

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.



**1st Sunday of Great Lent:
Sunday of Orthodoxy
Commemorated on [March 17](#)**

Troparion — Tone 2

We venerate Your most pure image, O Good One, / and ask forgiveness of our transgressions, O Christ God. / Of Your own will You were pleased to ascend the Cross in the flesh / to deliver Your creatures from bondage to the enemy. / Therefore with thanksgiving we cry aloud to You: / You have filled all with joy, O our Savior, / by coming to save the world.

Kontakion — Tone 8

No one could describe the Word of the Father; / but when He took flesh from you, O Theotokos, He accepted to be described, / and restored the fallen image to its former beauty. / We confess and proclaim our salvation in word and images.



Sunday, March 17, 2019

Tone 1

Gospel: St. John 1:43-51

Epistle: Hebrews 11:24-26, 32-12:21^s

1st Sunday of Lent / **Sunday of Orthodoxy**
Ven. Aleksy, Man of God / St. Patrick, Bp. of Armagh

March Bulletin Sponsor: Basil
In loving memory of wife, Jean

Liturgical & Events Schedule

Sunday, March 17

9:05 am: Hours followed by D.L. followed by Procession of Icons around the Church / Social / Choir Rehearsal
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

Monday, March 18

9:30 am: Lenten Prayers (45 min)

Tuesday, March 19

9:30 am: Lenten Prayers

Wednesday, March 20

6:00 pm: Liturgy of Pre-Sanctified Gifts followed by Lenten meal

Thursday, March 21

9:30 am: Lenten Prayers
5:30 pm: Monthly Council Meeting

Friday, March 22

6:00 pm: Memorial Service w/ reading of Parish Diptychs / Confessions

Saturday, March 23

4:00 pm: Great Vespers / Confessions

Sunday, March 24

9:05 am: Hours followed by D.L. / Memorial Panachida followed by Vespers / Social

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).

VIGILS- March 10

Basil Glovinsky (1) Loving memory of nephew, Richard

Susan Guzy (1) For health of mom; In memory of father, Frank

Laura Kovach (1) Special intention

Sandy Martin (1) Special intention

Darlene, Nick & Gabe Mazurik (1) Special intentions

David & Roddie Mazurik (13) Special intention

Twarek family(8) Health and recovery of Dick Biro; Health and recovery of Brad Bauer; Health and recovery of Julia; God's grace and healing to Todd; Safe travel for family and friends; Health of Diane, Betty, Steve, John, Doris, Stella, Ron, Jake, Helen; Special intention; Special intention.

MARCH

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



MARCH SPECIAL COLLECTION
St. Tikhon's Seminary

Please be generous!



PRAYER LIST Updated 3-15

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*)
Christopher Dixon (*Mary H's son-in-law*)
Victoria Dixon (*Mary H's daughter*)
John Richard Elcishko
Debbie Garnek (*Roddie's sister*)
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
Michael Kouznetsov (*Mary Hiser's son*)
Kristen (*Cassell's daughter*)
Helen Lis
Stanley Lis
Walter Litzie (*Fr.'s cousin*)
Maria (*Terrie's mom*)
David Martin
Greg Mazur
Judy Mazurik
(*Paul Mazurik's sister-in-law*)
Baby Stella Miller (*Chico's granddaughter*)
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*)
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*)
Katie and her unborn child
(*Cassell's daughter-in-law*)

Other Requests:

Victor Abrahamowicz
(*Mary Hiser's friend*)
Brad Bauer (*Natalie's friend*)
Dick Biro (*Natalie's friend*)
Steven Brancho (*Fr's friend*)
Anna Burch (*Wayne's friend*)
Danielle (*Cassell's friend*)
Shawntee Day (*Christi friend*)
Chris Fallon
(*Bishop Matthias's sister-in-law*)
Ben Franklin (*Laura friend*)
Theodore Geletka
(*St. Michael OC-Broadview
Heights' choir director*)
Baby Lucas Goodman
(*Christi Soski's friend*)
Donald Gresh
(*Basil's neighbor*)
Tom Hutnyan
(*Fr. Emil's brother*)
Elliot Joy (*Police chief's son*)
Jake Lipstraw
(*Natalie's friend*)
Tommy Leonchick (*Fr's friend*)
Dana Mahler (*Christi's friend*)
Jim Mahler (*Laura's neighbor*)
Anna Maiani (*Friend of Wayne*)
Dan Mallory (*Basil's neighbor*)
Pauline Meath (*Fr's friend*)
Marsha Ontko (*Sonya's friend*)

Todd Pollick (*Twarek's friend*)
Beth Reinhard (*Diane friend*)
Ethan Ross (*Joe S's co-worker*)
Emily Sarisky (*Fr's friend*)
Nick Shortridge
(*Christi's friend*)
Matthew Sterling
(*Diane T's neighbor*)
Janice Timko
Becky Vermillion
(*Laura's friend*)
Donald Williams
(*Joe S's friend*)
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)

Sunday, March 10

23 Total (20 members; 1 child; 2 guests; 12 communicants; 9 attended Vespers)

WEEKLY TITHING ONLY

Goal Pledged per month: \$4,100

Sunday, March. 3: \$980

Sunday, March 10: \$936.80

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: \$1,250)

Sunday, March 10: \$250 Special Collection (St. Tikhons & \$10 Special Collection for Zoe for Life); \$10 Restoration; \$25 cemetery / TOTAL DEPOSIT FOR THE DAY \$1,428.45

FINANCIAL CORRECTION FROM FEBRUARY

I reported the wrong Tithing numbers for the month. I reported we collected \$3,046. We actually collected \$3,972. Sorry for the mistake. Our goal for tithing is at least \$4,100. We came very close. Thank you & God Bless!

40 DAY REMEMBRANCE

March 17: State Trooper Lucas from VA / Police officer Matthew from Milwaukee / Det. Killed in NY

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 / Fire Fighter John / Jack Condlis

April 14: All those who lost their lives from the Tornadoes in AL / Joseph / Victims from the Egyptian plane crash / Glen / Peggie / Sheriff deputy Jacob from IL

Metropolitan Tikhon addresses youth, faithful on Forgiveness Sunday

On the eve of the first day of Great Lent—Forgiveness Sunday, March 10, 2019—a [video message by His Beatitude, Metropolitan Tikhon](#) was released, in which the faithful—and especially the Church's youth—are invited to enter Great Lent in the spirit of forgiveness that characterizes the season.

In addition, a [series of video reflections](#) by Metropolitan Tikhon once again will be available weekly throughout the lenten season. The weekly reflections will highlight themes found in the Triodion hymns sung on Tuesdays of each week during Great Lent. The series will be released at the beginning of each week through the lenten season.

It is our hope that the faithful, and especially our youth, will find these video reflections edifying in this year's "journey to Pascha."

Visit: oca.org

CANDLE / BULLETIN SPONSORS OFFERED FOR APRIL

Chandelier: (\$50) Laura: In loving memory of her father, Steven Mazur

Altar Candles: (\$50) Fr. Andrew: in Memory of his mother, Dorothy

Candles on the Tomb: (\$25) *Open*

Eternal Light & Icon Screen: (\$25) *Open*

Bulletin: (\$50) *Open*

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

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 15 to April 14th

St. Nicholas Church, Columbus, OH (March 15th)

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

Sunday Evening, March 17 (Archangel Michael Serbian Orthodox Church in Akron, OH)

5:00 pm Sunday of Orthodoxy services

Holy Resurrection Church, Palatine, IL

Wednesday, March 20th Pre-Sanctified Liturgy

Holy Apostles Church, Normal, IL

March 22nd (Fr. David Gresham to receive Diocesan Award of the Nabadrennik

Holy Trinity Cathedral, Chicago, IL

Monday, March 25th (Feast of the Annunciation Liturgy

Ss. Peter & Paul, Burr Ridge, IL

Wednesday March 27th (Pre-Sanctified Liturgy)

St. Luke, Palos Hills, IL

March 29th

St. Herman of Alaska Chapel, West Bend, WI

April 5th (Fr. Harold Madlom to receive the Synodal Award of the Palitza

St. Innocent Church, Olmstead Falls, OH

April 12-14

LENTEN DEANERY SERVICE

Sunday, March 31 @ 5:00pm
 Holy Trinity Orthodox Church, 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)- |
|---|--|--|

In Memoriam: Leonard W. Soroka

Leonard W. Soroka, 68, fell asleep in the Lord on Sunday, March 10, 2019 after a difficult battle with cancer.

Born in 1950, the son of Archpriest Vladimir and Matushka Olga [Konik] Soroka, he graduated from Iona College, New Rochelle, NY and Saint Vladimir's Orthodox Theological Seminary, Yonkers, NY before embarking on his vocation as a choir director that spanned over 45 years. He served as choir director at Saint John the Baptist Church, Passaic, NJ; Holy Resurrection Cathedral, Wilkes-Barre, PA; Saint Mary's Cathedral, Minneapolis, MN; and Holy Trinity Cathedral, Chicago, IL. Most recently he served as choir director at Saint George Antiochian Orthodox Church, West Saint Paul, MN. He also was widely known for editing and publishing several collections of liturgical music, including two volumes featuring festal and Holy Week selections.

He is survived by his son Aaron Soroka, daughter Kyra [Shane] Dunn, and their mother, Kathleen Kirkendall. He is further survived by his sister Donya [Paul] Yewisiak; brothers Michael Soroka and Archpriest Thomas [Matushka Joni] Soroka; and three grandsons, five nieces and two great nephews.

May Leonard's memory be eternal!

MEDITATION

Nathaniel answered: "You are the Son of God! You are the King of Israel!" (Jn 1:49) See how his soul is filled at once with exceeding joy and he embraces Jesus with his words?...See how he leaps and dances with delight? So should we also rejoice, who have been made worthy to know the Son of God—to rejoice not by thought alone but also by our actions. And what must they do who rejoice? Obey Him...and do what He wills...When he is hungry, let us feed Him; when He is thirsty, let us give Him to drink; though you might give Him but a cup of water, He receives it; for He loves you, and to one who loves, the offerings of the beloved, though they may be small, appear great.

St. John Chrysostom, Gospel of St John, Homily 20

The Prayer of St. Ephrem and its practice in daily family life.

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, and love toward your servants.

Grant that I may see my own sins and not judge my brother and sister, for blessed are You unto ages of ages. Amen.

How can this prayer become more meaningful in daily family life as we journey through Great Lent? A couple of things come to mind for families to consider.

- It would be a good idea for parents and their children to sit down and discuss what the various words in the prayer mean. Don't take for granted that children understand the sins of "sloth, despair, lust of power, and idle talk." The same may be said for "chastity" and "humility." What does it mean to "judge my brother and sister?" I would recommend reading Great Lent by Father Alexander Schmemmann, in which one chapter is devoted to the Prayer of Saint Ephrem. This would be a great resource for parents in guiding discussion with their children. Do our children understand the idea of sin? It is more than just making a mistake.
- Once this has happened, further discussion can take place on helping children to identify the ways in which ways they fall short or "miss the bull's eye" as they seek to live by this prayer. Children might make a list of sins to take to confession. Discussion can take place on how prayer, fasting, and almsgiving can act as wonderful medicines to help us fight and conquer sins in our lives that are difficult to stop, understanding that all of this can only happen by the grace and help of the Holy Spirit.

As we continue in this first week of Great Lent, please forgive me a sinner for any failings in what I have written on this family web page and for anything I have done to cause anyone to be offended. Forgive me a sinner and pray for me.

In Christ's love,
The unworthy +Paul