

# LIFE AT ST. NICHOLAS

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

### MARCH 14, 2021

(616) 954-2700 ▪ info@stnicholasgr.com ▪ stnicholasgr.com

#### SPECIAL COLLECTION

**Next Sunday** we have the privilege to financially contribute to support our seminaries that educate our young men studying for the priesthood. We are blessed this year to have 19 seminarians studying in three seminaries (St. Vladimir's, St. Tikhon's and Holy Cross). Please give generously. Regardless of the amount, our seminaries are appreciative of your financial support and prayers. As always, you can give electronically through our St. Nicholas donation page, through Venmo, or by check. Please be certain to note "Seminaries" when making your donation.

#### SOYO CHEESECAKE SALE TODAY



It's Cheesefare Sunday & time for cheesecake! Support our Teen SOYO by buying a delicious slice or two immediately after Liturgy. Cash, check, credit card, and Venmo accepted. All proceeds will help fund SOYO activities!

Cost: 1 slice for \$3 and 2 slices for \$5.

#### GREAT LENT FASTING GUIDELINES

The Church's prescription for how to fast is the following:

**Monday—Friday:** No meat, eggs, dairy, oil, & wine

**Saturday & Sunday:** Oil & wine are permitted

Of course, for most of us adaptation is needed, so all are encouraged to fast as they can with joy and gratitude. Fr. Michael is available to assist in adapting the Fast to you and/or your family's particular situation.

#### STEWARDSHIP REFLECTION

*"The point is this: he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work."*

2 Corinthians 9:6-8

#### THIS WEEK

##### Sunday, March 14 Forgiveness Sunday

8:50AM—Orthros and  
Orthodox Education

10AM—Divine Liturgy  
\*New Member Welcome

11:30AM—SOYO Cheesecake  
Fundraiser

11:30AM—Ushering Team  
meeting

6PM—Forgiveness Vespers  
(Great Lent begins)

##### Monday, March 15

6PM—Great Compline w/Canon  
of St. Andrew

##### Tuesday, March 16

2:30PM—Strategic Planning  
meeting

6PM—Great Compline w/Canon  
of St. Andrew

##### Wednesday, March 17

10AM—OK Mama: Moms/Kids

6PM—Presanctified Liturgy

Continued on  
the next page



## 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.

## PANCAKE BREAKFAST

Join us after the Divine Liturgy **next Sunday, March 21** for our annual pancake breakfast. All of the expected safety protocols will be followed to ensure that everyone will feel comfortable participating. There is no charge for the breakfast, but a free-will offering basket will be available for those wishing to make a donation for the Antiochian Women's project.

## THE BOOK of MATTHEW

Our study of the Gospel of St. Matthew continues for the winter series of studying the Holy Scriptures. You may think you know the Good News, but only when we study deeply do we get the meaning of all that Jesus came to say and do. 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/>.

## 2021 ANTIOCHIAN ORTHODOX OPEN

**Friday, May 21, 2021**

**Thornapple Pointe Golf Club**  
7211 48th Street SE, Grand Rapids, MI

**11:00 AM** Check-in begins (Box Lunch)  
**12:00 PM** Shotgun start

**Registration includes:** golf, box lunch, and gift for each player

**Hole Sponsorship includes:** hole signage and program recognition

**Platinum Sponsorship includes:** event banner, program recognition, podium recognition, and foursome registration

**Sponsorships are tax deductible.**

**Payment options** (check or credit card) will be presented to you after you press "Submit" when registering.

[\[Register HERE\]](#)

HOSTED BY:

St. Nicholas & St. George Orthodox Churches of Grand Rapids

## Thursday, March 18

10AM—Bible Study

6PM—Great Compline w/  
Canon of St. Andrew

## Friday, March 19

9AM—Presanctified Liturgy

6PM Akathist Hymn  
@ St. Nicholas

## Saturday, March 20

10AM—Choir Rehearsal

5PM—First Confessions

6PM—Great Vespers/  
followed by confession

7PM—Orthodoxy 101

## Sunday, March 21 **Orthodoxy Sunday**

8:50AM—Orthros and  
Orthodox Education

11:30AM—Annual Pancake  
Breakfast

12:30AM—Parish Council  
meeting

6PM—Pan-Orthodox  
Sunday of Orthodoxy

## ZOOM PASSCODE

Starting this Sunday  
morning the passcode  
changes to: 777.

## WEEKLY FINANCIAL REPORT

**March 3-9**

Total income to  
General Fund:  
\$5,770.56

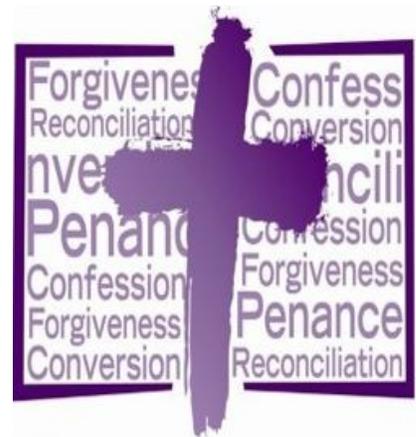
Average expenses  
(including mortgage):  
\$11,500

## ENTERING THE FIRST WEEK OF THE GREAT FAST (LENT)

The first week of Lent is one of the most intense week's of spiritual effort of the Church Year, second only to Holy Week. The Church invites us to "start strong" into the Fast, but frequent worship and deep fasting. Although all are encouraged to participate in as many of the services as possible, all are encouraged to commit to the following as they are able and willing, in the following order of importance:

- 1) **Liturgy of the Presanctified Gifts.** The Church offers us the additional reception of Holy Communion to strengthen us in our spiritual exertions, offered primarily on Wednesday evening and for those available on Friday morning as well. For those who can do more, consider attending...
- 2) **Akathist Hymn.** This service provides us the opportunity to see the intercessions of Our Lady, to her son and our God, for our spiritual struggles, and all of our needs. For those who can do more, consider attending...
- 3) **Great Compline, with the Canon of Repentance by St. Andrew of Crete.** The evening prayer service of Compline is complemented by the penitential hymn of St. Andrew, walking us through the figures of the Bible as examples, both of our sinfulness and the virtues we strive for.

**A special note:** You are invited to head to *The Cultural Center* after the evening Presanctified Liturgy to enjoy a simple Lenten supper being provided by our Fellowship Groups. All of the typical health guidelines will be followed.



**Attention JOY & SOYO:** Be sure to stay after the evening Presanctified Liturgies during Lent! We will enjoy the parish meal together at our own tables, spend 10-15 minutes each week on quick yet meaningful acts of service for the parish and the IOCC, and sneak in some ping pong and Wii whenever we can! We will also be **HOSTING THE PARISH MEAL** on MARCH 31 so mark your calendars and watch your email for details!

# MAKING LENT **GREAT** WITH YOUR CHILDREN

*Jesus said, 'Let the little children come to Me, and do not hinder them; for the kingdom of heaven belongs to such as these.'* Matthew 19:14

Parents, as we enter Great Lent, we want to offer a special note of encouragement to you. Lent is a time of change and renewal; a time for all of us to grow in our faith by refocusing our efforts on our spiritual habits and making small and permanent changes to bring us closer to the Lord. We want to help you include your children in that, especially as they participate in the increased prayers of the Church during all of the beautiful Lenten services. (Keep filling up those Pascha Passports!) We know that it is a balance - between asking too much of them and too little, between getting them to engage with the services and distracting them to make it through. As you do your best to bring your children to the many wonderful services of Lent, consider some of the following ways you can help them form good spiritual habits so they too can grow closer to Christ both during Lent and after.

- ◇ Use online resources and watch church communications for kid-friendly explanations of Lenten services and share them with your children.
- ◇ Encourage age-appropriate participation in the services
  - ⇒ Crossing themselves when they hear the Holy Trinity revered and when the gifts of bread and wine pass by
  - ⇒ Standing during the Great Entrance, the Gospel, the Lord's Prayer, and the Creed
  - ⇒ As they are able, reciting the Lord's Prayer and the Creed
  - ⇒ Kneeling during the Consecration when the bread and wine become the body and blood of Christ
  - ⇒ Singing/chanting along with the choir/chanters; doing prostrations during the Prayer of St. Ephraim and the Compline services - (a favorite of children as it gives them a reason to move their whole bodies during the service!)
- ◇ Limit distractions and make them worship-focused (e.g. Bring just a few, small, quiet, church-related toys or books that help them focus their attention on worship rather than their regular toys and books that draw their attention away from it. We will be printing "The Children's Word" bulletin each week and providing icon coloring sheets to help with this. Due to COVID restrictions, we cannot provide crayons/colored pencils at this time, so please bring a few of your own. No markers though, please!)
- ◇ Sit near the front and ask your children questions during the service to draw their attention to what is going on (e.g. What color are the priest's vestments? What icon is at the front of the church? Do you know what the priest is doing now?). You could even quietly play "I Spy" with younger children to point out icons and other important features around the church.
- ◇ Try to limit/eliminate snacks during services or while in the nave, and encourage children to use the bathroom just before services.

Nothing brings more joy than to have children worshipping in Church as members of the Body of Christ. Please let us know what we can do to help you bring your children to Christ in worship!

## CAMELOT FOOD PANTRY LENTEN DRIVE

The Camelot Community food pantry is in need of **personal care items**. Once again, we will be doing a Lenten drive from **March 21st- April 4th** to help meet this need. There will be boxes outside the Cultural Center and in the Narthex for your donations. **Please pick a few extra personal care items on your next shopping trip to help our neighbors.**



The following items needed: toilet paper, bar soap, toothpaste, deodorant, shampoo and conditioner, women's personal products, dish liquid, laundry detergent, Kleenex, dental floss, body lotion, small Band-Aid packages, men's disposable razors and shaving cream, disposable diapers and pull-ups –all sizes, and baby wipes.



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## FOOD FOR HUNGRY PEOPLE

As we enter Great Lent we celebrate 47 years of raising funds for the Archdiocese **FOOD FOR HUNGRY PEOPLE & CHARITABLE OUTREACH** Program. This campaign has collected over \$6.2 million dollars and has fed countless hungry and poor people in the United States and around the world.

We have seen locally what this can do, last year the FFHP program donated \$10,000 to the Kids Food Basket founded by a family member of one of our own parishioners, Mary Kay Hoodhood.

Even in the pandemic parishioners collected over \$160,000, and at St Nicholas we donated over \$5,300 thanks to your generosity. You all saw a need and helped fill it.

We're again asking you to be generous in your giving. There are donation boxes in the Narthex, please be sure to take one home for each family member and talk about why they should give. We will also have canisters for you business owners to put in your stores or offices and calendars that talk about fun things you can do daily to give.

We will be discussing this food drive throughout the Lenten season. If you have any questions please direct them to Bruce Nicola. Thank you.

*“The bread you do not use belongs to the hungry. The garment hanging in your closet that you do not use is the garment of the person who is naked. The shoes you do not wear are the shoes for the person who is barefoot. The money you keep locked away is the money for the poor.” —St Basil the Great*

His Eminence  
The Most Reverend  
Metropolitan JOSEPH



Archbishop of New York and  
Metropolitan of  
All North America

## ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA

### Great Fast, 2021

No one can say, "I am poor and hence I have no means of giving alms." For even if you cannot give as the rich gave their gifts into the temple treasury, give two farthings as the poor widow did, and from you God will consider it a greater gift than the gifts of the rich. And if you do not have as much as two farthings? You can take pity on the sick and give alms by ministering to them. And if you cannot do even this? You can comfort your brother by your words. "A good word is better than the best of gifts." -----*St. Dorotheos of Gaza*

Beloved in Christ,

Greetings in the name of our Lord and Savior Jesus Christ. I pray that you and your families are safe and in good health as we prepare to begin another Lenten journey that culminates in the death and resurrection of our Lord.

Last year at this time we were just becoming aware of a virus that started to rear its ugly face on the shores of North America. Just as we began our holy Lenten season, our journey to Pascha was interrupted, and our rhythm of prayer, fasting and almsgiving suffered. Nevertheless, we persevered thinking this interruption to our "normal" way of life would soon be over and we would quickly resume our daily routines as usual. Here we are a year later and, while there is hope now that a vaccine is available and being distributed, we nevertheless will once again have a different Lenten experience.

Despite this different time in which we live, there is one program that should never suffer due to our modified way of life, that program is the *Food for Hungry and Charitable Outreach Program*. This outreach, under the guidance of Ms. Robin Nicholas, has helped countless numbers of people for the past 47 years! People now, more than ever, are in need depend on our pennies, nickels and dimes that we collect from all over the archdiocese.

As we begin a new fast, let us this year more than ever, be vigilant in our effort to give alms. While we might not be able to participate as fully as usual in the liturgical and prayer life of the Church because of the pandemic, let us increase our efforts in helping the poor and others in need. Let us emulate the words of St. Dorotheos of Gaza quoted above remembering that, even if we ourselves are experiencing some economic difficulty during this time, let us give what we can and if we cannot give, let us minister to the poor in other ways. Let us strive to reach out and help our brothers and sisters who are in need at this trying time as we examine our hearts and souls in order to cleanse them as we approach the feast of our Lord's glorious resurrection from the dead.

Wishing you all a fruitful and spiritually rewarding fast, I remain,

Your Father in Christ,

A handwritten signature in blue ink that reads "Metropolitan Joseph". The signature is written in a cursive style and is preceded by a large blue cross.

+JOSEPH

Archbishop of New York and Metropolitan of all North America

*"The disciples were first called Christians in Antioch" (Acts 11: 26)*

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(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

# PARENT WORKSHOP

We all struggle to raise our kids in the Faith especially in a world that makes it so challenging. Come for a parenting workshop on **Saturday March 27** from 9-11am in the Cultural Center to discuss this important topic We will be watching clips of Fr. Don, Kh. Janet and Dr. Steve Shadid from this year's Antiochian Village Virtual Family Camp, "How to keep your kids in church" followed by discussion and questions with Fr Michael and then have some time to talk about our vision for the youth of St. Nicholas and what a Youth Director/Coordinator's role will look like. **Bring your kids with you as we will be set up with activities for all ages.** RSVP encouraged but not required: [www.stnicholasgr.com/parents](http://www.stnicholasgr.com/parents).

Join us for this in-person Parent Workshop  
**SATURDAY, MARCH 27 FROM 9-11AM**



HELPING OUR KIDS  
DISCOVER THEIR **TRUE**  
IDENTITY **IN CHRIST**

**CROSS  
PRESSURE**



PRESENTERS: FR. DON SHADID  
KH. JANET SHADID  
DR. STEVE SHADID



Everyone is invited to attend.  
RSVP encouraged but not required:  
[\[www.stnicholasgr.com/parents\]](http://www.stnicholasgr.com/parents)

## A NOTE OF THANKS

Pat and I want to thank everyone for the cards, phone calls, prayers, treats, and good wishes during my recent illness. A special thank you to Fr. Michael and Fr. Elias for checking on me often. We are blessed to have such a wonderful church family. Marve & Pat



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## SAVE THE DATE

You are invited to participate in the next all-parish Game Night on **Sunday, March 28** at 7 PM. This month we will be playing Jeopardy! More information in next week's bulletin.

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## FELLOWSHIP GROUPS

### OK Mama

Mom & Kids Activity: Join us at 10AM **this Wednesday, March 17** for a morning learning about St. Patrick! We'll have stories and activities to share. We will be meeting in the Cultural Center where there is plenty of room to social distance. All families are asked to check temperature, sign in, wash hands when they arrive. All people 5 and up are required to wear masks indoors. Contact [Elizabeth](#) if you have any questions!

### Women of St. Nicholas

March is Women's Month throughout the Archdiocese which means our women will be taking a more visible role during the month. You will see us reading the Epistle and taking on the various greeting/ushering responsibilities.

Next **Sunday, March 21** we will host a pancake breakfast, and throughout the month we will be offering for sale "A Child's Guide to the Divine Liturgy" (\$20 each or 2/\$30). The proceeds go towards the Antiochian Women's NAB Project, "Fulfilling the Vision", the dream of expanding and improving the Antiochian Village.

If you would like to help in any of these areas, please see [Barbara Thomas](#), [Janet Ansara](#), [Lynn Simon](#), or [Gretchen Zahn](#).

### Forerunners

The Forerunners invite you to a special event on **Tuesday, March 23**. After our noon lunch, which will be provided, Carolyn Rock will demonstrate decorating the icon of the Theotokos for the Annunciation service as Father Michael speaks of the significance of this Feast. A freewill offering for lunch would be appreciated. Please RSVP to Eileen or Barbara. We look forward to see you at our get-together!

## 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.