Bobbie Royhab 30- Fred Cassell 31- Greg Mazur	3-1: Bishop David of Alaska 3-4: Bishop Daniel of Santa Rosa 3-17: Archbishop Alejo of Mexico 3-23: Archbishop Nikon of New England

*If there are those names to be added or removed, please contact Fr. Andrew. He would like to list all members of your family Orthodox and non-Orthodox.*

### Bishop Paul's Travel Schedule: March 4<sup>th</sup> to April 8<sup>th</sup>

Holy Trinity Cathedral, Chicago, IL, March 9<sup>th</sup> to 10<sup>th</sup>

- *Beginning of Great Lent, Forgiveness Sunday Vespers*

Canon of St. Andrew

- *Monday at Holy Trinity Cathedral, Chicago*
- *Tuesday at St. Panteleimon in Argo, IL*
- *Thursday at Christ the Savior in Chicago*

St. Makarios Mission, Chicago, IL, Wednesday, March 13<sup>th</sup>, Presanctified Liturgy

St. Nicholas Church, Columbus, OH, March 15<sup>th</sup> to 17<sup>th</sup>

- *Fr. Miroljub Ruzic to be given the Synodal Award of Jeweled Cross*

Sunday of Orthodox Services in Akron, OH, Sunday evening, March 17<sup>th</sup>

Holy Resurrection Church, Palatine, IL, March 20<sup>th</sup>, Presanctified Liturgy

Holy Apostles Church, Normal, IL, March 22<sup>nd</sup>, to 24<sup>th</sup>

- *Fr. David Gresham to receive Diocesan Award of the Nabadrennik*

Holy Trinity Cathedral, Chicago, IL, March 25<sup>th</sup>, Feast of Annunciation

Ss. Peter & Paul, Burr Ridge, IL, March 27<sup>th</sup>, Presanctified

St. Luke, Palos Hills, IL, March 29<sup>th</sup> to 31<sup>st</sup>

St. Herman of Alaska Chapel, West Bend, WI, April 5<sup>th</sup> to 7<sup>th</sup>

- *Fr Harold Madlom to receive the Synodal Award of the Palitza*

### LENTEN DEANERY SERVICE

Sunday, March 31 @  
5:00pm  
Holy Trinity OC, Parma

Leave Holy Assumption at 3:15 pm  
Return about 8:30-9:00 pm.

See the sign up sheet. If enough people wish to attend, we can take a couple of cars or rent a van.

## MARCH Reposed List

1- George Danchisen (2018) 4- Andrew Mazur (2001) 6- Frank Guzy (2002) 11- Ella Mazur (1918) 13- Metropolitan Nicholas (2011)	13- Richard Michael Benya (1983) 17- Frank Holodnak (1961) 23- Eva Pondillo (2001) 23- Ella Mazurik (1985) 23- Francis Mitchell (2008)	23- Barbara Ann Wasylenko (2017) 29- Carolyn Woodward (2000) NO MONTH PROVIDED: Michael Elchisko (1909) Helen Millie (1910)- George Danchisen (1912)-
---	--	--

## Metropolitan Tikhon introduces “Four Pillars” in video presentation

His Beatitude, Metropolitan Tikhon, introduces his guiding framework for Church—*Of What Life Do We Speak: Four Pillars for the Fulfillment of the Apostolic Work of the Church*—and its and its recently released companion *Study Guide* in a [newly released video](#) now accessible on the website of the Orthodox Church in America.

- Download *Of What Life Do We Speak* in PDF format.
- Download the accompanying *Study Guide* in PDF format.

In the video, released on March 2, 2019, Metropolitan Tikhon extends an invitation to all faithful, “independently or collectively, to reflect on the vision and the enduring goals that are proposed in the Four Pillars,” building upon “the experience of our beloved saints and forebearers [while] examining ourselves honestly with respect to both the successes and challenges of the past.” He concludes by calling for self examination, especially during the coming season of Great Lent, in a collective effort to address “the work that lies ahead.”

*Of What Life Do We Speak* made its debut at the [19th All-American Council](#) in July 2018, and has since been well received by parishes, in educational classes and programs, and for individual study.

## MEDITATION

St Paul speaks to me personally when he says: “You know that the time has come for you to wake up from your sleep” (Rm. 13:11). I know that every hour is the hour of decision. Every hour can be an opportunity for new life. But because of my forgetfulness, carelessness, and laziness, not every hour is the hour of decision, not every hour is an opportunity for deeper communion with Christ. Thus the call to Lent resounds with power and promise: Awaken from sleep! Take up the weapons of Christ! Put on newness! The question to my soul is: Are you spiritually alive or asleep? If alive, thank the Lord. If asleep, when do you plan to awaken? If not during Great Lent, then when? May the Lord help me to die to my old self that I might live again in the newness of Christ’s resurrection.

## Assembly of Bishops issues mini-report on US monasteries

“Fast Questions and Fast Answers About American Orthodox Christian Monasteries” is the third essay in a series of mini-reports highlighting Orthodox Church life in America. Released by the [Assembly of Canonical Orthodox Bishops of the United States of America](#), the [essay is now available](#) in PDF format online.

“Not many people realize that there are 80 Orthodox Christian monasteries in the USA which represent great variety of ethnic and liturgical traditions,” said author Alexei Krindatch, the Assembly’s Research Coordinator. “In fact, America is, probably, the only place in the world where—within the same country—one can visit Greek, Russian, Romanian, Serbian and other Orthodox monasteries and experience their different liturgical styles, worship practices, architecture, musicology and iconography. Besides worship services, there are many other interesting aspects and facts related to the lives of American Orthodox monasteries.”

Among the questions addressed in the report are the following.

- Are there any monasteries that are especially interesting to visit because of their architecture or religious arts?
- Are there any monasteries that offer some interesting educational programs or workshops?
- Is there anything unique about “economies” of US Orthodox monasteries?
- Are there any monasteries that have some interesting and unusual liturgical practices?
- Are there any monasteries that offer opportunities to experience monastic life for a period of time first-hand?

The report is accompanied by four geographic maps and many photographs depicting everyday monastic life.

Questions may be addressed to Mr. Krindatch at [akrindatch@aol.com](mailto:akrindatch@aol.com).