

Saints Cyril and Methodius Orthodox Christian Church

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

Fr. John Hopko, Pastor • Protodeacon Paul Nimchek

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Sunday, March 18, 2018

The 4th Sunday in Great Lent – Tone 8

Commemoration of Saint John of “The Ladder”

Commemoration of St. Cyril, Archbishop of Jerusalem

Commemoration of St. Nicholas of Zhicha

Schedule of Services

- 3/18 Sunday— 4th Sunday of Great Lent**
Commemoration of St. John Climacus
(“Of the Ladder”)
 9:15 AM – Divine Liturgy
 4:00 PM – Mission Vespers
 Hosted by Holy Trinity Church,
 New Britain, CT
- 3/21 Wednesday**
 6:15 PM – Divine Liturgy of the Pre-sanctified
 Gifts, followed by a Lenten “Bring-and-Share”
 Supper
- 3/22 Thursday**
 9:00 AM – Lenten Morning Prayers, with The
 Great Canon of Saint Andrew of Crete
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- 3/23 Friday**
In the Waterbury Parish!
 6:15 PM – Divine Liturgy of the Presanctified
 Gifts. Fr. John H. will preside at Liturgy.
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- 3/24 Saturday**
Eve of the Feast of the Annunciation
 10:00 AM – Baptism of the child Olena F.
 6:00 PM – Festal Vespers and Litya,
 followed by Choir Rehearsal
- 3/25 Sunday— 5th Sunday of Great Lent**
Commemoration of St. Mary of Egypt
Feast of the Annunciation
 9:15 AM – Festal Divine Liturgy
 4:00 PM – Holy Unction Service,
 Hosted by Three Saints Church,
 Ansonia, CT
- 3/26 Monday**
Leave-taking of the
Feast of the Annunciation
 9:15 AM – Akathist to the Theotokos
- 3/28 Wednesday**
 6:15 PM – Divine Liturgy of the Pre-sanctified
 Gifts, followed by a Lenten “Bring-and-Share”
 Supper

NOTES FROM FR. JOHN

Dearly Beloved Brothers and Sisters in Christ:

This past week, on our Parish Facebook page, our editor of that social media space, our fellow parishioner, Rich Koski, shared this quote from Roman Catholic writer Marina S. Olson:

“I never knew how much time I wasted not praying or doing anything else remotely useful, until I challenged myself to sacrifice that time to God. I never realized how often I put God last, until I made the smallest effort to put Him first.”

Wow. These words strike me deeply—really deeply—because, frankly, they convict me.

The first evil, the first sinful failing, that we ask God to remove from us when we recite the Lenten Prayer of Saint Ephrem is sloth, which can also be rendered as torpor, accidie, lethargy, sluggishness, laziness, indolence, apathy or listlessness. “O Lord and Master of my life, take from me the spirit of sloth...” Sloth is the first vice from which we beg release in the Prayer of Saint Ephrem, probably because this is one of the most common and devastating of all sins. It is a sin that sneaks up on us, to which, sometimes, we don’t even realize that we have fallen prey.

We have three weeks left of fasting, of discipline, before we are given the gift of Holy Pascha. We have two more weeks of Great Lent, and then the Holy Week of Our Lord’s Passion, His Suffering. Let’s make an effort during that short, precious time to put God first, and to fight off, by the grace of God, the devastating sin of sloth.

With love in Christ,

Fr. John H.

PARISH PRAYER LIST

Please pray for all victims of disaster, difficulty and senseless violence throughout the world.

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

Newly Departed

Julia Speraw—parishioner in the Waterbury Parish	d. 3/7/18
Michael (“Mickey”)—a friend of Marilou Petroff	d. 2/18/18
Matushka Barbara Kucynda	d. 2/16/18
Mildred Stack—parishioner in Waterbury Parish	d. 2/16/18
Mark—co-worker of M. Hopko	d. 2/7/18

Anniversaries of Repose – Memory Eternal!

Konstantin Pohlod	3/18/1965
Stephen Andrash	3/18/1988
Protopresbyter Thomas Hopko	3/18/2015
Anna Longo	3/19/1986
Irene Bobinsky	3/20/1953
Eva Muchka	3/20/1958
William “Bill” Pohlod	3/20/2009
Mildred Glowa	3/21/1997
Lyba Duke	3/23/1925
John Muchka	3/23/1970
Theodore Mychniow	3/24/1956
Anna LaRoche	3/24/1998
Myron (Miroslav) Toropilo	3/24/2002

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

Fyodor (Frank) Guba—increasing sufferings from Multiple Sclerosis (MS)
Dolores Twombly—permanent colon malfunction following colon cancer treatment
Karen—Mary Fomenko’s niece; unwell and in need of prayers
child Drew—grandson of friends of the Nimcheks; ongoing treatment for eye cancer
child Matthew—son of friends of M. Osuch; genetic disorder with medical complications
child Ava—young daughter of friends of Melanie Osuch; suffering seizures
Alexander—acquaintance of M. Osuch; suffering and in need of God’s mercy and help
Michele—very close friend of M. Osuch; troubled and in need of God’s mercy and help
Anna Osuch—suffering in ill health
Jadwiga [“Yahd-vee-gah”]—mother of an acquaintance of E. Watras; cancer
Steven Belonick—Cynthia Belonick’s father; unwell
Archpriest Steven Belonick—Cynthia Belonick’s brother; chronic illness

Phyllis George—Donna Kriniske’s cousin; battling breast cancer
Alex—John Dubnansky’s brother, suffering permanent effects of stroke
Darlyne—facing health challenges; daughter of Bob and Vera Martin
Gregory Shesko—long-time laborer in the Diocese of New England; lung cancer
child Asa—great-grandson of friend of E. Watras; child with developmental challenges
Barbara—Arlene Osuch’s sister; epilepsy with complications
William “Bill” Markovich—recently unwell
Samantha—extremely ill child for whom we have been asked to pray
Eugene—Tania Bouteneff’s uncle; battling cancer
Donna—Ann Sovyrda’s niece; kidney disease
Dayrl—Ann Sovyrda’s niece; kidney disease
JoAnn—acquaintance of Jeanne Moore; ovarian cancer
MaryEllen—Louine King’s daughter-in-law; declining due to Huntington’s Disease
Zachary—nephew of acquaintances of Nimcheks; recent double lung transplant
Virginia (“Gina”)—Elena Watras’ sister; unwell and in need of prayers
Dawn—friend of Joan Markovich; Stage Four lung cancer
Vera Bouteneff—Tania Bouteneff’s mother; presently unwell
Galina—Svetlana Shorey’s sister-in-law; suffering with cancer
Joan Spencer—has asked for our prayers
Bachloan—friend of Jeanne Moore; recent open heart surgery
Jerry Grasso—Jayne Grasso’s husband; unwell and in need of prayers
Michael—nephew of Joan Markovich; in need of prayerful support
Michael Liverman—Waterbury Parish member; recently unwell
Steve Panasuk—our fellow parishioner; recently unwell, now improving in health

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

Eva Kopcha—at Sheriden Woods in Bristol
Sonya Petroff—at Sheriden Woods in Bristol
Irene Kiehart—Jayne Grasso’s mother; now resident in Connecticut
Mary Fomenko

Expectant Mothers and the Children to be born of them

Abigail and the twins she is carrying—M. and K. Orelup’s daughter and grandchildren
Matushka Brenda (Barbara) and the child to be born of her

Those from among us serving in the Armed Forces

Joel Orelup—U.S. Navy, hospital corpsman (“medic”) serving with the Marines
Joseph Bellmay—a Terryville neighbor; U.S. Marine Corps

Travelers, those soon to be traveling, and those away from us

Douglas Henrick—O. Petroff’s great-grandson; in China until spring 2018
Peter and Chezelle Serev
John “Jack” Kriniske

Birthdays

Maria Oraschewsky	3/21
Cynthia Belonick-Giuliano	3/21
J. Nicholas “Nick” Osuch	3/24

Annual ONE Stewards Appeal

March is ONE Stewards month!

ONE (Orthodox New England) Stewards is a group within the Diocese of New England who contribute money to the Diocese for the purpose of supporting outreach (and “in-reach”) ministries in the Diocese beyond what the annual budget of the Diocese is able to support.

These ministries include charitable grants, scholarships and youth programs. One of the specific programs supported is our annual Diocesan Youth Rally, of which our own Fr. John Hopko is presently the Director.

Historically, our parish membership has a wonderful record of ONE Stewards membership. Many members of our parish have been annual supporting members of ONE Stewards for many consecutive years.

Every year at about this time ONE Stewards conducts its annual membership appeal. Please consider supporting this program. Donations may be made by writing a check made out to “ONE Stewards—Diocese of New England” and then sending it to ONE Stewards, PO BOX 1182, Torrington, CT 06790-1182. Alternatively, you may simply give your ONE Stewards donation directly to our own Deacon Paul Nimchek, who coordinates ONE Stewards on behalf of the Diocese.

News and Notes

Lenten Confessions – We are two-thirds of the way through Great Lent! Each and every Christian ought to (must!) participate in the saving Sacrament of Holy Confession during the Lenten season, as part of his or her own “Lenten journey.” Please make your Lenten confession before the end of Great Lent, that is, by Friday, March 31. 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.

CT Deanery Lenten Mission Services: During Great Lent this year we are again having Sunday afternoon/evening Lenten Mission services here in the Connecticut Deanery of the Diocese of New England. The remaining schedule of services is:

- Sunday, March 18, the Fourth Sunday of Great Lent: Vespers, Holy Trinity Church, New Britain, CT, at 4:00 PM.
- Sunday, March 25, the Fifth Sunday of Great Lent: Unction Service, Three Saints Orthodox Church, Ansonia, CT, at 4:00 PM
- Sunday, April 1, Palm Sunday: Bridegroom Matins, All Saints Church, Hartford, CT, at 4:00 PM.

Help with Completing Tax Returns: The United Way of West Central CT, serving Bristol, Burlington, Plainville, and Plymouth, is once again offering free tax preparation through their Volunteer Income Tax Assistance Program (VITA). In order to qualify, an individual’s (or family’s) household income must be less than \$54,000.00. Appointments are required, and may be set up by telephoning (860) 356-2000. Also, the United Way has partnered with H&R Block to bring MyFreeTaxes to households with incomes of less than \$66,000.00. MyFreeTaxes (www.myfreetaxes.com) is a secure and free way to file state and federal taxes online.

Weather Related Cancellations: If we need to cancel parish services and/or other events due to bad weather, those announcements will appear on NBC Connecticut Television and on the NBC Connecticut website. We will also place a notice on our Parish website. Also, you can always call the Parish House (860-582-3631) for further information.

Pertaining to Pascha

- **Volunteers Required:** We need a volunteer (or volunteers) to come to the Church early in Holy Week (Monday or Tuesday) to iron all the black and white covers for use in the Church later in the week for Holy Thursday, Friday, Saturday and Holy Pascha.
- **Paschal Appeals:** Please give generously to our Parish’s General Paschal Appeal and to the Easter (Paschal) Flower Offering. We always have lovely flowers in the Church for Pascha and our contributions help cover the cost of these beautiful additions to our Paschal worship. Your support of these two appeals is deeply appreciated.
- **Blessing of Paschal Baskets:** The Blessing of Paschal Baskets will take place at the conclusion of the Paschal Midnight Services in the Church Basement Social Hall, after which time the Parish Paschal “Agape” Meal will take place in the same location.
- **Paschal Agape Meal:** The Parish Paschal “Agape” Meal, which will happen after the Paschal Midnight Divine Liturgy, will take place in the Church Basement Social Hall, immediately following the Blessing of the Paschal Baskets. We will not have a general food table, but will be eating from and sharing the contents of our family Paschal Baskets, while enjoying each other’s company. If you are planning to stay for this meal, please bring everything you need with you—your own plates, cups and cutlery, your own beverages and condiments, etc. (P.S. The word “agape,” pronounced “ah-GAH-pay,” means “love” in the Greek language and is the traditional word used to describe this Paschal meal.)
- **Thomas Sunday Blessing of Graves:** On Sunday, April 15, weather and ground conditions permitting, we will celebrate the Sunday after Pascha, Thomas Sunday. As is the parish’s custom for Thomas Sunday, we will bless the graves in the parish cemetery that day beginning at 12:15 PM.

Readings from Holy Scripture

Scripture Readings for the Fourth Sunday of Great Lent, on which we commemorate especially the memory of St. John of the Ladder

The Reading from the Epistle of the Holy Apostle Paul to the Hebrews (Heb. 6:13-20)

Brothers and Sisters: when God made a promise to Abraham, since he had no one greater by whom to swear, he swore by himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

The Reading from the Gospel according to St. Mark (Mk. 9:17-31)

At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

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Holy Week Services in our Parish

April 2 Great and Holy Monday	April 3 Great and Holy Tuesday	April 4 Great and Holy Wednesday	April 5 Great and Holy Thursday	April 6 Great and Holy Friday	April 7 Great and Holy Saturday	April 8 Holy Pascha, The Feast of Feasts
			<i>10:00 AM Vespers and Divine Liturgy, Commemoration of the Last Supper</i>	<i>3:00 PM Vespers with Rite of Entombment</i>	<i>10:00 AM Vespers and Divine Liturgy</i>	START TIME TO BE ANNOUNCED <i>The Vespers of Pascha</i>
<i>7:00 PM Bridegroom Matins</i>	<i>7:00 PM Bridegroom Matins</i>	<i>7:00 PM Matins of Holy Thursday</i>	<i>7:00 PM Matins with 12 Gospels</i>	<i>7:00 PM Matins with Procession</i>	<i>11:30 PM Nocturns followed by the Matins and Divine Liturgy of Pascha</i>	