



# LIFE AT ST. NICHOLAS

## THE WEEKLY BULLETIN OF ST. NICHOLAS ANTIOCHIAN ORTHODOX CHURCH

**FEBRUARY 28, 2021**

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### WINTER SUNDAY SERIES

Our virtual Sunday Night Series, *Rising to the Challenge in Difficult Times: Living a Christian Life in our World Today* began last Sunday evening. Guest speaker, Dr. Greg Abdalah, gave an excellent talk relating to this theme and closed the discussion with time for questions. We continue with Session 2 **tonight** and finish the series with Session 3 **next Sunday, March 7**. Both sessions begin at 7PM. For login information, go to the event listing on our online calendar at <https://stnicholasgr.com/calendar/> and click “more information” in that listing.

### EASING INTO GREAT LENT

In Her wisdom, the Church eases us into the Great Fast by offering us a Fast-free week, which we just completed. This week, we return to a normal Wednesday and Friday fasting schedule, followed by Meatfare Sunday, March 7, upon which we begin to fast from meat. This takes place one week before the Great Fast begins. The fasting schedule is as follows:

- ♦ March 1-7: Regular fasting on Wednesday and Friday
- ♦ March 8-14: Fasting from meat (dairy and fish allowed on Wednesday and Friday)
- ♦ March 15: Lent begins

Let's all benefit from the blessing that fasting can be!

### PREPARING FOR LENT AND HOLY WEEK

We can all plan from now to make our schedules available for the services of Lent and Holy Week by looking ahead on our parish calendar at <https://stnicholasgr.com/calendar/>. With input from our young families, all evening services will begin at 6PM. We hope this facilitates more participation in these beautiful worship opportunities.

Let's use this time to PREPARE for a spiritually-enlivening Lent, planning from now for the increased prayer, fasting and almsgiving which lead us to encounter Christ. By being prepared to enter Lent, we can best benefit from this season of renewal! Please visit the Lenten website at [www.stnicholasgr.com/lent](http://www.stnicholasgr.com/lent).

### THIS WEEK

#### Sunday, February 28

8:50AM—Orthros and Orthodox Education

10AM—Divine Liturgy

11:30AM—SOYO planning meeting

7PM—Sunday Series: *Come Let us Worship*, Session 2

#### Tuesday, March 2

8PM—Introduction to Orthodoxy

#### Wednesday, March 3

10AM—Moms and Kids @ Blandford

6:45PM—Family Night

#### Thursday, March 4

10AM—No Bible Study

#### Saturday, March 6

9AM—Soul Saturday Liturgy

10AM—Choir Rehearsal

6PM—Great Vespers followed by confession

#### Sunday, March 7

8:50AM—Orthros and Orthodox Education

10AM—Divine Liturgy followed by

New Member Welcome

7PM—Sunday Series: *Come Let us Worship*, Session 3

## SATURDAY OF THE SOULS

The “Saturday of the Souls” service is scheduled for **this Saturday, March 6** at 9AM. This is a Memorial Service devoted to remembering and praying for our loved ones who have fallen asleep in the Lord. For those who wish to have loved ones remembered, please complete the form in today’s bulletin and return it to the church by **Thursday, March 4** or submit your loved ones’ names online at [[SATURDAY of SOULS](#)].



## BOOKSTORE: GREAT LENT AND PASCHA

Great Lent and Pascha books, icons, and Holy Week Service books are available now. Be sure you get a copy of the Holy Week Service Book so you have it for Pascha. Don’t delay because we often run out of these books. If you want to place a special order for items currently not available in our bookstore, now is the time to do this.

## PARISH COUNCIL UPDATE

Thank you to everyone who participated in our first in-person and virtual General Assembly on January 31st. Many parish council members worked very hard before the meeting to make certain we had a secure vote for new Parish Council members, and to make certain everyone at church and at home could be engaged during the meeting.

As announced at the General Assembly we welcome Mark Ansara, Roger David, Yuri Kazarov, Nick Nicola, and David Robinson (alternate). The new Parish Council also met to elect officers: Mike Simon (Chairperson), Dr. Sam Bander (Vice Chairperson), Joe David (Treasurer), Melissa Powell (Assistant Treasurer), and Greg Lambert (Secretary).

Other Parish Council Members include Dan Abraham and Rami Haddad.

Our sincere thanks to outgoing Parish Council members Brian La Franboise, Steven Medich, and Bruce Nicola.

This is your Parish Council. Please pray for them and talk with them so they can represent you in God’s work for our church.

## NEW GATHERING SPACES

You may have noticed some new seating areas around our Cultural Center. These offer comfortable settings for important spiritual conversations in Bible Studies and group meetings such as what takes place during Family Night. This purchase came from memorial contributions offered in memory of several of our departed loved ones. Memory Eternal!

## THE BOOK of MATTHEW

There will be no Bible Study **this Thursday, March 4**. It will resume next Thursday, March 11. Join us in person or via Zoom on **Thursdays** at 10 AM, or listen at your own schedule by downloading the recordings from <https://stnicholasgr.com/bible/>.

### HELP CORNER

The following are ways you can help out your church:

⇒ Remove wax on pews

Contact [Keith](#) if you can assist.

### WEEKLY FINANCIAL REPORT

**February 17-23**

Total income to  
General Fund:  
\$5,993.10

Average expenses  
(including mortgage):  
\$11,500



## YOUTH IN ACTION

by Christianna Hultink, Chanter

Over the last several weeks, I have had the pleasure of helping teach chanting to the kids at Family Night. Typically, we meet for about 10 to 15 minutes during which we utilize the Antiochian Village Camp service books. We have mainly been working through the Resurrectional Apolytikia and Theotokia for the 8 tones, but one week we learned a brief hymn to the Theotokos that we sing during Orthros. The main point of these lessons is to familiarize the kids with hymns that they can sing along with during church. We chant the Resurrectional Apolytikia and Theotokia every weekend, sometimes several times. The more they can familiarize themselves with these hymns, the more they can participate in the services. Hearing the children chant is such a joy and a blessing!

## SUMMER INTERNSHIP

Do you know someone 18-28 who is looking for a summer to remember? The St. Athanasius Internship focuses on service learning and servant leadership. This year we are offering three locations for summer internships:

Parenting Center & Pregnancy Clinic, Wichita, KS

- ◆ Ladies only
- ◆ Only 6 spots
- ◆ RA position available

Men's Monastery & Retreat Center, Colorado Rockies

- ◆ Guys only
- ◆ Only 6 spots

Trauma-Informed Community Development, Pittsburgh, PA

- ◆ Co-ed
- ◆ Only 8 spots

For more information, go to [www.orthodoxintern.com](http://www.orthodoxintern.com).  
Space is limited.

## A TOAST TO BARB RECAP

What a blessing it was to host a fundraiser for the Grand Rapids Susan Mast ALS Foundation in honor of Barb Sielaff. Thank you to everyone who contributed. Together we raised \$5,977.41.

## CULTURAL CENTER NOW OPEN FOR FELLOWSHIP

Beginning this Sunday, the Cultural Center is open for fellowship. Please continue to adhere to the following rules when visiting with people after the Divine Liturgy:

- ◆ Maintain appropriate socially distancing
- ◆ Keep your mask on

## DEPARTED FOR MARCH

The following are the departed members of St. Nicholas in the month of March. They will be remembered in this Sunday's Liturgy.

3/02/1956 Mike Simon  
3/02/1996 Mary Aboosamra  
3/03/1967 Della Azkoul  
3/03/1978 Carrie Wawee  
3/03/2017 Abe Simon  
3/06/1968 Alexander Mallick  
3/07/1968 Wadia Laham  
3/07/1991 Juri Sulizki  
3/07/2018 Rojina Jawiche  
3/10/2012 James Salhaney  
3/14/1947 Mitchell Livantis  
3/16/2020 Dorothy Salhaney  
3/16/1945 Damoos Sayfee  
3/17/2005 Yuri Sarkisov  
3/19/1969 Charles Bedree  
3/20/1960 Louise Salhaney  
3/21/2018 Louise Whalen

### GROWING IN OUR FAITH

If you missed or would like to re-listen to any of these past events, they are now available:

[\[ORTHODOXY 101\]](#)  
with Fr. Michael

[\[FASTING\]](#)  
with Rita Madden

[\[COME LET US  
WORSHIP\]](#)  
with Dr. Greg Abdalah

### ZOOM PASSWORD UPDATE

Beginning **Sunday, March 14**, our Zoom password will change to 777. Until then, continue to use 333.

## **FELLOWSHIP GROUPS**

### **Teen SOYO**

All 7th-12th graders, join us in the Teen Room immediately after Liturgy **today** for a brief Teen SOYO planning meeting! We'll feed you lunch from Subway, and you tell us what you'd like to see on the SOYO calendar in the months ahead. Do you want to go tubing? Ice skating? Do a Bible Study together? Have a game night? Serve local people in need through Y.E.S. (Youth Equipped to Serve) Local Initiative? We won't know unless you tell us! Please plan on attending this important lunch and share meeting!

### **OK Mama**

**Mom & Kids Activity:** Join us at 10AM for outdoor play at Blandford **this Wednesday, March 3**. Depending on whether the Visitor Center is open, we will either meet at the Visitor Center or at the trailhead where the entry gates are. We will do a short hike, and then play in the children's outdoor space. Perhaps bring an extra change of clothes for your child? If they are open, the cost is \$3/person over three years. They always accept donations even if the center isn't open. We look forward to seeing you!

**Mamas!** Come join us at 123 Tavern for drinks/food and fellowship on **Thursday, March 11** at 7:30PM. 123 had outdoor seating in the Studio Park space; we'll plan a reservation there. We hope you can join us!

### **Men of St. Nicholas**

Please join the men as we gather together again for our monthly Men's Breakfast on **Saturday, March 13** from 9-11:30AM. This will be a time to reconnect and to plan for the rest of the year.

### **Young Adults**

The Young Adults had a long awaited (and chilly) in-person event last Friday. It was great to meet in person again, and we look forward to many more get-togethers this year.

The Young Adult Ministry aims to foster a community in which our parish's young Orthodox Christian



adults can grow together in faith and fellowship. Over the coming year, look for more and more in-person events. These will hopefully include spiritual talks, post-Feast Day meals, outdoor excursions, and more! If there's an event you'd like to suggest, or if you'd like to get involved, please reach out to either [Ben Bauman](#) or [Ibtisam Matta](#).

## **PARISH COUNCIL**

Your Parish Council is here to serve you. If you have a question or comment, email them by clicking on any of their names below.

[Mike Simon](#)

Chairperson

[Sam Bander](#)

Vice President

[Joe David](#)

Treasurer

[Greg Lambert](#)

Secretary

[Melissa Powell](#)

Assistant Treasurer

[Dan Abraham](#)

[Mark Ansara](#)

[Roger David](#)

[Rami Haddad](#)

[Yuri Kazarov](#)

[Nick Nicola](#)

## **MISSION STATEMENT**

St. Nicholas Church is a worshipping community in the Antiochian Orthodox Christian tradition that preserves, proclaims, and practices the Faith given by Christ to the Apostles, serving Him, one another and our neighbors. We manifest His love through sacramental and liturgical life, education, hospitality, works of mercy, and fellowship.

Our parish exists to seek and share Christ's love so that ALL will find Eternal Life in Him.

# JOURNEYING THROUGH GREAT LENT

Great Lent consists of 40 days leading to Holy Week and is a time of increased effort at penitence, spiritual growth, and illumination. Although it is a time of great spiritual struggle, it is also a time of deep joy for Orthodox Christians, as we prepare our hearts to experience Christ's Passion and Resurrection. It is the living symbol of man's entire life which is to be fulfilled in his own resurrection from the dead with Christ. It is a time of renewed devotion: of prayer, fasting, and almsgiving. It is a time of repentance, a real renewal of our minds, hearts, and deeds in conformity with Christ and his teachings. It is the time, most of all, of our return to the great commandments of loving God and our neighbors.

## PRAYER

Our increased efforts at prayer during Great Lent involves both Liturgical Prayer (going to church services) and personal prayer at home. The following services are a key component to a profitable, spiritual Lenten journey. Please check the Church calendar for service time and locations.

### Compline:

We pray the compline service, another service of evening prayer, three times during the first week of Lent, on Monday evenings of the other weeks and also on the fifth Wednesday. During the first week and on the fifth Wednesday, we include the canon of St. Andrew of Crete.

There is no other sacred hymn which compares with this monumental work, which St. Andrew wrote for his personal meditations. One of its distinguishing features are a spirit of mournful humility, hope in God, and complex and beautiful Trinitarian Doxologies and hymns to the Theotokos in each Ode. The ongoing theme is an urgent exhortation to change one's life.

### Presanctified Liturgy:

The *Liturgy of the Presanctified Gifts* is an ancient service in the Orthodox Church. It is the solemn Lenten Vespers with the administration of Holy Communion included. It comes in the evening after a day of spiritual preparation and total abstinence. There is no consecration of the Eucharistic Gifts at the Presanctified Liturgy. Holy Communion is given from the Eucharistic Gifts sanctified on the previous Sunday at the celebration of the Divine Liturgy, and is given to strengthen us in the middle of our weekly Lenten efforts. Join us after each Presanctified Liturgy for a socially distanced, prepared Lenten Supper (No potluck foods this year due to Covid restrictions.)

### Akathist Hymn to the Theotokos:

The Akathist Hymn is a profound, devotional poem which sings the praises of the Holy Mother and Ever-Virgin Mary. It is one of the most beloved services in the Orthodox Church celebrated these in conjunction with our sister parishes who each share in hosting.

## FASTING

Give careful consideration to how you and your family can apply the Church's prescription for fasting. You are urged to keep the fast in preparation for the coming of the Lord. Fr. Michael stands ready to assist you in adapting the following guidelines of the Church's prescription for fasting to your particular situation.

## ALMSGIVING

Our increased prayer, both liturgical and personal, should lead us to an increased sharing of the love of God that our prayer and fasting bring us to. The natural result of having received God's love is to love our neighbor in need. Please participate in the almsgiving opportunities within and outside the Church.



## CONFESSION

The Church offers us a wonderful gift in the Sacrament of Confession. Great Lent is a time to come to our Lord, repent of our sins, and receive the Gift of His love and forgiveness. Confessions are heard without an appointment after each Saturday Great Vespers or by appointment Tuesdays through Fridays. A *Preparation for Confession Booklet* is available on the Parishioner's Table in the Narthex or on our website.



*Let us begin the time of fasting in light!  
Preparing ourselves for the spiritual efforts.  
Let us purify our soul; let us purify our body.  
As from food, let us abstain from all passion  
and enjoy the virtues of the spirit,  
So that perfected in time by love,  
We may all be made worthy to see the Passion of Christ  
and the Holy Pascha in spiritual joy!*      *Bishop Maxim*

## SATURDAY OF THE SOULS



The “Saturday of the Souls” service is a Memorial Services devoted to remembering and praying for our loved ones who have fallen asleep in the Lord. If you would like to have your loved ones remembered by name during this service, kindly submit this form to the church office no later than Thursday, March 4. For your convenience, an electronic version of this form is can be completed at [www.stnicholasgr.com/saturday-of-souls](http://www.stnicholasgr.com/saturday-of-souls).

### **LIST FIRST NAMES ONLY:**

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