



# ST ELIZABETH ORTHODOX CHURCH

## PARISH NEWS & EVENTS

### TODAY

#### ST GREGORY PALAMAS

Coffee Hour Meal	12:30 PM
Choir Practice	1:30 PM
Orthodoxy 101 Class	1:30 PM

### COFFEE HOUR ROTATION

- Mar 12: Shaw *Lenten*
- Mar 19: Smith *Lenten*
- Mar 26: Monthly Potluck Meal *Lenten*
- April 2: Wilson *Lenten*
- April 9: PALM SUNDAY Potluck Fish Meal

### NAMEDAYS/BIRTHDAYS, ETC.

Feb 2/Mar 13: Kassian Smith *nameday*

### ST ELIZABETH THE NEW MARTYR

Russian Orthodox Church (ROCOR)  
 Archpriest Mark Mancuso, Rector  
 Protodeacon Columba Wilson  
 Protodeacon Dimitri Temidis

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### THIS WEEK

#### MONDAY

MAR 13

Young Adult Class 6:30 PM

#### WEDNESDAY

MAR 14

Readers Compline & Canon of Repentance 6:30 PM

#### FRIDAY

MAR 17

Reader's Compline & Akathist 6:30 PM

#### SATURDAY

MAR 18

Confessions 4:30 PM  
Vigil 5:30 PM

#### SUNDAY

MAR 19

#### VENERATION OF THE CROSS

Confessions 9:15 AM  
Hours & Liturgy 9:40 AM  
Coffee Hour Meal 12:00 PM  
Choir Practice 1:30 PM  
Orthodoxy 101 Class 1:30 PM

### FASTING FOR GREAT LENT

From Monday, February 27 until Pascha on April 16, we will be fasting for Great Lent. We fast from all animal products (fish is permitted on Annunciation [April 7] and on Palm Sunday on [April 9]) during this time. Please consult with Fr Mark if you have any questions or concerns about fasting.

## PRAYER LIST

**Orthodox Living:** Metropolitan Nicholas & the bishops of ROCOR, Metropolitan Onuphry and the bishops of the Ukrainian Orthodox Church, Bishop George, Metropolitan Jonah, Archimandrite Maximos & the Brotherhood of St Dionysios Monastery, Archpriest Mark, Igor, Maximos, Jonathan, Michael, Elizabeth & family, Apolinaria, Andrey & family, Perpetua, Svetozar, Ruta & family, Najla, Daniel, Subdeacon Gabriel, Subdeacon Antonius & family, Alexandra, Christos, Susanna, Seraphim, Alexander, Katherine, Michael, Alexandra, Nicholas, Maria, Theodore, Marie, Daniel, Sarah, Gregory, Dmitri, Mother Tamara, Tatiana, Anna, Eugene (Walter), John & Elizabeth, the child Irene, Nicholas, Anastasia, Ekaterina, Konstantin, Yevdokiya, Yaroslav, Vyacheslav, Stephanie, Nicholas, Galina, George (father of Subdeacon Gregory), Archpriest Onuphry & Matushka Anna, Raymond, Karen, Zoe, Anastasia, Sophia, Christina, Melanie, Rachel & Moses, and Ephemera

**Expecting Mothers:** Juliana (Miranda) Schrank

**Newly Baptized:** Elizabeth (Julie)

**Catechumens:** Adam, John (Hudson)

**Sick & Suffering:** Archpriest Anastasy, Archpriest Thomas, Theodore, Marie, Natalia, Daria, Maximos, Raphaela, Mat. Susan Menard, Marina, Valentina, Victor

**Missionaries:** Priest Christopher & faithful in Uganda, Priest Joseph and the Orthodox faithful in Pakistan, Priest Jean & faithful in Haiti, Priest Gregorio & faithful in Puerto Rico

**Non-Orthodox Living:** Robert (father of Deacon Columba), Brian & Steven (sons of Walter Dyke), Mary Ann (mother of Fr Mark), Evelyn & Mirtas (mother & brother of Daniel Kateli), Lynn (ex-wife of Theodore Weber), Dudley & Ferebee, Kristen & Teresa (sister & mother of Michael Allen), David, Susan, Rita & Peter (parents of Paul Witt), Ian, James, Heather, James, Akira, Jessica, and Dalton (family of Sarah Levitsky), Ann, Chris, John, Christine, Amber, Jace & Alia (neighbors), Felicia, Shawn (friend of Fr Mark), Kenneth (father of Kentigerna McClain), Stewart & Joyce (family of Maximos Locke), Kathleen (daughter of Ambrosi Hines), Kathy, Dennis (father of Katherine Wheeler), Walter (brother of TV Weber), Chris, Robert & family, Marshall (brother of Fr Mark), Mary Lee (mother of Shannon Smith), Amy (Mother of Catechumen John), Betty (friend of Mat. Anne), Lee (brother of Adam Trawick), Amy (mother of John (Hudson) Galdamez), Kenneth & Donna (parents of Kentigerna McLaine)

**Non-Orthodox Reposed:** Terri Allen (Mother of Michael Allen)

## *Hymns of the Week*

**TROPARION Tone 6:** The Angelic Powers were at Thy tomb; / the guards became as dead men; / Mary stood by Thy grave / seeking Thine most-pure Body. / Thou didst capture Hell not being tempted by it. / Thou didst come to the Virgin granting life. / O Lord Who didst rise from the dead, // glory to Thee.

**Troparion of the Temple:** Meekness, humility and love dwelt in thy soul / Diligently didst thou minister unto the suffering / O Holy Passion-bearer Princess Elizabeth / With faith didst thou also endure suffering *and* death for Christ / With the Martyr Barbara / Together with her pray for all them that honor you with love.

**Tone 8:** Light of Orthodoxy, pillar and teacher of the Church, / adornment of monks, invincible champion of theologians, / O Gregory, thou wonderworker, boast of Thessalonica, // herald of grace, ever pray that our souls be saved.

**Kontakion of the Temple:** Taking up the cross of Christ / Thou hast passed from royal splendor to heavenly glory / Praying for thine enemies / Thou didst find eternal joy together with the martyr, Barbara / O holy martyr, Princess Elizabeth // Wherefore intercede for our souls.

**Glory... Tone 8:** O sacred and divine organ of wisdom, clear trumpet of theology: / we praise thee with one accord, O Gregory of divine speech; / but as a mind standing before the Primordial Mind, // direct our mind to Him, O father, that we may cry: Rejoice, O herald of grace!

**Both now... Tone 4:** The season of the virtues hath now been revealed, / and judgment is at the doors; / therefore let us arise and keep the Fast, / offering tears of compunction together with our alms, / and let us cry: Our sins are more than the sands of the sea; / but do Thou pardon us, O Creator of all, // that we may receive incorruptible crowns.

*Please remember to keep church tithes  
and donations current*