

Saints Cyril and Methodius Orthodox Christian Church

A Parish of the Diocese of New England of the Orthodox Church in America

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Sunday, February 19, 2023

SUNDAY OF MEATFARE – Tone 3. Sunday of the Last Judgment. Apostles of the Seventy Archippus (Arkhipp) and Philemon, and Martyr Apphia (1st c.). Martyrs Maximus, Theodotus, Hesychius, and Asclepiodota, of Adrianopolis (305-311). Ss. Eugene and Macarius, Presbyters and Confessors, at Antioch (363). Ven. Dositheus of Palestine, disciple of Ven. Abba Dorotheus (7th c.). St. Rabulas of Samosata (ca. 530). Ven. Theodore of Sanaxar (1791).

<https://www.oca.org/saints/lives/2023/02/19>

Services and Events, Upcoming

Saturday, February 18, 5:30: A General Memorial Service (“Panikhida”) for all the Departed. (*This Saturday, the Eve of the Sunday of the Last Judgment, is one of a number of “Memorial Saturdays” throughout the year, when we commemorate those who have departed this life in the hope and expectation of resurrection to eternal and blessed life.*)

Saturday, February 18, 6:00 PM: Our usual weekly Saturday evening Vigil Service (Great Vespers with elements of Resurrectional Matins).

Sunday, February 19, The Sunday of the Last Judgment, 9:15 AM: Our usual Sunday morning celebration of the Lord’s Day Divine Liturgy, followed by our usual Coffee Social Hour. (*This is the last completely “fast-free” day until Holy Pascha!*)

Wednesday, February 22, 8:00 AM: Our usual and customary Wednesday morning Matins service.

Saturday, February 25, 6:00 PM: Our usual weekly Saturday evening Vigil Service (Great Vespers with elements of Resurrectional Matins).

Sunday, February 26, Forgiveness Sunday, 9:15 AM: Divine Liturgy, followed by an abbreviated Coffee Social Hour, after which we will serve Forgiveness Vespers with the Rite of Forgiveness to begin Great Lent.

Monday, February 27, 7:00 PM: Compline, with The Canon of Saint Andrew of Crete

Tuesday, February 28, 7:00 PM: Compline, with The Canon of Saint Andrew of Crete

Wednesday, March 1, 10:30 AM: Divine Liturgy of the PreSanctified Gifts. (*This service is being scheduled earlier in the day than usual to allow those who are not able to travel after dark to more easily attend.*)

Thursday, March 2, 7:00 PM: Compline, with The Canon of Saint Andrew of Crete

Friday, March 3, 7:00 PM: General Memorial Service (“Panikhida”) for All Departed

Saturday, March 4, 6:00 PM: Our usual weekly Saturday evening Vigil Service (Great Vespers with elements of Resurrectional Matins).

Sunday, March 5, First Sunday in Great Lent, The Sunday of Orthodoxy, 9:15 AM: Our usual Sunday morning celebration of the Lord’s Day Divine Liturgy, followed by a Lenten Coffee Social Hour.

Sunday, March 5, First Sunday in Great Lent, The Sunday of Orthodoxy, 4:00 PM: Mission Vespers, Holy Ghost Orthodox Church, Bridgeport.

Wednesday, March 8, 6:30 PM: Divine Liturgy of the PreSanctified Gifts, followed by a Bring-and-Share Lenten Supper.

Friday, March 10, 7:00 PM: General Memorial Service (“Panikhida”) for All Departed

Saturday, March 11, 6:00 PM: Our usual weekly Saturday evening Vigil Service (Great Vespers with elements of Resurrectional Matins).

Sunday, March 12, The Second Sunday in Great Lent, 9:15 AM: Our usual Sunday morning celebration of the Lord’s Day Divine Liturgy, followed by a Lenten Coffee Social Hour.

Sunday, March 12, The Second Sunday in Great Lent, 4:00 PM: Lenten Mission Vespers, Christ the Savior Orthodox Church, Southbury.

Monday, March 13, 7:00 PM: The March monthly meeting of the Terryville Parish Council will take place on Monday evening, March 13, beginning at 7:00 PM. This meeting will be convened via ZOOM teleconference.

Wednesday, March 15, 6:30 PM: Divine Liturgy of the PreSanctified Gifts, followed by a Bring-and-Share Lenten Supper

Friday, March 17, 7:00 PM: General Memorial Service (“Panikhida”) for All Departed

Saturday, March 18, 6:00 PM: Our weekly Saturday evening Vigil Service (Great Vespers with elements of Resurrectional Matins), with Bringing out of the Precious and Life-Giving Cross for Veneration.

Sunday, March 19, The Third Sunday in Great Lent, The Veneration of the Precious and Life-Giving Cross, 9:15 AM: Our usual Sunday morning celebration of the Lord’s Day Divine Liturgy, followed by a Lenten Coffee Social Hour.

Sunday, March 19, The Third Sunday in Great Lent, The Veneration of the Precious and Life-Giving Cross, 4:00 PM: Lenten Mission Vespers, Holy Trinity Greek Orthodox Church, Bridgeport.

Wednesday, March 22, 10:30 AM: Divine Liturgy of the PreSanctified Gifts. *(This service is being scheduled earlier in the day than usual to allow those who are not able to travel after dark to more easily attend.)*

Friday, March 24, 7:00 PM: Vespers for the Feast of the Annunciation.

Saturday, March 25, 9:15 AM: Festal Divine Liturgy, Feast of the Annunciation.

Saturday, March 25, 6:00 PM: Our usual weekly Saturday evening Vigil Service (Great Vespers with elements of Resurrectional Matins).

Sunday, March 26, The Fourth Sunday in Great Lent, 9:15 AM: Our usual Sunday morning celebration of the Lord’s Day Divine Liturgy, followed by a Lenten Coffee Social Hour.

Sunday, March 26, The Fourth Sunday in Great Lent, 4:00 PM: Connecticut Deanery Lenten Mission Vespers hosted by our Parish, followed by a Reception for our guests featuring Lenten Soups, Breads, and Desserts.

Wednesday, March 29, 6:30 PM: Divine Liturgy of the PreSanctified Gifts, followed by a Bring-and-Share Lenten Supper.

Thursday, March 30, 9:00 AM: Lenten Morning Prayers, with The Canon of Saint Andrew of Crete

Friday, March 31, 7:00 PM: The Akathist Hymn to the Most Holy Theotokos

Saturday, April 1, 6:00 PM: Our usual weekly Saturday evening Vigil Service (Great Vespers with elements of Resurrectional Matins).

Sunday, April 2, the Fifth Sunday in Great Lent, 9:15 AM: Our usual Sunday morning celebration of the Lord's Day Divine Liturgy, followed by a Lenten Coffee Social Hour.

Sunday, April 2, the Fifth Sunday in Great Lent, 4:00 PM: The annual Connecticut Deanery Holy Unction Service, Three Saints Orthodox Church, Ansonia, CT.

Wednesday, April 5, 6:30 PM: Divine Liturgy of the PreSanctified Gifts, followed by a Bring-and-Share Lenten Supper

Friday, April 7, 7:00 PM: Vespers to conclude Great Lent and to mark the Eve of Lazarus Saturday.

Saturday, Lazarus Saturday, April 8, 9:15 AM: Divine Liturgy, Lazarus Saturday, Commemorating the occasion when Jesus raised His friend Lazarus from among the dead.

Saturday, April 8, Eve of Palm Sunday, 6:00 PM: Great Vespers and Litya, Commemorating Palm Sunday, Our Lord's Triumphant Entry into Jerusalem.

Sunday, April 9, Palm Sunday, 9:15 AM: Festal Divine Liturgy for Palm Sunday, followed by a Coffee Social Hour.

Sunday, April 9, Palm Sunday, 4:00 pm: CT Deanery Bridegroom Matins to Begin Holy Week, Holy Trinity Orthodox Church, New Britain.

Great and Holy Monday, April 10, 7:00 PM: Bridegroom Matins

Great and Holy Tuesday, April 11, 3:00 PM: Bridegroom Matins. *(This service is being scheduled earlier in the day than usual to allow those who are not able to travel after dark to more easily attend.)*

Great and Holy Wednesday, April 12, 7:00 PM: Matins of Great and Holy Thursday, Commemorating the Our Lord Jesus Christ's Last Supper with His Disciples

Great and Holy Thursday, April 13, 10:00 AM: Vespers and Divine Liturgy, Great and Holy Thursday, Commemorating the Our Lord Jesus Christ's Last Supper with His Disciples

Great and Holy Thursday, April 13, 7:00 PM: Matins of Great and Holy Friday, with the Reading of the Twelve Passion Gospels

Great and Holy Friday, April 14, 3:00 PM: Vespers commemorating the Death and Burial of Our Lord, with the Bringing out of the Winding Sheet (The "Plashchinitsa/Epitaphion")

Great and Holy Friday, April 14, 7:00 PM: Matins of Great and Holy Saturday, with the Lamentations over the Tomb, and the Procession

Great and Holy Saturday, April 15, 10:00 AM: Vespers and Divine Liturgy over the Tomb of Christ, with the Many Old Testament Readings, the Changing of the Liturgical Colors from Dark to Bright, and the First Proclamation of the Gospel of Our Lord Jesus Christ's Resurrection from the Dead.

Great and Holy Saturday, April 15, 11:30 PM, leading into the Sunday of Great and Holy Pascha, Sunday, April 16: Pascha Midnight Services (Nocturns, Matins, and Divine Liturgy), with the Proclamation of Our Lord Jesus Christ's Resurrection from the Dead – Christ is risen! Indeed, He is risen!

News and Notes

Coffee Hour Hosts: Please, consider signing up to host one (or some) of our Sunday morning Coffee Social Hours. Thank you!

2023 Pledge Forms: If you have not yet completed and returned your annual Pledge Form for 2023, please do so. If you have any questions or concerns about this matter, please, see Fr. John. The pledge form can be accessed at this link: <https://terryvilleorthodoxchurch.org/files/PledgeForm2023.pdf>

Some things to do during Great Lent (listed in no particular order):

- Embrace Silence: Turn off the phone, the computer, the TV, etc., and embrace silence before the face of God. Practice periods of silence and mindfulness. If it is not possible to be completely silent, say to yourself, slowly and carefully, the Publican's Prayer: "O God, be merciful to me a sinner." (Luke 18:13), or the Jesus Prayer, "O Lord, Jesus Christ, Son of God, have mercy on me a sinner."
- Make and keep an appointment for the Sacrament of Confession. Prepare for this appointment carefully, examining your life with honesty and humility.
- Attend as many of the Church services as you possibly can. Do not make excuses for yourself.
- Read the Bible daily: Reading a little bit every day, it is entirely possible to read all four Gospels (Matthew, Mark, Luke, and John) during Great Lent. That, along with reading several Psalms from the Book of Psalms every day, is a good place to begin.
- Revitalize your prayer life. Pray for the strength to repent. Pray, too, for others in need of God's mercy and help. Make a list of all the living and departed you wish to commemorate and pray for them daily. Make some bows every day. It is good to pray on our knees before the Lord our God, in an attitude of humility and gratitude.
- Keep the Fast: During Great Lent (and on fasting days throughout the year) Orthodox Christians are expected to keep what is, for the most part, a vegan diet. We give up meat, poultry, fish, and dairy products that derive from animals (that is, eggs, cheese, milk, cream, butter, etc.). So, during Lent, we eat vegetables, and, occasionally, seafood that is not fish, such as shellfish and crustaceans, like shrimp and (even) lobster. (The allowance for seafood is historical: In ancient times, people did not relish seafood, other than fish. They didn't trust animals that had lived most of their lives on the bottom of the sea.) If we, truly, are not able to keep the fullness of Lenten fasting, then we need to do *something*, and we certainly can't do *nothing*. Most of us can certainly give up at least meats and poultry, without suffering ill effects.
- Give up trivial pursuits that are not edifying. Our "free" time should be occupied by activities that build us up and truly revitalize us, rather than simply entertain us in some mindless, unworthy, or useless fashion. (No "vegging out" during Lent!) We can relax in ways other than engaging in aimless or apathetic activities. Reading or listening to good and improving book is a form of relaxation that might be more "bless-able."
- Get enough sleep. Don't oversleep. 7 to 8 hours of sleep a day, at night, is appropriate for most adults. Not much more, certainly not less. If we need to nap during the day, it should be for a brief period of time that revitalizes us, rather than rendering us sluggish.
- Reach out to one person with the Good News (the Gospel) of Our Lord Jesus Christ. Is there not at least one person in your life who is open to that Good News at this time? There must be at least one.
- Do concrete acts of charity that cost you something. Don't just give away what is extra—endeavor to go "above and beyond."
- Pick one bad habit and break it. (This will likely be very difficult, but "if we fall, we get back up again.")
- Apologize to those whom you have sinned against. Begin by simply saying "I am sorry." This honors the fact that some need to hear an apology first, and are not yet ready to hear a request to be forgiven. Then, make amends, as necessary, to undo the hurt.

PARISH PRAYER LIST

Again we pray for all victims of disease, disaster, difficulty, warfare, and acts of terror and senseless violence throughout the world—both those who have died and those who have suffered and yet still live. We especially pray for those who mourn the loss of loved ones. Lord, hear us and have mercy!

+ THOSE WHO HAVE DEPARTED THIS LIFE: *Memory Eternal!*

Newly Departed

His Grace Bishop TIKHON, Retired Bishop of San Francisco d. 1/22/23
Fr. Dimitrios Recachinas—a priest in Connecticut d. 1/22/23
Priest John Bernardi—formerly a priest of our diocese d. 1/25/23
Archpriest Daniel Rentel—a well-known OCA priest d. 2/7/2023

Anniversaries of Repose – Memory Eternal!

Anna Wittick 2/19/1921
Vladimir Koltko 2/19/1961
Jacob Zarick 2/19/1970
Stephen Rosko 2/19/1986
Jeffrey Thomas Moore 2/19/2012
Roman Zhyr 2/20/1946
Anna Rosko 2/20/2017
Andrew Letitia 2/21/1952
Akim Dubnansky 2/21/1968
Eva Pavelchak 2/21/1992
John Hriceniak 2/21/2010
Eva Mihailoff 2/21/2016
Sophia Ivanchuk 2/22/1929
Alexei Gys 2/22/1937
Nellie Koltko 2/22/1998
Tekla Grayson 2/23/1960
Andrew Kaschak 2/23/1977
Mary Sarofin 2/23/2003
Anna Skalaban 2/24/1961
Ellen (Hasko) Williams 2/24/2001
Olga Rewak 2/24/2006

THOSE IN NEED OF GOD'S MERCY AND HELP

Persons captive and suffering for the Faith

Metropolitan Paul and Archbishop John—hostages in Syria

Those who are sick and suffering

Archpriest Andrew Tregubov—priest in New Hampshire; recently unwell
Archpriest Nicholas—Fr. John's brother-in-law, unwell recently
Matushka Anne Hosking—chronic illness; in need of our prayers
Matushka Ann S.—chronic health challenges
Fyodor (Frank) G.—suffering from Multiple Sclerosis (MS)
Donna—Ann S.'s niece, Deb W.'s cousin; kidney disease
Dayrl—Ann S.'s niece, Deb W.'s cousin; kidney disease-awaiting transplant
JoAnn—acquaintance of Jeanne Moore; ovarian cancer
MaryEllen—Louine K.'s daughter-in-law; suffering with Huntington's Disease
Yelena "Lenna" M.—overcoming, by God's grace, serious health challenges
Katie and Aubrey—a mother & daughter for whom we have been asked to pray
Tanya B.—suffering long-term and lingering effects of brain hemorrhage
Claudia A.—Waterbury parishioner; health challenges and now widowed
Mary Lynn—friend of Donna O.; battling breast cancer
Barbara—friend of Patty N.; unwell and in need of prayerful support
Michael "Mike" L.—ongoing health issues
child George—young son of a Kenyan Orthodox priest; quite unwell
Bill M.—struggling with health issues, please keep in prayer
Paula—friend of Jim L.; struggling with cancer
Dimitri—brother of Carolyn P.; health issues
Maryna B.—dealing with some health issues
Thomas—Patty N.'s nephew; battling cancer
Wayne—Donna O.'s father
George Kla.—our fellow parishioner; facing a variety of health challenges

Joseph—friend of Jeanne M.; in need of prayers
Dianna—Jennifer W.'s mother; suffering some health problems
Thomas—fighting cancer; father of a friend of the Parish (S.H.)
Yvonne K.—a person we have been asked to pray for; multiple myeloma
Mark—friend of a parishioner (F.G.); critically ill
Domenic—friend of a parishioner (F.G.); facing serious illness
Louis—friend of a parishioner (F.G.); facing serious illness
Brittney—facing possibly severe health issues; at the request of Kathy M.
Kathy S.—Waterbury parishioner; facing health challenges
Earlene L.—Mike and Jim L.'s mother; health issues
Natonya L.—Mike and Jim L.'s family member; heart surgery
Bach-Loan—a neighbor of Jeanne M.'s; recent serious health challenges
Rick—Deacon Paul and Patty's nephew; Rick is unwell and in need of prayers
Peter—Deacon Paul and Patty's acquaintance; battling leukemia
Marisa—a young girl, acquaintance of the Nimcheks, who is quite unwell
Stephen—facing health challenges; at request of Marilou P.
Emily—acquaintance of the Nimcheks; a person facing serious illness, courageously
Michael "Mike" A.—battling some health challenges
Robert J.—dealing with some health issues
Geraldine—acquaintance of Helena G.; battling lung cancer
Forrest H.—husband of Elaine H.; ongoing health challenges
John B.—acquaintance of Jeanne M.; facing health challenges
Elizabeth—suffered acute and chronic health issues; friend of Helena G.
Rosemary—dedicated member in the New Britain Parish; health challenges
Olga—John K.'s sister-in-law; unwell and in need of our prayers
Kirk—nephew of Joan M. and Jeanne M., recovering from cardiac surgery
Johnathan—son of Alison and Mike A.; severely injured in tree trimming accident
Paul S.—underwent medical procedure on December 6; still in need of prayers
Mary—relative of David C.; recently unwell
Cameron—relative of David C.; in need of prayerful support
Joshua—relative of Carolyn P.; recently diagnosed with a vexing illness
Andrea and Alexandra—mother & daughter who need prayers; req. of Helena G.
Jon—friend of Forrest and Elaine H., recovering from brain surgery
Jeffrey G.—John G.'s father; recovering from surgery
Mark—a man suffering with cancer; friend of Elaine and Forrest H.
Subdeacon Joseph B.—recovering from joint replacement surgery
John—the late Emery W.'s brother; suffering in illness
Edith—Patty N.'s aunt, injured in a car accident
Anita—Patty N.'s cousin, injured in a car accident

Shut-ins and those resident in long-term Care Facilities

Alex—John D.'s brother; suffering permanent effects of stroke
Dolores M.—Bob M.'s mother; resident in long-term eldercare
Vera M.—now at Anthology in Farmington
Roberta K.—a Waterbury parishioner living in long-term care
Dorothy F.—Waterbury parishioner

Mothers and the Children newly born of them

Kristen and the son newly born of her

Expectant Mothers and the Children to be born of them

Katrina and the child to be born of her
Alexis and the child to be born of her
Rose and the child to be born of her
And all the expectant mothers and their children

Travelers, Those Soon to be Traveling, and Those Apart from Us

John (Jack) K.

Those from among us serving on active duty in the Armed Forces

Joel O.—U.S. Navy; hospital corpsman ("medic")
Joseph B.—a Terryville neighbor; U.S. Marine Corps
Joshua P.—husband of a niece of Fr. John's; U.S. Army officer
Alexander—relative of Carolyn P.; 82nd Airborne Division U.S. Army soldier
Derek—relative of Carolyn P.; U.S. Army soldier
Ruben—acquaintance of the Hopkos, U.S. Marines Corps pilot

Birthdays

George Klachany 2/20
Mark Orelup 2/20



Additional Prayers Requested

Prayers Requested: Maryna B., friend of our Terryville Parish, and a native of Kharkiv, Ukraine, asks prayers for the health and salvation of her family and friends in Ukraine, including, specifically, her grandmother **Larissa**. Larissa, and others dear and known to Maryna, are still in Kharkiv, a city whose people have been suffering greatly, due to attacks by the military of the country of Russia. (Lord, hear us and have mercy!)

Prayers Requested: Lenna M., our fellow parishioner, also asks prayers for the health and salvation of family members in and from Ukraine, including, specifically, her second cousin **Ludmilla**, Ludmilla's daughter **Nadia**, Nadia's husband **Alexei**, and their children **Sofia** and **Anna**. (Lord, hear us and have mercy!)

Prayers requested: For Maryna B.'s brother **Dmytro**, sister-in-law **Yuliia**, and their child **Milana** (born May 6, 2022). (Lord, Jesus Christ, King of Peace, hear our prayers! Lord, have mercy.)

Prayers Requested, related to the troubles created by the Russian Federation's war against Ukraine: Elena Watras asks prayers for her Goddaughter **Vera** and her family members **Pavel, Timothy, Nina, Anya, Mitya, Petya, and all their extended family**.

Scripture Readings, etc.

For decades, it has been our custom to share Scripture Readings the Parish Bulletin. However, it seems better now to provide links to the Daily Scripture Readings and other resources located on the official website of the Orthodox Church in America, www.oca.org:

Follow this link, to be taken to a section of the official Orthodox Church in America website at which you can access the Daily Scripture Readings, the Lives of the Saints arranged day-to-day throughout the year, catechetical (instructional) material about the Orthodox Faith, and section featuring Questions and Answers about the Orthodox Faith:

<https://www.oca.org/orthodoxy>

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The End! Glory be to God!