

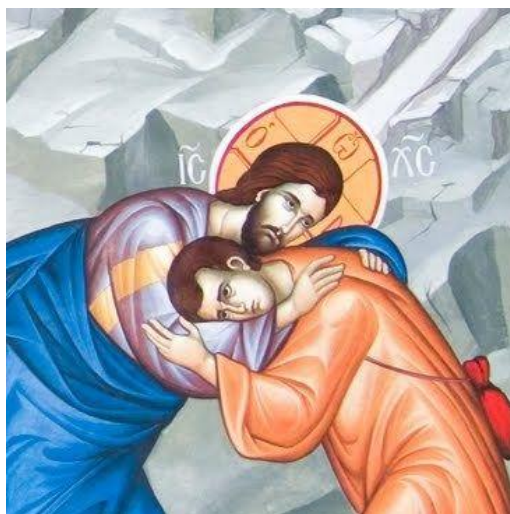
# WEEKLY BULLETIN

March 6, 2022

Vol. 39, No. 10

**CHEESEFARE SUNDAY**

**Forgiveness Sunday**



## SAINT ELIA

### ORTHODOX CHURCH

**A Parish of the Orthodox Church in America**

**64 W. Wilbeth Rd., Akron, Ohio 44301**

**Church Hall: 330-724-7129**

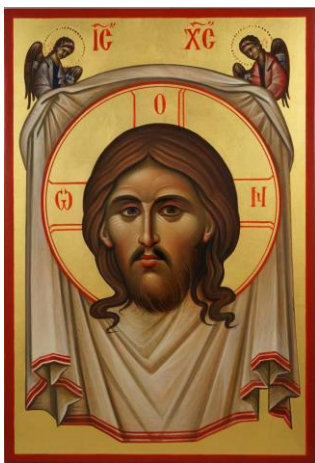
**Office: 330-724-7009**

**[www.saintelia.com](http://www.saintelia.com)**

**[www.facebook.com/sainteliaakron](https://www.facebook.com/sainteliaakron)**

*His Eminence Alexander, Archbishop of Toledo, Bulgarian Diocese, OCA  
Very Rev. Mitred Archpriest Father Don Anthony Freude, Parish Rector  
Rev. Protodeacon James M. Gresh, Attached*

**MARCH**  
**SCHEDULE OF DIVINE SERVICES**  
***THE LENTEN TRIODION***



**CHEESEFARE SUNDAY - Tone 4 - Forgiveness Sunday**  
**The Expulsion of Adam from Paradise.**

**Saturday, March 5**

**5:00 pm Great Vespers and Confessions**

**Sunday, March 6**

**9:10 am 3<sup>rd</sup> & 6<sup>th</sup> Hours: Reader Michael Luc**

**9:30 am Divine Liturgy of St. John Chrysostom**

**Epistle Reader: Reader Michael Luc**

**Epistle: Romans 13:11-14:4 Gospel: Matt.6:14-21**

**40<sup>th</sup> Day Panakhida for the repose of the soul of**  
**Samir E. Hakim, husband of Frances, father of**  
**Nicholas (Ariel) and Louis (Ellie), and uncle of**  
**Penny, and “Bapou” to Noah, Lucas, Kaitlyn,**  
**Harriet, Raylin and Greyson**

**5:00 pm Vespers**

**Mutual Forgiveness Service -**

***Beginning of Great Lent***

## **GREATLENT**

*The Lenten Spring has come! The light of repentance! Let us cleanse ourselves from all evil, crying out to the Giver of Light:  
Glory to Thee, O Lover of mankind!*

### **FIRST WEEK OF GREAT LENT**

**Monday, March 7 – 6:00 pm**

Great Canon of Repentance of St. Andrew of Crete – *1<sup>st</sup> Section*

**Tuesday, March 8 – 6:00 pm**

Great Canon of Repentance of St. Andrew of Crete- *2<sup>nd</sup> Section*

**Wednesday, March 9 – 6:00 pm**

Great Canon of Repentance of St. Andrew of Crete– *3<sup>rd</sup> Section*

**Thursday, March 10 – 6:00 pm**

Great Canon of Repentance of St. Andrew of Crete –*4<sup>th</sup> Section*

**Friday, March 11 – 6:00 pm** Liturgy of the Presanctified Gifts  
Blessing of the Boiled Wheat. *Lenten Covered Dish*

### **SECOND WEEK OF GREAT LENT**

**FIRST SUNDAY GREAT LENT – Tone 5**

**SUNDAY OF ORTHODOXY**

**Saturday, March 12**

**5:00 pm** Great Vespers and Confessions

**Sunday, March 13**

**9:10 am 3<sup>rd</sup> & 6<sup>th</sup> Hours: Reader Aaron**

**9:30 am** Divine Liturgy of St. Basil the Great

**Epistle Reader: Reader Aaron Gray**

**Epistle: Romans Hebrews 11:24-26, 32:12-22**

**Gospel: John 1:43-51**

**5:00 pm SUNDAY OF ORTHODOXY VESPERS**

**at St. Elia the Prophet Church**

***Homilist: His Eminence, our***

***Father, Archbishop Alexander***

# His Beatitude Metropolitan Tikhon Makes Urgent Financial Appeal for Ukrainian Refugee Relief

SYOSSET, NY [OCA]

A collaborative effort of the  
Orthodox Church of Poland and the  
Orthodox Church in America

All donations are tax deductible



**UKRAINIAN REFUGEE RELIEF**

[oca.org/relief](http://oca.org/relief)

Dear beloved children in the Lord,

It is with profound pain and sorrow that we see the situation unfolding in Ukraine. The invasion

of Russian troops has already caused death and destruction in many areas of the country and, as the battle progresses, the human cost continues to rise. It is heartbreaking to see the images of destroyed buildings, homes, and traffic jams as refugees flee the cities for their safety.

As Orthodox Christians we are expected to help those who are suffering and give comfort to the afflicted. The Apostle James asks us “If a brother or sister is ill-clad and in lack of daily food, and one of you says to them, ‘Go in peace, be warmed and filled,’ without giving them the things needed for the body, what does it profit?” (Jas. 2:16). We cannot turn a blind eye to the material needs of our suffering brothers and sisters in Christ.

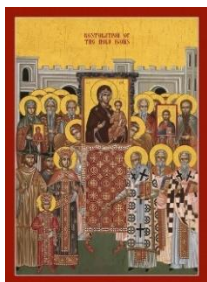
Therefore, I am making a [special appeal for donations](#) from the individual parishioners of the Orthodox Church in America from February 28th through March 7th. These donations will be collected by the Orthodox Church in America and sent on to ELEOS, the humanitarian agency of the [Polish Orthodox Church](#), and registered with the Polish government, who is dealing directly with the unfolding refugee crisis and needs support as soon as possible. Donations will go towards refugee relief, their housing, and meeting basic needs.

**This collaboration is being done with the blessing of His Beatitude Metropolitan Sawa of the Polish Orthodox Church. The Orthodox Church in America and the Polish Orthodox Church have long historical ties and these ties have enabled this collaboration to come together so quickly. Donations can be made at [oca.org/relief](https://oca.org/relief).**

**Furthermore, I again ask that fervent prayers be made for a swift end to this senseless violence. As we approach the beginning of Lent, we will soon hear the words of the Psalmist at the Presanctified Liturgy: “Behold, how good and pleasant it is when brothers dwell in unity. It is like the precious oil upon the head running down upon the beard, the beard of Aaron, running down on the collar of his robes. It is like the dew of Hermon which falls on the mountains of Zion. For the Lord has commanded the blessing, life for evermore!” (Ps. 132).**

**I pray that we, and all Orthodox Christians around the world, aspire to live according to these words.**

**Sincerely yours in Christ,  
+Tikhon  
Archbishop of Washington  
Metropolitan of All America and Canada**



# **SUNDAY OF ORTHODOXY**

## **March 13, 2022**

### **Vespers at 5:00 pm**

**St. Ella the Prophet Orthodox Church  
64 West Wilbeth Road, Akron, Ohio**

***Guest Homilist***

**His Eminence Archbishop Alexander  
Bulgarian Diocese of Toledo, OCA**

***Sponsored by:***

***The Orthodox Clergy Association  
Christian Orthodox Council of Akron  
Orthodox Christian Women***

***Program Booklet***

**Please make your donations in support of the  
Sunday of Orthodoxy to Mary Marcin**

***Benefactors: \$50 Supporters: \$25***

***Patrons: \$10 Sponsors: \$5***

**ORTHODOX COMMUNITY**  
**LENTEN SERVICES**

**MARCH 13 – Saint Elia Church – Vespers 5 pm**

**MARCH 20 – St. Archangel Michael Church–Vespers 6 pm**

**MARCH 24 – Annunciation Church – Vespers – 7 pm**

**March 27 – St. George Church – Vespers – 5 pm**

**APRIL 3 – St. Thomas – Vespers 5 pm**

**APRIL 10 - St Nicholas Church – Holy Unction – 5 pm**

**Visit the St. Elia shop**

If you haven't visited the little St. Elia "shop" downstairs in the parish hall lately, we are carrying a number of new items including coffee mugs with quotes from the saints, and St. Elia T-shirts and baseball caps. If you are interested in a piece of St. Elia "spirit wear" in a certain size or style that's not currently available, please see Aaron Gray about a special order. All proceeds go toward the life and ministry of our parish. Thank you for your support!

**OUR STEWARDSHIP – February 27, 2022**

|                                |                      |
|--------------------------------|----------------------|
| <b>Candles:</b>                | <b>\$ 27.00</b>      |
| <b>Memorial Donations:</b>     | <b>100.00</b>        |
| <b><u>Sunday Offering:</u></b> | <b><u>355.00</u></b> |
| <b>TOTAL:</b>                  | <b>\$482.00</b>      |

**Tithely Donations:**

**(3/27 – 4/1) \$ 116.87**

**PayPal Donations**

**(2/28) 41.10**

**TOTAL \$ 157.97**



## THE LENTEN SPRING – Father Thomas Hopko

People feel unhappy and they don't know why. They feel that something is wrong, but they can't put their finger on what. They feel uneasy in the world, confused and frustrated, alienated and estranged, and they can't explain it. They have everything and yet they want more and when they get it, they are still left empty and dissatisfied. They want happiness and peace, and nothing seems to bring it. They want fulfillment, and it never seems to come. Everything is fine, and yet everything is wrong. In America this is almost a national disease. It is covered over by frantic activity and endless running around. It is buried in activities and events. It is drowned out by television programs and games. But when the movement stops, and the dial is turned off and everything is quiet...then the dead sets in, and the meaninglessness of it all, and the boredom and the fear. Why is this so? Because, the Church tells us, we are really not at home. We are in exile. We are alienated and estranged from our true country. We are not with God our Father in the land of the living. We are spiritually sick. And some of us are already dead.

Our hearts are made for God, St. Augustine has said, and we will be forever restless until we rest in Him. Our lives are made for God, and we will be unfulfilled and dissatisfied and frustrated until we go to Him. All of God's creatures, as Francis Thompson said in his poem *The Hound of Heaven*, are His "loyal betrayers." They do not satisfy His children and cannot bring them peace. He alone can do that, because He alone is our home. And we are His. The Lenten season is the time for our conscious return to our true home. It is the time set aside for us to come to ourselves and to get up and go to the divine reality to which we belong.

# Prepare for Pascha by Praying the Psalms!



## The Goal

To draw nearer to Christ and one another during this Lenten Fast by praying the Psalms together as a community, as we journey together toward holy Pascha.

## How It Works

The Orthodox Church has divided the book of Psalms into 20 sections. In our St. Elia prayer group, we will all be praying a new section each day throughout the 40 days of the fast, beginning on March 7, so that we all will pray through the entire book of Psalms *twice* during the course of the fast.

## Added Bonus

As we all join together in prayer, we can use this opportunity to pray for one another, for our parish, and for any special intentions that any of us may have by sharing prayer requests with one another via email.

## What You Need

Nothing more than a Bible and a little bit of time to set aside each day.

## How Do I Join?

Go to <http://saintelia.com/news/lenten-prayer-group/> and fill in the online form. Shortly before Great Lent begins, an email will be sent out with a schedule of which Psalms to pray each day, and the names of everyone else who is participating in the prayer group, so that we can remember one another in our daily prayers.

## Spread the Word!

This does not need to be limited only to members of St. Elia. Pass along this information to friends and relatives elsewhere and invite them to join.

## One Last Thing

May God bless us as we pray the Psalms together, and may He draw us nearer to Himself and to one another during this Lent. Have a blessed 40 days!

*Psalm 103 begins: "Bless the LORD, O my soul: and all that is within me, bless his holy name.<sup>2</sup> Bless the LORD, O my soul, and forget not all his benefits<sup>3</sup> Who forgives all thine iniquities; who heals all thy diseases;<sup>4</sup> Who redeems thy life from destruction; who crowns thee with lovingkindness and tender mercies;....."*

### St. Elia Prayer Group

A ministry of [St. Elia Orthodox Church](#)

Prayer group moderator: Aaron Gray

**REMEMBERING THOSE IN THE**  
**ARMED FORCES**

Subdeacon Anthony Freude,  
son of Fr Don and Popadia Donna Freude  
Egor Cravcenco,  
son of Serghei and Ludmila Cravcenco

**REMEMBERING OUR SICK AND SHUTINS**

Metropolitan Herman  
Archbishop Paul  
Archbishop Benjamin  
Archbishop Nathaniel  
Joseph Boyle (brother of Kathy Gray)  
Phyllis (sister of Rose Marie Vronick)  
Angelo Lambo  
Florence Lambo  
Reader William Paluch  
Martin Vronick  
Rose Marie Vronick  
Pani Dolores Zuder  
Matushka Myra Kovalak  
Mitred Archpriest Daniel Kovalak  
Matushka Christine Zebren  
Matushka Laryssa Huntyan  
Sarah Niglio  
Gregory Sugden

***“Rejoice always,  
pray without ceasing,  
in everything give thanks; for this is the will of  
God in Christ Jesus for you.”***  
***1Thessalonians 5:16-18***

## PANDEMIC GUIDELINES

Since the beginning of the Covid-19 Pandemic we have been taking every PRECAUTION to protect the health and well-being of all our people.

In accordance with the CDC St. Elia Parish will follow these directives:

1) If you are sick and/or exhibit coronavirus symptoms, you must refrain from attending services.

2) The CDC recommends masking while indoors if you are unvaccinated, sanitizing your hands and to maintain social distancing.

3) The kissing of Icons, the Cross, the Gospel Book, the Chalice and the priest's hand when receiving the blessing is permitted if you are comfortable doing so.

4) The sanitizer and masks are available in the vestibule for your convenience

*“Beloved, let us love one another, for love is of God, and everyone who loves is born of God, and knows God.” 1John 4:7*

## *The Pretzel*

A traditional means of reminding us that it is Lent are the Lenten foods. Thus, even at our meals, we are reminded that prayer and penance should be practiced during these days.

Perhaps, the easiest Lenten food to serve every member of the family is the **pretzel**...It sounds surprising, but the pretzel has a deep spiritual meaning for Lent. In fact, it was the ancient Christian Lenten Bread as far back as the fifth century. In the Church of that century, as today, the Lenten Fast consisted of no milk, no butter, no cheese, no eggs, and, of course, no meat. So, they made small breads of water, flour and salt – mainly for the children

To **remind** themselves that Lent was a time of prayer, they shaped these breads in forms of arms crossed on the breast in prayer, as we do when we approach the Holy Chalice to receive Holy Communion. Therefore, they called these breads “**little arms**” or “**bracellae**” in Latin. From the Latin word, the German people coined the word “**bretzel**” which is the basis of our word **pretzel**.

Thus the pretzel is a most appropriate food symbol for Lent: it shows the form of the arms crossed in prayer, reminding us that Lent is a time of **PRAYER**. It consists only of water and flour, thus announcing to us that Lent is a time of **FASTING**. **Prayer and Fasting are the watch words of Great Lent. Let us enter into the joy of the Lenten Spring.**