

St. Maximus the Confessor Orthodox Mission, Denton

2026 W. Oak Street • Denton, TX 76201

(940) 565-6753 • www.stmaximus.org

Priest Justin Frederick (940) 293-3032 cell

Bulletin for Sunday, March 8<sup>th</sup>, A.D. 2020

**March 8<sup>th</sup> Sunday of Orthodoxy tone 5**

9:00 a.m. Divine Liturgy, Synodicon, Basics of Orthodoxy  
1:20 p.m. Vespers  
6:00 p.m. Pan Orthodox Vespers, Holy Trinity, GOA, Dallas

**March 9<sup>th</sup> Monday**

6:00 a.m. Matins, Confession  
5:00 p.m. Vespers, Confession

**March 10<sup>th</sup> Tuesday**

6:00 a.m. Matins, Confession  
3:00 p.m. Vespers, Confession

**March 11<sup>th</sup> Wednesday**

6:00 a.m. Matins, Confession  
6:30 p.m. Liturgy of Presanctified Gifts, Meal

**March 12<sup>th</sup> Thursday**

6:00 a.m. Matins, Confession  
3:00 p.m. Vespers, Confession

**March 13<sup>th</sup> Friday**

6:00 a.m. Matins, Confession  
6:30 p.m. Liturgy of Presanctified Gifts, Meal

**March 14<sup>th</sup> Saturday**

9:00 a.m. Lenten Retreat, Nativity Monastery, Kemp  
5:00 p.m. Vigil, Confession

**March 15<sup>th</sup> Sunday tone 6 St. Gregory Palamas**

9:00 a.m. Divine Liturgy, Basics of Orthodoxy 101  
6:00 p.m. Pan Orthodox Vespers, St. Demetrios GOA, FW

*Optina Elders on Fasting*

The Holy Church cries out: fasting is not avoiding food, but putting away all evil controlling the tongue from idle talking and gossip, forbearing from anger, and abstaining from lust, falsehood, and flattery. Whoever fasts in this way, his fast is pleasing to God. *St. Anthony*

Refrain from food as much as possible and try to eat light and familiar foods in moderation. *St. Leo*

St. Maximus the Confessor Orthodox Mission  
belongs to the Diocese of the South, Orthodox Church in America

## Announcements for March 8

**To Our Visitors: Welcome!** Please join us after the service for coffee, food, and conversation. If you would, fill out a visitor's card for us and leave it in the basket on the candle table by the door. We also invite you to go first through the line at Coffee Hour.

**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).

**The Special Offering** today is for Our Daily Bread soup kitchen.

**Lenten Almsgiving:** We shall be collecting money and goods to support one or more local charities, to be announced soon. We also have our own almsbox and our own food pantry, which accepts canned goods.

**The Church Library** has many edifying books. Please use it. If you have books from the library that you have had out for a long time, please return them so others may benefit from them.

**Temple Wine** offered for the health and salvation of Jennifer and Ezekiel Branch, and Dymphna, in memory of Benjamin Branch;  
**Temple Oil** offered for the health and salvation of Joy Dobbs.

**Liturgy of St. Basil** is served today and the following four Sundays of the Fast. Please pay attention to the longer anaphora, which beautifully recounts the history of our salvation.

**Presanctified Liturgies** during Lent will be followed by a fast-worthy potluck meal that we may break the fast together. The Eucharistic fast will begin at noon for them this week. This week, there will be a spiritual reading during the meal.

**Lenten Pan-Orthodox Vespers** will be celebrated tonight at 6:00 at Holy Trinity in Dallas. A lenten meal will follow. Next Sunday it will be at St. Demetrios, FW.

### The Fast: Second Week

We abstain from meat, meat products, dairy, fish, wine (alcohol), oil, and marital relations. If fasting fully according to the norm, we take one meal a day M-F after 3 p.m. or after the Presanctified Liturgy (five meals instead of the two of last week). We take two meals a day on Saturday and Sunday. 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:** the services are our primary classes this week. Sunday, noon Basics of Orthodoxy 101

**Orthodoxy on Tap**, a local gathering of young adult (20s-30s) Orthodox Christians to discuss the application of Christian faith to modern life, will meet at St. Maximus Thursday, March 19, at 7:00 p.m. Fr. Justin will lead a discussion entitled "Engagement with the World on Our Terms".

**Pastoral Care:** If you have a health emergency, are hospitalized, or having surgery (or know someone who is) and desire visitation; please contact Fr. Justin at (940) 293-3032 for prayer and anointing.

**Tithes, Offerings & Attendance:** Bringing our tithes and offerings to the temple of God is part of our worship of God and 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 in Denton County and north Texas. Checks should be made out to St. Maximus Orthodox Church and placed in the slot in the candle table (or in the basket passed during service). There are also boxes for alms and our building fund.

Last week, we gave \$1728.10 in tithes and offerings; our monthly budget is \$17,560; (the money received above budget goes to the building fund). Candles \$111. Special Offering for the Seminarian Fund \$127; Myrrhbearers \$7.25. Attendance last week: Vigil 67, Liturgy 139. *Please note: we do not report funds given electronically until the end of the month.*

**Please Pray** for our catechumens for our catechumens Robert Peterson, Makenna Baldwin, Mark Robertson, Mark Jones, Elizabeth Dakak, Colby and Rebekah Meals and their children Caleb, Jacob, Joshua, Abigail, and Benjamin, and for our inquirers the Dean family, Robert Osborne, Robert Boguski, Branson, Drew (Andrew), Haydon Grosch, Andrew, and Carter. Pray for Joseph and Olga Fincher, for Elizabeth Terry, for Thomas Harper who is in South America, and for Eugene & Rachel Hollembeak.

### Building Fund Watch

"Establish Thou this holy house, even unto the consummation of the age."

*Liturgy of St. Basil*

Building fund balance: \$254,900. Goal: \$300,000 by June 1. We may need to raise \$500,000 before we start building per the current plan. With *everyone* pulling together, we can do this with God's help and provision.

**The Eucharistic Fast** before the Liturgy of Presanctified gifts properly begins at midnight, but the bishops have said we may start it at noon for an evening service. One approach is not to eat from midnight but to drink up to noon, at which time we stop eating and drinking completely until after Holy Communion. The fasting is probably one reason the Presanctified is celebrated in many places in the morning, so people can fast as usual from midnight and then

break it with Holy Communion about the usual time, though this is not according to the logic of the *Typicon*, which would have us not eat all day until Communion in the evening.

**From Saint Maximus 400 Chapters on Love**

1.5 If everything that exists was made by God and for God, and God is superior to the things made by Him, he who abandons what is superior and devotes himself to what is inferior shows that he values things made by God more than God Himself.

1.6 When your intellect is concentrated on the love of God you will pay little attention to visible things and will regard even your own body as something alien.

1.7 Since the soul is more noble than the body and God incomparably more noble than the world created by Him, he who values the body more than the soul and the world created by God more than the Creator Himself is simply a worshipper of idols.

1.8 If you distract your intellect from its love for God and concentrate it, not on God, but on some sensible object, you thereby show that you value the body more than the soul and the things made by God more than God Himself.

**Troparia and Kontakia for March 8**

**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.

**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.

---

“It is not he who begins well who is perfect. It is he who ends well who is approved in God’s sight.” *St. Basil the Great*

---