

THE VINE

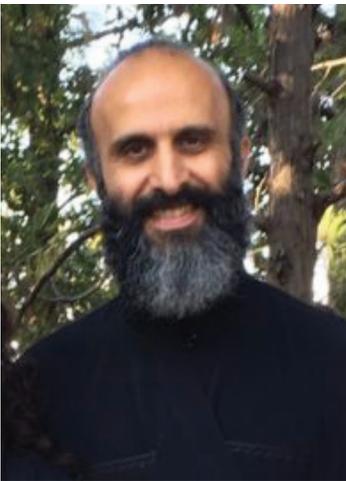
“Jesus said, I am the Vine, you are the branches. Those who abide in Me and I in them bear much fruit...” John 15:5

Vol. 23/Issue 1

Monthly Newsletter of Saints Constantine and Helen Greek Orthodox Church

March 2019

Unless we die, we cannot bear fruit.



*A*dam sat opposite Paradise and, lamenting his nakedness, he wept, ‘Woe is me ! By evil deceit was I persuaded and robbed, and exiled far from glory. Woe is me! Once naked in my simplicity, now I am in want. But, Paradise, no longer shall I enjoy your delight; no more

shall I look upon the Lord my God and Maker, for I shall return to the earth whence I was taken. Merciful and compassionate Lord, I cry to you, ‘Have mercy on me who am fallen’ (A hymn from the Sunday of Forgiveness Vespers)

The separation of man from God left Adam and Eve and all human beings who have ever lived and who will ever live with a feeling of emptiness deep inside our hearts and souls. This feeling of emptiness was the lament of Adam outside the gates of Paradise, as expressed in the hymn above. It is the longing for God, the tragic, unquenchable desire for God. Every human being and all of creation feels it.

But there is a profound paradox here. An example of God’s infinite wisdom: the Fathers of the Church teach that God removed Adam and Eve from his presence, from Paradise, and allowed

them to experience death, as an act of mercy. Because, otherwise, they would have lived forever in a state of disobedience, a state of brokenness, a state of separation from God.

If God had not expelled human beings from his presence they would have not had a reason to desire to return to him. God allows his creation to die, not to punish them, but in order to set in motion the divine plan of their salvation. This desire for God and the role that death plays in our salvation is at the heart of the journey of Great Lent.

Think for a moment about the words of Christ when he says,

“Truly I tell you, unless a grain of wheat falls to the ground and dies, it remains alone. But if it dies, it bears much fruit.” (John 12:24)

A grain of wheat contains within it a per-conditioned desire. A desire for the earth, for water, for the sun, a desire to become what it is meant to be: a beautiful, tall, golden stalk of wheat. But it cannot fulfill this desire unless it first dies and is buried in the ground.

In the same way, you and I, have a deep desire for God within us that is inescapable. We might try to satisfy that desire with material things, with money, with objects, with experiences, with being busy, with work, with information and entertainment. But these are just distractions from the one thing our souls truly desire and that is God.

But here’s the problem. Because of our fallen, broken nature, we had no way of fulfilling that desire. We did not have the power or the means to get back into Paradise, back in the presence of God, in order for our hearts and minds and souls to be at peace. In his compassion and his wonderful love, God does not leave us suffering outside the gates, but rather he comes to us, through the incarnation of Jesus Christ.

Now that Christ has come, how do we experience his presence in order to satisfy our longing for him? How can we die in order to live?

“Truly I tell you, unless a grain of wheat falls to the ground and dies, it remains alone. But if it dies, it bears much fruit.”

Great Lent provides us the ground where we can die and be buried in order that we may live and bear fruit and become what we were meant to be. In this ground we must bury and put to death our egotism, hate and anger, resentments and envy, lust and self-love so that the fruits of the Holy Spirit: joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control may bloom in our lives. In this ground we must bury our fears, negativity, our greed and apathy, our lack of compassion, our slander and gossip.

But the ground will be hard to break open. Difficult to dig into. It might be dry from years of us neglecting to nourish it with tears of remorse and repentance for our sins. Instead of flowers, it might be riddled with weeds of bad habits and addictions that we allowed to grow and take root. We will feel discouraged to start the work because it seems like such an enormous and difficult task.

Yet this is exactly why we must remember that we're not doing this alone but as members of the worldwide community of faithful Orthodox Christians. And Christ, His Holy Mother the Theotokos Mary, and all the Saints, through the Holy Spirit, want to and will help us.

We must no longer try to mask with distractions this painful desire for God that is within us, that emptiness, that loneliness, which only God can satisfy. Instead we have to open the wound and really feel that hunger and pain for God.

Great Lent is a time where we can strive to satisfy our hunger for communion with God. To being in his presence and experiencing his joy, his peace and love, now, today, in this life. The tools we must use to dig into the ground are fasting, prayer, alms-giving, confession and Holy Communion.

This Great Lent, we can take up the cross and follow Christ. We can “die daily,” as St. Paul says. We can bury ourselves in his words and in his love. In the sacrament of Confession, we can forgive others and ask for forgiveness for ourselves, for the Adam and Eve that are inside of us, for this broken and confused world.

This Great Lent, we can satisfy our deep hunger for the presence of God through praising and worshiping him at the many services that are offered, and especially the partaking of his Holy Body and Blood at the Pre-Sanctified Liturgy.

On Pascha, we will chant the joyous hymn of Christos Anesti, Christ is Risen! In his great love, Christ freed us from death and sin and he offers us eternal life. Christ, although completely sinless, became that grain of wheat. He took our sins upon himself and died and was buried and then became alive again and ascended into heaven. He did this in order that mankind could finally become what Adam and Eve were meant to be: sons and daughters of God the Father in the Kingdom of Heaven. That is your identity. That is your destiny. Believe in it. Rejoice in it. And most importantly, live it.

May you have a blessed and spiritually fruitful Great Lent.

With love in our Lord,

Fr. Ninos

**In his compassion
and his wonderful
love, God does not
leave us suffering
outside the gates,
but rather he comes
to us, through the
incarnation of
Jesus Christ.**

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STEWARDSHIP

Looking for a stewardship
chairperson!

CHOIR

Parish singing is
congregational at our
church. All are welcome
to join in and sing!

PRESIDENT'S MESSAGE

I would like to welcome Father Ninos and his family into our Family at Sts. Constantine and Helen.

Fr. Ninos is already focused on reviving our youth programs and implementing several adult (young & old) ministries.

You are invited to come and see the many new ministries and goals Father and the Council are starting. Of course, these programs need your support in order to thrive so we are asking that you contact Father to see how you can help.

Our Church turned 70 last year! So did I! Like us, the building needs repairs. The Council is going to put together a list and cost of repairs to present at our General Assembly in April. While these repairs are not in our budget, they need to be done (some for several years, we just have been putting them off). We would like to start selling the leaves on the Tree of Life to help pay for the projects.

I would like to thank George Kalis and his crew for the great Crab Feed, it is one of our biggest fund-raisers. Also thanks to Deme and the Philoptochos ladies for the fantastic job with Kids and Cancer another great fundraiser.

Please mark your calendar for Sunday April 14, 2019 for our General Assembly.

In His Service,

Bob Vogt
Parish Council President

PHILOPTOCHOS MISSION AND MEMBERSHIP!

How easy is it to be a part of our church community that helps those in need in our church, in Vallejo and in each of our home communities? Become a member (women and men) of the Sts. C&H Philoptochos.

You can help with your membership and with any amount of participation you wish. In our parish, we help our shut-ins and a helping hand to those in need, the feeding homeless in Vallejo, Soup for Seniors in Napa, Kids N' Cancer, local, state, national and international disaster relief.

Please mail, bring or hand to Pamela Contos your check for \$35 (or more) for 2019 to "Saints Constantine & Helen Philoptochos Chapter #4026, 1224 Alabama Street, Vallejo, Ca 94590.

Your attendance to our meetings is not required; but we would love to hear your ideas for helping others. We have a fun group. Come and see!

Pamela J. Contos

KOULA VOUCHILLAS 40 DAY MEMORIAL

March 17

CHRIST PAPPAKOSTAS ONE YEAR MEMORIAL

PATRICIA GONOS 40 DAY MEMORIAL

March 31

HOPE & JOY LENTEN RETREAT

On Saturday, March 9th, we had the first gathering of our HOPE & JOY ministry. It was a special lenten-themed retreat where the children learned the Jesus Prayer and ways they can show love and care for others. Each child created their own Lenten Journey poster. The poster helps them to follow the journey to Pascha, day by day, by doing two things: praying and loving others. Every time they say their prayers and do something nice for others, they check off a box for the day. After enjoying a pizza lunch, salad and desert, they made their second craft: a beautiful prayer vigil lamp which they can turn on at night when they say their prayers.

Our Hope & Joy ministry meets monthly on a Saturday morning and is open to children ages 5 - 10. We welcome pre-school aged kids as well but ask for parent supervision. Our next gathering will be on Lazarus Saturday, April 20th, after the Divine Liturgy!



Beloved Faithful of Saints Constantine and Helen Church,

Greetings in the name of our Lord and God and Savior Jesus Christ!

A new year is before us and with it a new opportunity to live out our Orthodox Christian faith and identity through the grace of our loving and compassionate God. Being assigned as the new priest of this beloved parish is a great blessing, privilege and honor for me.

My family and I are very thankful and touched by the warm welcome we have received since our arrival at the beginning of January. It has been a joy for me to meet many of you after the Liturgy on Sundays and when I visited you for house blessings. It's never too late to have your home blessed, so please feel free to reach out to me to schedule a time. It is important to sanctify and protect your home from evil, through the grace and power of God that is invoked through prayer and manifested in the Holy Water.

When I think of our parish, I see a beautiful, historic and grace-filled church, which would not have been possible without the blessing of God and the hard work and sacrifices of its founders. I see dedicated and faithful parishioners who have labored for many years, whether at the festival, crab feed or through their time, talents and stewardship, to ensure that the church's doors remain open to all those seeking the peace, love and healing that only Christ can give. I see the tremendous potential of this parish to continue being a loving, welcoming and thriving spiritual home for Orthodox Christians and seekers throughout Solano and Napa counties - a geographic area spanning six cities!

While we must remember and honor the struggles and achievements of the past, let us also re-

new our vision and dreams for the future. Let us never take what we have been given for granted. Think of all those who do not have a church where they can gather and pray. Think of those who risk being killed for practicing their faith. How will we answer God knowing that we had the time, the freedom and a beautiful church where Christ humbly and freely offered us his most Holy Body and Blood for our healing, sanctification and eternal life, yet we took it for granted and allowed ourselves to be distracted by other things of this fleeting world?

We have inherited a gift, a legacy, a treasure: our Orthodox Christian Faith. Let us strive to always make it a priority in our lives and in our homes. We must remember who we are and what we have been given. We are responsible before God to not squander or lose this precious gift of our faith but to live it every day as best as we can, to teach it to our children, and to share it with a broken, suffering and confused world.

With hope and excitement about the future, we have already made significant progress towards the renewal of our beloved parish by implementing important changes and upgrades in just the past two months through the efforts and leadership of the Parish Council.

For example, we created a new administration office with two workstations, networked computers and printers, as well as a designated space for all our important documents and records. Special thanks to Bob and Tassia Vogt, Phil and George Tsapakis for all their help in completing this project. The new office provides a functional and accessible environment for managing our finances and administrative tasks.

MARCH SCHEDULE

Wednesday, March 13

- 5:30 pm Ninth Hour Prayers
- 6:00 pm Pre-Sanctified Liturgy

Friday, March 15

- 10:00 am Pre-Sanctified Liturgy
- 6:00 pm 1st Salutations Service to the Virgin Mary

Saturday, March 16

- 8:30 am 3rd Saturday of the Souls
- 5:00 pm Great Vespers

Sunday, March 17

Sunday of Orthodoxy

- 8:30 am Orthros
- 10:00 am Divine Liturgy

Monday, March 18

- 6:00 pm Great Compline

Wednesday, March 20

- 5:30 pm Ninth Hour Prayers
- 6:00 pm Pre-Sanctified Liturgy

Friday, March 22

- 10:00 am Pre-Sanctified Liturgy
- 6:00 pm 2nd Salutations to the Virgin Mary

Soon after completing the new office, we welcomed Chris Corse as our volunteer administrative assistant. Chris has been a great help with various tasks and projects in the office twice a week.

At our last meeting, the Parish Council also voted to implement a new parish data management and accounting platform called Church Office and Ledger. It is a secure, robust and highly useful platform provided by our Archdiocese and used by every parish in our Metropolitan. It will ensure that we have accurate, up-to-date records of all our parishioners' data along with an integrated accounting system for maintaining and tracking your donations, stewardship contributions, fundraising monies, as well as giving us the ability to produce income and expense statements and comprehensive financial reports easily and quickly.

We are also upgrading our communication efforts with a new website, social media presence, weekly email newsletters and monthly Vine magazine mailings.

Allow me to take this opportunity to recognize and thank our esteemed Parish Council members:

Executive Committee

Bob Vogt - President
Dan Bouzos – Vice President
Dorothy Glaros – Treasurer
Tasia Vogt – Secretary

Council Members

Kay Nules
Maria Parras
Gary McPherson
Ray Elias
Philip Thomas

In addition to these administrative upgrades, we are offering new opportunities for prayer, learning and fellowship. At the onset of this year, a regular schedule of services and events commenced which includes:

Great Vespers – Every Saturday at 5:00pm.

The Sacrament of Confession is offered after Great Vespers on Saturdays or by appointment.

Sunday Worship: Orthros 8:30, Divine Liturgy 10:00am

Faith & Bible Study – Mondays at 10:30am

Small Paraklesis to the Holy Theotokos – Wednesdays at 6:00pm followed by an evening Faith & Bible Study. (On hiatus during Great Lent)

Know your Faith - On the 1st Sunday of every month, a brief, informal presentation is offered during the coffee hour by Fr. Ninos on a spiritual or theological topic along with an opportunity for a Q&A session.

Youth Programs

We are actively working on restarting our youth programs. A GOYA Lenten retreat is planned for April 5-7 at the Marin Headlands and a JOY and HOPE gathering is also in the works. Another major project and goal is to restart our Sunday School program this Fall. Stay tuned for more information.

Thank you for your loyal support and love for our parish. I look forward to meeting and getting to know you and your families better over the coming weeks and months. Please know that I am always available to you via phone or in person so please don't hesitate to contact me.

With thanksgiving to our Lord Jesus Christ for his abundant blessings, with God's help and grace, allow me to convey my sincere hope, prayers and commitment to our beloved parish as both your priest and your servant.

With love in our Lord,
Father Ninos

MARCH SCHEDULE (CONTINUED)

Saturday, March 23

5:00 Great Vespers

Sunday, March 24

Sunday of St. Gregory Palmas

8:30 am Orthros

10:00 am Divine Liturgy

Greek Independence Day Lunch

Monday, March 25

Annunciation of the Theotokos

8:30 am Orthros

10:00 am Divine Liturgy

6:00 pm Great Compline

Wednesday, March 27

5:30 pm Ninth Hour Prayers

6:00 pm Pre-Sanctified Liturgy

Friday, March 29

10:00 am Pre-Sanctified Liturgy

6:00 pm 3rd Salutations to the Virgin Mary

Saturday, March 30

5:00 Great Vespers

Sunday, March 31

Sunday of the Holy Cross

8:30 am Orthros

10:00 am Divine Liturgy

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>3</p> <p>Judgment Sunday Orthros 8:30 am Divine Liturgy 10:00 am</p>	<p>4</p> <p>Clergy Laity Congress 7:47 pm Faith & Bible Study 10:30 am</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>1</p>	<p>2</p> <p>1st Saturday of Souls 8:30 am Great Vespers 5:00 pm</p>
<p>10</p> <p>Forgiveness Sunday Orthros 8:30 am Divine Liturgy 10:00 am Forgiveness Vespers 12:30 pm</p>	<p>11</p> <p>Great Lent Begins Great Compline 6:00 pm</p>	<p>12</p>	<p>13</p> <p>Ninth Hour Prayers 5:30 pm Pre-Sanctified Liturgy 6:00 pm</p>	<p>14</p>	<p>15</p> <p>Pre-Sanctified Liturgy 10:00 am 1st Salutations Service to the Virgin Mary 6:00 pm</p>	<p>16</p> <p>3rd Saturday of the Souls 8:30 am Great Vespers 5:00 pm</p>
<p>17</p> <p>Sunday of Orthodoxy Orthros 8:30 am Divine Liturgy 10:00 am</p>	<p>18</p> <p>Great Compline 6:00 pm</p>	<p>19</p>	<p>20</p> <p>Ninth Hour Prayers 5:30 pm Pre-Sanctified Liturgy 6:00 pm</p>	<p>21</p>	<p>22</p> <p>Pre-Sanctified Liturgy 10:00 am 2nd Salutations to the Virgin Mary 6:00 pm</p>	<p>23</p> <p>Great Vespers 5:00 pm</p>
<p>24</p> <p>Sunday of St. Gregory Palamas Orthros 8:30 am Divine Liturgy 10:00 am</p>	<p>25</p> <p>Annunciation of the Theotokos Orthros 8:30 am Divine Liturgy 10:00 am Great Compline 6:00 pm</p>	<p>26</p>	<p>27</p> <p>Ninth Hour Prayers 5:30 pm Pre-Sanctified Liturgy 6:00 pm</p>	<p>28</p>	<p>29</p> <p>Pre-Sanctified Liturgy 10:00 am 3rd Salutations to the Virgin Mary 6:00 pm</p>	<p>30</p> <p>Great Vespers 5:00 pm</p>
<p>31</p> <p>Sunday of the Holy Cross Orthros 8:30 am Divine Liturgy 10:00 am</p>						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Great Compline 6:00 pm	2 Ninth Hour Prayers 5:30 pm Pre-Sanctified Liturgy 6:00 pm	3 Ninth Hour Prayers 5:30 pm Pre-Sanctified Liturgy 6:00 pm	4	5 GOYA Lenten Retreat 5:00 pm Pre-Sanctified Liturgy 10:00 am Akathist Hymn to the Virgin Mary 6:00 pm	6 Great Vespers 5:00 pm
7 GOYA Lenten Retreat Sunday of St. John Climacus Orthros 8:30 am Divine Liturgy 10:00 am	8 Great Compline 6:00 pm	9 Ninth Hour Prayers 5:30 pm Pre-Sanctified Liturgy 6:00 pm	10 Ninth Hour Prayers 5:30 pm Pre-Sanctified Liturgy 6:00 pm	11 Pre-Sanctified Liturgy 10:00 am	12 Pre-Sanctified Liturgy 10:00 am	13 Great Vespers 5:00 pm
14 Parish General Assembly Sunday of St. Mary of Egypt Orthros 8:30 am Divine Liturgy 10:00 am	15 Great Compline 6:00 pm	16 Ninth Hour Prayers 5:30 pm Pre-Sanctified Liturgy 6:00 pm	17 Ninth Hour Prayers 5:30 pm Pre-Sanctified Liturgy 6:00 pm	18 Pre-Sanctified Liturgy 10:00 am	19 Pre-Sanctified Liturgy 10:00 am	20 Lazarus Saturday Orthros 8:30 am Divine Liturgy 10:00 am Family Potluck Lunch and Palm-Folding 11:30 am Great Vespers 5:00 pm
21 Palm Sunday Orthros 8:30 am Divine Liturgy 10:00 am Bridegroom Service 7:00 pm	22 Holy Monday Pre-Sanctified Liturgy 10:00 am Bridegroom Service 7:00 pm	23 Holy Tuesday Pre-Sanctified Liturgy 10:00 am Bridegroom Service 7:00 pm	24 Holy Wednesday Pre-Sanctified Liturgy 10:00 am Holy Unction 3:00 pm Orthros of Holy Thursday 7:00 pm	25 Holy Thursday Vespers Divine Liturgy 10:00 am Holy Passion (12 Gospels Service) 7:00 pm	26 Holy Friday Royal Hours 10:00 am Taking down from the Cross 3:00 pm Epitaphios – Lamentations Service 7:00 pm	27 Holy Saturday Vespers Divine Liturgy 10:00 am Paschal Matins & Divine Liturgy 11:00 pm
28 Great and Holy Pascha Agape Vespers 11:00 am Pascha Picnic 1:00 pm	29	30				

SAINT PATRICK, THE ENLIGHTENER OF IRELAND

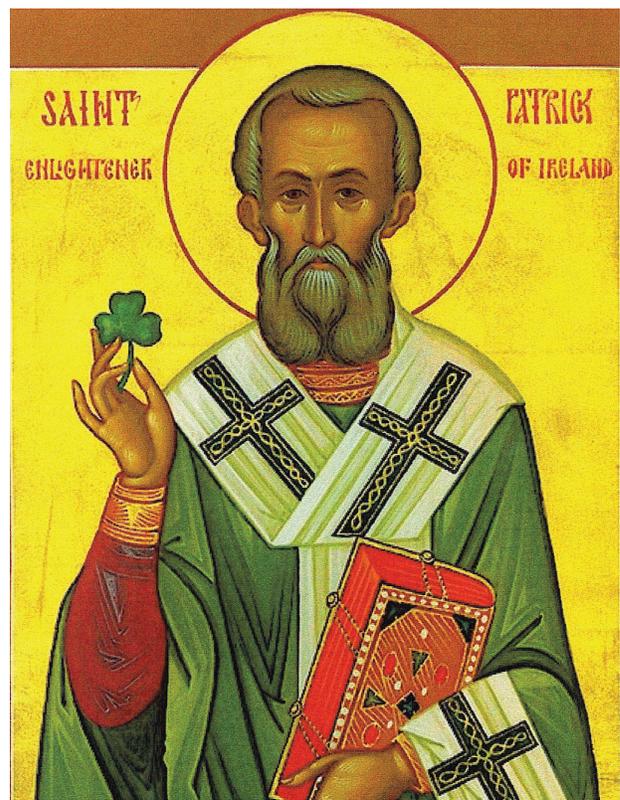
Our father among the saints Patrick of Ireland, Bishop of Armagh and Enlightener of Ireland, was born a Briton in the year 390 AD. Captured and brought to Ireland as a slave, he escaped and returned home. Later, he returned to Ireland, bringing Christianity to its people. His feast day is celebrated this month on March 17.

Saint Patrick was born around 390, at Kilpatrick, near Dumbarton, in Scotland. His name is from the Latin Patricius, meaning high-born. His parents were part of the Christian minority of Britain; his father, Calpornius, was a deacon, “the son of Potitus, a priest, of the village Bannavem Taburnae.”

At the age of 16, he was captured during a raid and taken to Ireland as a slave to herd and tend sheep. During that time, he prayed frequently and came for the first time to have a true faith in God. At age 22, he had a vision in which God told him to be prepared to leave Ireland. Soon, he escaped, walking 200 miles to a ship and returning to England. In a dream, he saw the people of Ireland calling him, “We beg you, holy youth, that you shall come and shall walk again among us.”

St Patrick sought clerical training. He was ordained by St. Germanus,

bishop of Auxerre. Around 430 he was ordained a bishop, after which he returned to Ireland. There, he preached the Gospel, reaching tribal chieftains, gaining their permission to teach their subjects also. During his episcopate, he was attacked for a sin he confessed to a close friend, a sin he committed “in a single hour” when only 15, but he did not suffer as a result. He established an episcopal administration and led a monastic lifestyle, establishing Christianity in Ireland. St. Patrick died at Saul, Downpatrick, Ireland, on March 17, 461.



THE LORICA OF ST. PATRICK

I arise today: in vast might, invocation of the Trinity; belief in a Threeness; confession of Oneness; toward the Creator.

I arise today: in the might of Christ's Birth and His Baptism; in the might of His Crucifixion and burial; in the might of His Resurrection and Ascension; in the might of His Descent to the Judgment of Doom.

I arise today: in the might of the order of Cherubim; in obedience to Angels; in ministrations of Archangels; in hope of resurrection for the sake of reward; in prayers of Patriarchs; in predictions of Prophets; in preachings of Apostles; in faith of Confessors; in innocence of holy Virgins; in deeds of righteous men.

I arise today: in the might of Heaven; brightness of sun, whiteness of snow; splendor of fire; speed of lightning; swiftness of wind; depth of sea; stability of earth; firmness of rock.

I arise today: in the might of God for my piloting; Power of God for my upholding; Wisdom of God for my guidance; Eye of God for my foresight; Ear of God for my hearing; Word of God for my utterance; Hand of God for my guardianship; Path of God for my precedence; Shield of God for my protection; Host of God for my salvation; against snares of demons; against allurements of vices; against solicitations of nature; against every person that wishes me ill, far and near; alone and in a crowd.

I invoke therefore all these forces: against every fierce merciless force that may come upon my body and my soul; against incantations of false prophets; against black laws of paganism; against false laws of heresy; against deceits of idolatry; against spells of witches and sorcerers and druids; against all knowledge that is forbidden to the human soul.

Christ for my guardianship today: against poison, against burning, against drowning, against wounding, that there may come to me a multitude of rewards; Christ with me, Christ before me, Christ behind me, Christ within me, Christ under me, Christ over me, Christ to the right of me, Christ to the left of me, Christ in lying down, Christ in sitting, Christ in rising up.

Christ in the heart of all who may think of me!
Christ in the mouth of all who may speak of me!
Christ in every eye which may look on me!
Christ in every ear which may hear me!

I arise today: in vast might, invocation of the Trinity; belief in a Threeness; confession of Oneness; meeting in the Creator.

Salvation is of the Lord. Salvation is of Christ. May Your Salvation, O Lord, remain always with us. Amen.

The Lorica of St. Patrick is a wonderful prayer he composed and prayed every day and also instructed the priests under his care to pray before going out into the towns and villages to preach the Gospel in what were often difficult environments where the danger of being killed by hostile pagans was constant. The word lorica is latin meaning armor or breast-plate. Just as it protected St. Patrick and his fellow priests, this is a prayer all of us can say to commune with God, his angels and saints and be sheltered by the power and grace of Christ.

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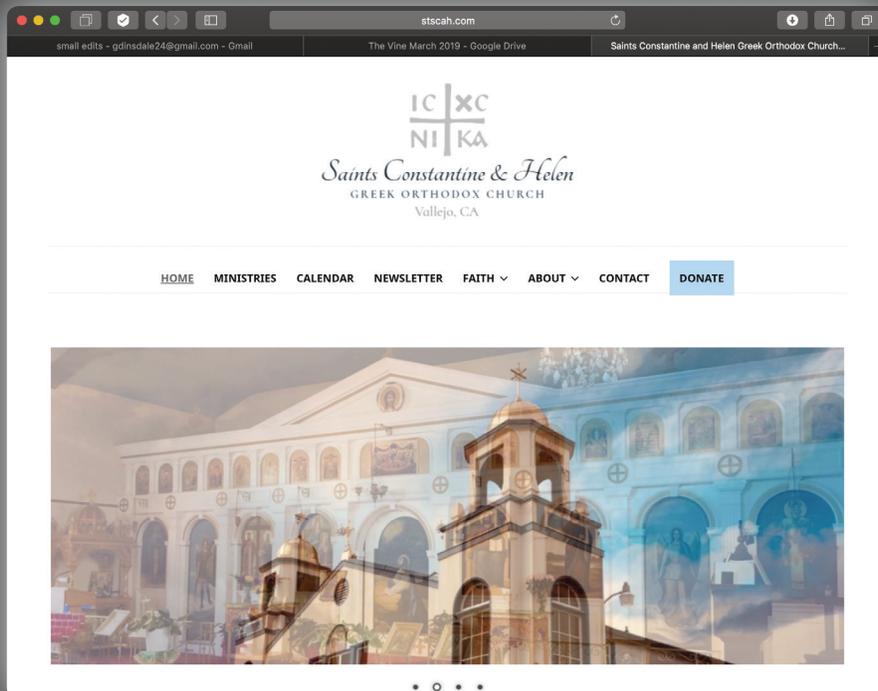
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Email: stscach@gmail.com
Phone: 707 642-6916

Sunday Worship Services
Divine services at 8:30

Note: Sunday Divine Liturgy starts at 10am year-round
See enclosed monthly calendar for our schedule of services

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OUR JOURNEY TO PASCHA! 2019

Created by Fr. Jonathan Bannan (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 17th	Publican and the Pharisee Reading: Timothy 3: 10-15 Gospel: Luke 18: 10-14	Trust in God, not yourself! Ask for His help before every task this week!
Normal Fast Week FEBRUARY 24th	The Prodigal Son Returns! Reading: 1 Corinthians 6: 12-20 Gospel: Luke 15: 11-32	Schedule a Confession. Use up/freeze meats this week.
Meatfare MARCH 3rd FAREWELL TO MEAT TODAY	The Last Judgment Reading: 1 Corinthians 8: 8-9; 2 Gospel: Matthew 25: 31-46	Pray facing East this week Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 10th FAREWELL TO CHEESE TODAY	Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Reading: Romans 13: 11-14; 4 Gospel: Matthew 6: 14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 17th	SUNDAY OF ORTHODOXY Reading: Hebrews 11: 24-26, 32-12:2 Gospel: John 1: 43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 24th	ST GREGORY PALAMAS Reading: Hebrews 1: 10-2:3 Gospel: Mark 2: 1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 31st	GENERATION OF THE HOLY CROSS HALF WAY TO PASCHA! Reading: Hebrews 4: 14-5: 6 Gospel: Mark 8:34-9: 1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent APRIL 7th	ST JOHN OF THE LADDER Reading: Hebrews 6:13-20 Gospel: Mark 9: 17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 14th	ST MARY OF EGYPT Reading: Hebrews 9: 11-14 & Heb 2:11-18 Gospel: Mark 10: 32.45 & LK 1:24-38	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 21st GREAT WEEK BEGINS	ENTRY OF OUR LORD INTO JERUSALEM Reading: Philippians 4: 4-9 Gospel: John 12: 1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 26th	GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet, & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 28th NO FASTING!	HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1: 1-17	Great everyone with "CHRIST IS RISEN" & say it before good morning and goodnight!