

St. Maximus the Confessor Orthodox Mission, Denton

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Priest Justin Frederick

Bulletin for Sunday, March 8, 2009

Schedule of Services

March 8th Sunday of Orthodoxy

9:00 a.m. Divine Liturgy

6:00 p.m. *Pan-Orthodox Vespers at Holy Trinity GOC*

March 10th Tuesday

7:00 p.m. Church History Class

March 11th Wednesday

7:00 p.m. Liturgy of the Presanctified Gifts

March 12th Thursday

7:00 a.m. Matins

6:30 p.m. Vespers

7:30 p.m. Abbot Gerasim Talk on Youth & Spiritual Life

March 13th Friday

7:30 a.m. Matins

12:00 p.m. Basics of Orthodoxy

6:30 p.m. Reader's Vespers

March 14th Saturday

5:00 p.m. Vigil

March 15th Sunday of St. Gregory Palamas

9:00 a.m. Divine Liturgy

6:00 p.m. *Pan-Orthodox Vespers at St. Peter's AOC, Fort Worth*

Let us now set out with joy upon the second week of the Fast; and like Elijah the Tishbite let us fashion for ourselves from day to day, O brethren, a fiery chariot from the four great virtues; let us exalt our minds through freedom from the passions; let us arm our flesh with purity and our hands with acts of compassion; let us make our feet beautiful with the preaching of the Gospel; and let us put the enemy to flight and gain the victory.

Vespers of the First Sunday

Come, let us cleanse ourselves by almsgiving and acts of mercy to the poor, not sounding a trumpet or making a show of our charity. Let not our left hand know what our right hand is doing; let not vainglory scatter the fruit of our almsgiving; but in secret let us call on Him that knoweth all secrets: Father, forgive us trespasses, for Thou lovest mankind. *Aposticha of Vespers*

Announcements for March 8th

To Our Visitors: Welcome! Please join us after the service for coffee and conversation and church school for the children. If you would, fill out a visitor's card for us and leave it in the basket on the table by the door. Be aware that shortly after the sermon, the catechumens, i.e., those preparing for Baptism & Chrismation, will be dismissed, but you are invited to stay for the rest of the service.

To All: Please be aware that Holy Communion is open only to Orthodox Christians who have prepared themselves for worthy participation in the Mystery through prayer, fasting, and a recent confession to a priest (within the last month or so). We should be modestly dressed and present to hear "Blessed is the Kingdom" (in *unusual* circumstances no later than the Gospel reading), and not have missed Sunday Liturgy for three or more weeks in a row.

Please Move Forward during the Liturgy! **Please** try to be quiet afterwards while the prayers of thanksgiving are being read in the church, or better yet, stay for the prayers so you don't have to read them later at home.

Church School meets right after the Liturgy.

The Special Freewill Offering today will be for debt reduction, next week for our Alaskan Seminarian Methodius.

Pan-Orthodox Vespers tonight at 6:00 p.m. is at Holy Trinity Greek Orthodox Church on Hillcrest Road just north of LBJ (635). Food will be served after the service.

Abbot Gerasim of St Herman's Monastery in Platina, CA, where he has been a monk for 25 years, will be with us this Thursday evening to speak about Youth and the Spiritual Life. He is giving a retreat at St. Seraphim's Friday and Saturday on the Spiritual life.

N.B. Fr. Justin will be at Holy Archangels Monastery from this evening until sometime Wednesday before the Presanctified Liturgy. If you have an emergency requiring a priest, please call the Cathedral (214) 528-3741, the Diocesan Office (214) 522-4149, or Fr. Michael Storozuk (469) 688-7644.

The Fast: Second Week

We abstain from meat, meat products, dairy, fish, wine (alcohol), oil, and marital relations. If fasting strictly, we take one meal a day M-F after 3 p.m. or after the Presanctified Liturgy. We join increased prayer and almsgiving to our fasting and cut back on (or cut out) all things that distract us unnecessarily from Christ.

Classes this Week:

Tuesday, 7:00 p.m. Church History

Friday, 12:00 p.m. noon: Basics of Orthodoxy: Fasting Why and How

Please Pray for our Catechumen: Thom Anderson, **our inquirers** John Parsons and Adam Betz, & Melanie. Please pray for our **shut-in** Nina Johnston, Lois Lyda's father James Anderson, Lisa Robertson's father Bobby, and for Frieda Glusheknko's mother Galina diagnosed with cancer, Elder Zacharias, also diagnosed with cancer, for Nick Gluschenko, and Gareth Tikhon Barnard who is working away from us in Kansas. Please remember Met. Jonah in your prayers, our Alaskan Seminarian Methodius Nicori, and for the nun Barbara as she labors to found a new monastery in our area.

Tithes, Offerings & Attendance: Bringing our tithes and offerings to the temple of God is part of our worship of God and a sign that Christ is, for us, Lord of all, including our money. Your worship of God through giving supports our efforts to proclaim the fullness of the Gospel of Christ in Denton through the establishment of a permanent Orthodox parish and new missions throughout Denton County and north Texas. Checks should be made out to St. Maximus Orthodox Church.

Last week, we gave \$3831.50 in tithes and offerings; in March we have given \$5144.06; our monthly budget is \$6218 (\$1554 per week). Candles \$56.50; Building Fund \$110; Bookstore \$42. May God bless your faithful giving! Attendance: Vigil 18, Liturgy 58; Forgiveness Vespers 40; Mon Canon 30; Tue Canon 17, Wed Canon 15, Thur Canon 9, Presanctified Liturgy 10.

From Saint Maximus

The one who makes provision for the desires of the flesh and bears a grudge against his neighbor for transitory things—such a man serves the creature rather than the Creator.

The one who keeps his body away from pleasure and sickness keeps it as a fellow worker in the service of better things.

The one who flees from all the world's desires puts himself beyond every worldly grief.

400 Chapters on Love, 1.20-22

Comment: *God commands us to forgive that we may be forgiven. To be angry and hold a grudge against someone over a worldly matter contrary to God's wish reveals that our true master is the things of this life, not God.*

Our bodies are to be the servants of our souls; sickness lays us up and keeps us from work, while pleasure also keeps us from work by making us seek it rather than to do our duty. It feels better to lie in bed than to get up to pray and get about our chores: to keep the body from this pleasure of lying in bed

past the proper time is to keep it functioning as a servant of God. True Christian asceticism is a middle road between sloth and pampering the body on the one side and abusing and harming the body on the other.

Troparia and Kontakia for March 8th



Resurrectional Troparion, tone 5

Let us the faithful hymn and worship the Word / who with the Father and the Spirit hath no beginning, / and was born for our salvation of the Virgin; / for He was pleased to ascend the Cross in the flesh, / and to endure death / and to raise the dead / by His glorious Resurrection.

Sunday of Orthodoxy, Troparion, tone 2

We venerate Thine immaculate icon, O Good One, / asking pardon of our offenses, O Christ God. / For Thou wast pleased of thy good will to ascend the Cross in the flesh, / to deliver those whom Thou hadst fashioned from bondage to the enemy. / Wherefore, in thanksgiving, we cry out to Thee: / Thou hast filled all things with joy, O our Savior, having come to save the world.

St. Maximus, Troparion, tone 3

By an outpouring of the Holy Spirit / thou didst pour forth Christ's sacred teachings, / thou didst expound with Divine authority / the self-emptying of God the Word / and wast radiant in thy confession of the True Faith: / O, Glorious Father Maximus / pray to Christ our God / to grant us His great mercy.

St. Maximus, Kontakion tone 8 *Serbian Melody*

Let us the faithful praise with fitting hymns / that lover of the Holy Trinity, great Maximus, / who clearly taught the divinely-given Faith: / that we should give glory unto Christ our God, / Who, but one person, hath in very truth / two natures, wills, and energies. / Let us cry to him: // Rejoice, divine herald of the Faith.

Sunday of Orthodoxy, Kontakion, tone 8

The uncircumscribed Word of the Father became circumscribed, / taking flesh from thee, O Theotokos, / and He hath restored the sullied image to its ancient glory, filling it with the divine beauty. / This our salvation we confess in deed and word, and we depict it in the holy icons.