

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 26, 2023

SUNDAY OF CHEESEFARE (Also known as Forgiveness Sunday) Tone 4. The Expulsion of Adam and Eve from Paradise. “Mezhetsk” Icon of the Mother of God. St. Porphyrius, Bishop of Gaza (420). Ven. Sebastian of Poshekhónsk (ca. 1500). Martyr Christodoulos.

<https://www.oca.org/saints/lives/2023/02/26>

Services and Events, Upcoming

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

NEXT SUNDAY! Collection to Aid Earthquake Victims, Sunday, March 5: On Sunday, March 5, the First Sunday in Great Lent, we will have a collection to aid those who are suffering in the wake of the recent earthquakes affecting southeastern Turkey and northwestern Syria. The proceeds from this collection will be conveyed to Saint Nicholas Antiochian Orthodox Church in Bridgeport, CT. The deacon in that parish, Archdeacon Sami Bal, is an immigrant who came to the United States in 1966 from the region of Syria (near the city of Aleppo) most affected by the awful earthquakes. Thus, through Archdeacon Sami, we have a conduit to help some of the persons now most in need.

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

Lenten Confessions

Make your appointment now! Great Lent begins on Monday, February 27. Each and every Christian should participate in the saving Sacrament of Holy Confession during the Lenten season, as part of his or her own “Lenten journey.” Please contact Fr. John now to make your Confession appointment, even if you want your appointment to take place later on during Lent. Please make your Lenten confession before the end of Great Lent, that is, by Friday, April 7. By the time we reach Holy Week and Pascha, every member of the Parish should (must!) have participated in the Sacrament of Confession in the Lenten season.

Preparation for the Reception of Holy Communion at the Divine Liturgy of the Presanctified Gifts

Most correctly described, the Divine Liturgy of the Presanctified Gifts is a solemn Lenten Vespers (evening) service celebrated at the end of a day of strict Lenten abstinence at which we receive, as the first food of the day, the divine and life-giving food that is the broken Body and spilled Blood of our Lord, Jesus Christ—the food that satisfies our deepest need for meaningful life in communion with God, our Heavenly Father. *(NOTE: This year, we will be serving several Divine Liturgies of the Presanctified Gifts in the late morning, in which case we are expected to fast from midnight onwards through the morning, until we receive Holy Communion as the first food of the day. We are serving this service in the morning on several occasions in order to make this service accessible to some who are unable to travel at night.)*

The following paragraph is excerpted from the Introduction to the order of the Liturgy of the Presanctified Gifts as prepared and printed by the Department of Religious Education of the Orthodox Church in America:

“The evening reception of Communion at the Liturgy of the Presanctified Gifts is fulfilled after a day of prayer and fasting, with the total abstinence from food and drink at least from the early morning hours of the day. Some consider the taking of even light, Lenten food on the morning of the Presanctified Liturgy as a “lessening” of the discipline. Those who have fasted a whole working day in preparation for the evening participation in the Holy Sacraments, however, know the great difficulty of the effort, as well as the very special spiritual fruits it brings from God.”

In view of this teaching, each of us needs to make a prayerful and pious decision concerning how we ourselves are going to prepare for the reception of Holy Communion during the Liturgy of the Presanctified Gifts. The minimum fast for a healthy adult preparing to receive Holy Communion at the evening celebration of the Divine Liturgy of the Presanctified Gifts should be complete abstinence from all food and drink (and, if you smoke, from tobacco!) from 12:00 noon. (This parallels the usual practice for receiving Holy Communion on Sunday mornings, which we prepare for by attending Saturday evening Vigil, keeping the rest of the evening free from inappropriate activity, reading our pre-communion prayers, and completely fasting from food and drink from 12:00 midnight until the time we receive Holy Communion in the morning.) Others—children, seniors, those with medical issues, etc.—should fast before the Divine Liturgy of the Presanctified Gifts as they are able. In every case, serious and significant effort must be made in this fasting as we prepare to receive Holy Communion.

Whatever the specifics of the manner in which we personally prepare for the reception of Holy Communion, we must not be heedless and simply come forward to receive the Holy Eucharist without forethought or preparation—preparation which includes fasting.

If you have any questions regarding this matter, please see Fr. John.

ON FASTING DURING GREAT LENT

Fasting, specifically as it affects the issue of what and how much we are to eat, is always a topic that receives much attention when we prepare to begin Great Lent. Fasting is an ancient tradition in the Church and not one that we should easily ignore or dismiss. **We all must fast during Great Lent. What then should we do?**

We should begin by reminding ourselves of the basics of the Church's traditional discipline of fasting. During Great Lent the strictest levels of fasting are prescribed, with certain exceptions allowed for weekends and feastsdays. The traditional norm, as developed and followed over many centuries in the Orthodox Church, is that we would abstain from the following items (listed here in order, beginning with those items which are eliminated first, on down to those items that many be permissible at some times):

- Meat and meat products (must be restricted)
- Milk and Egg Products (often referred to as "dairy." These items are perhaps permissible for some, for example, young children, the elderly or those in poor health.)
- Fish (permissible on certain feasts during Great Lent)
- Olive Oil (permissible on weekends and certain feasts in Lent)
- Wine (this means all alcoholic beverages; they are permissible on weekends and certain feasts during Great Lent)

So then, generally speaking, during Great Lent we are to make do with the following types of food:

- Shellfish and Crustaceans (shrimp, clams, etc.)
- Vegetables
- Vegetable Products
- Fruit, Grains (breads, pasta, rice, etc.), Nuts, etc.
- Non-alcoholic, dairy-free beverages

Having laid out the traditional guidelines for fasting, certain points must be made in reference to them. **First of all, each of us must make an honest, prayerful assessment of how well we can maintain the fasting discipline. If we are unable—due to age, illness, or some other weakness—to follow completely the traditional order of fasting, we must then make a decision about what we are going to do.** Over-scrupulosity in this regard will not save us, but neither will any rationalizing away of the need to fast. Each and every person, usually together with the other members of his or her family and, if necessary, in consultation with his or her parish priest, needs to make an honest and prayerful decision about how he or she is going to keep the Fast.

For Church events—such as Sunday morning "Coffee Hours," and "Bring and Share" meals following the Divine Liturgy of the Presanctified Gifts—we need to keep strictly to the traditional disciplines of the Fast so that those who are following those norms will not be placed in any sort of awkward situation.

That being said, we must remember that the purpose of fasting (along with its "siblings" among virtuous acts—almsgiving, and prayer) is to make us better able to carry out the two great commandments of our Savior, that is, to love God and to love our neighbor. **If we fast from food, but do not increase in love for God and others, our fasting is without purpose.** The same is true for both charitable giving (almsgiving) and prayer. Love is the highest rule, above and beyond any other pious disciplines. Therefore, a consistent teaching of the saints is that, while we are to make every effort to keep the Fast, the law of love teaches us that we are not to make a spectacle of ourselves in our fasting and if we are presented with a situation where love requires us to break the fast, then we must do so, and make up for that break in discipline through our care for one another.

Fasting, of course, does not concern just changes in our diet. **When we fast we should be making a concerted effort to change our entire style of life.** Just as when we embark on a program of physical fitness we not only adjust our diet, but also other facets of our lifestyle including exercise and rest, so too when we fast we are called to make changes in our entire life. The point of Great Lent is to restore our life to its proper state through a process of repentance that involves and encompasses our whole person. Therefore, when (not if!) we fast, we must also redouble our efforts in prayer and charity. We must "re-program" ourselves, and consider carefully our use of time. We must consider not only what we are allowing to enter us as food, but also what is entering us through what we read, hear, and watch. We must make and keep a plan of renewal during Great Lent that encompasses our whole person and life. This plan should have as its aim not just to redeem the time of Lent, but also to help us make lasting changes in our lives for the sake of our salvation and the salvation of those around us—positive changes that will persist even after Great Lent is over.

A holy person of our time has pointed out that when we judge other people, we often lose the opportunity to love them. Let us all remember during Great Lent to open ourselves with honesty and humility to God's judgement and leave the judging of others to Him: He is the only just judge and only He knows the true condition of a man or woman, His creature. **Let us receive the coming of Great Lent and Lenten fasting with joy, with "bright sadness," grateful for this time of repentance and renewal made possible by God's perfect love for us, His humble and unworthy servants.**

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. 2/7/23
Alexandrea—acquaintance of Helen G.	d. 2/18/23
Armand—Mike A.'s uncle—98 yr-old WW2 Navy Veteran	d. 2/24/23

Anniversaries of Repose – Memory Eternal!

Emelian Mozalak	2/26/1939
Alexander Oneperko	2/26/1970
Fannie Serduk	2/27/1976
Anna Hricenik	2/27/1988
Vasili Biscoe	3/1/1951
Roland Oraschewsky	3/1/2017
Symeon Papko	3/2/1944
Mary Greziuk	3/2/1956
Lillian Hasko	3/2/2008
Anton Honcharuk	3/3/1974
Donna Marie Kriniske	3/3/2014
Emery Michael Wegh	3/3/2015
Helen Kowaleski	3/4/1997

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—mourning loss of loved one; 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

Alexis and the daughter newly born of her (2/27)

Expectant Mothers and the Children to be born of them

Katrina 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

Jayne Grasso	3/3
Macrina Hopko	3/4



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!