

LIFE AT ST. NICHOLAS

THE SUNDAY BULLETIN OF ST. NICHOLAS ANTIOCHIAN ORTHODOX CHURCH

MARCH 28, 2021

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

FILMS with FATHER & BOOKS with ABOUNA

Sometimes we watch films and other times we read books. And...always good fellowship and discussion within an Orthodox perspective.

Please join us as we re-visit the classic

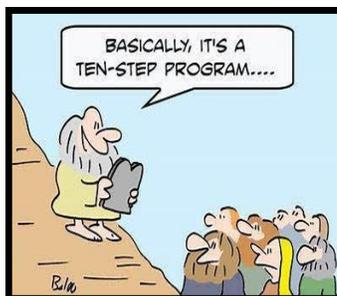
TEN COMMANDMENTS (65th Anniversary)

WHEN: TODAY! Meet in the lobby 12:50 PM.
(Movie starts at 1:00 PM)

WHERE: Celebration Cinema North

DETAILS: Afterwards, we'll grab a bite & chat about the movie.

COST: Check online or with the theater to see if there are still tickets available.



ALL-PARISH GAME NIGHT

Our all-parish Game Night has been postponed. We will reschedule this fun and exciting event after Pascha.

Ministry of Fun is inviting you
TO PLAY
Jeopardy
Via zoom- link on St. Nicholas Event Calendar.
MARCH 28TH | 7:00PM
If you wish to participate
Please follow the link
And choose the
<https://stnicholasgr.com/events/jeopardy-night/>
Prizes are
Archangel Michael
Archangel Gabriel
Saint Nicholas
Saint George
Saint Raphael of Brooklyn
Saint Herman of Alaska

POSTPONED

THIS WEEK

Sunday, March 28

St. Gregory of Palamas Sunday

8:50AM—Orthros and
Orthodox Education

10AM—Divine Liturgy

* First Communion
Presentations

1PM—Films with Father @
Celebration Cinema North

7PM—All-Parish Game Night

Monday, March 29

6PM—Great Compline

Wednesday, March 31

6PM—Presanctified Liturgy
followed by supper

Thursday, April 1

10AM—Bible Study

Friday, April 2

9AM—Presanctified Liturgy

6PM Akathist Hymn
@ Holy Cross

Saturday, April 3

6PM—Great Vespers/
followed by confession

Sunday, April 4

Sunday of the Holy Cross

8:50AM—Orthros and
Orthodox Education

10AM—Divine Liturgy

ALMSGIVING OPPORTUNITY

The Camelot Community food pantry is in need of personal care items. Once again, we are doing a Lenten drive from **March 21—April 4** to help meet this need. There are 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.

FOOD for HUNGRY PEOPLE & CHARITABLE OUTREACH

Please keep the poor and hungry in your daily thoughts and prayers. Keep talking about them with your children and keep adding to your FFHP box.

A holy soul cares for his neighbors, either close at hand or far away. He cares where the homeless will spend the night, how the hungry will be fed, with what the naked will be clothed. He cares and he prays for the salvation of his neighbors: that their hearts may be filled with love towards God, that their minds may be directed towards God, that the wicked may turn from the paths of wickedness, that the hesitant may be confirmed in the Faith, that the firm may persevere, that the departed may behold the Face of God, that the living may be written in the Book of Life in the Kingdom of Light. St. Nicholas Velimirovich

FR. MICHAEL'S SPAGHETTI SAUCE FOR SALE All proceeds benefit to FOOD for HUNGRY PEOPLE PROGRAM

Fr. Michael says, why make sauce for 15 when you can make it for 150!

For a limited time, his special spaghetti sauce is on sale for \$10/pint (3-4 servings), with 100% of proceeds being added to our parish collection for the *Food for Hungry People and Charitable Outreach* program. With a limited supply, stop by the Church Office during the week, or take your chances and see if any is left by Sunday.



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.



*Feast Day of
the Annunciation to
the Most-Holy Theotokos*

“CLERGY PICKS” FOR LENTEN READING

A meaningful way to journey through Great Lent is by reading books that will inspire deeper reflection. Stop in our bookstore to peruse the books our clergy recommend for this Great Lent.

Fr. Michael — "Give Me a Word"

One of the spiritual classics of Orthodox Christianity, the collection of sayings of the Desert Fathers and Mothers has been published in various forms for many centuries. This current form contains short but powerful teachings of those who forged their faith in the Egyptian desert over 1500 years ago. Despite their antiquity, each of these can be applied to the "desert" of this world and its current challenges. I would encourage reading one saying a day as part of one's Lenten effort, and my guess is you'll be hooked and want to continue it all through the year.

Fr. Elias — “Christ and Crisis” by Charles Malik.

“...an invaluable guide for Christians who seek to engage our world...” quote from back cover. Malik was a great thinker and influenced the Christian world view.

Fr. Ted — “Father Arseny -1893-1973”

An almost unbelievable reading of Faith, Love, Hope, Humility, Sacrifice, Service. etc. of one incarcerated in a “special” Soviet camp. Talk about repentance and forgiveness!!! Father Arseny, pray for us!

Archdn. David — GREAT LENT by Fr. Alexander Schmemmann

This is the ultimate "users guide" to the Lenten services. It describes and explains each service in the "Journey to Pascha" and is an excellent introduction to the Lenten services for those who are new to them and offers deep insight into the services for those who are more familiar with them. The book explores the deep significance of our unique Lenten worship and what it says about what we believe and who we are as Orthodox Christians. An appendix includes Father Schemann's influential thoughts on the Eucharist. His work on this topic led to a revival of the practice of more frequent participation in communion. Readers will value this book and remember what they read every Lent.

Dn. Justin — “Beginning to Pray” by Archbishop Anthony Bloom It is an encouragement and reminder to see prayer for what it really is; the lifelong development of a relationship with our Creator!

Subdn. Nicholas — “Meditations for Great Lent” by Archimandrite Vassilios Papavassiliou. This short book gives a glimpse into the spiritual depth and meaning of Lent. Each 2-3 page devotional highlights a major theme of Lent. For example, it explains and gives commentary on the virtues found in the Prayer of St. Ephrem - chastity, humility, patience, and love.

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
- * gift for each player

Hole Sponsorship includes

- * hole signage
- * program recognition

Platinum Sponsorship includes:

- * event banner
- * program recognition
- * podium recognition
- * foursome registration

Sponsorships are tax deductible.

Payment options

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

[\[Registration Link\]](#)

WEEKLY FINANCIAL REPORT

March 10-16

Total income to
General Fund:
\$6,673.56

Average expenses:
\$9,000

GREAT LENT YOUTH ACTIVITIES

First and foremost, youth activities during Lent should be to participate in the increased prayers, fasting, and almsgiving prescribed by the Church. In an effort to help our youth do just that, we have planned the following opportunities for them. Please note that most opportunities are immediately following a Lenten service (prayer) and include acts of service (almsgiving) to those both in and outside of our parish. Parents, mark your calendars and watch your email and the weekly bulletin/announcements for more details. **We will need you to help your children provide the parish meal this Wednesday, March 31, and items for the IOCC kits on April 21!**

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|------------------|--|
| March 17: | MSF* after Presanctified Liturgy |
| March 25: | MSF* after Vespers Liturgy for Annunciation |
| March 27: | Escape Room/Scavenger Hunt during Parent Retreat |
| March 31: | MSF* after Presanctified Liturgy
(JOY/SOYO to HOST PARISH MEAL!) |
| April 7: | MSF* after Presanctified Liturgy |
| April 15: | MSF* after Presanctified Liturgy (introduce IOCC project) |
| April 21: | MSF* after Presanctified Liturgy (pack IOCC hygiene kits) |
| April 24: | Lazarus Saturday all-parish breakfast & work bee after Divine Liturgy (make Palm Sunday candles & palm crosses, participate in cleaning/work projects) |
| April 25: | SOYO Palm Sunday Candle Sale |
| April 27: | Youth Choir Singing Bridegroom Matins |
| April 30: | Holy Friday Retreat (all youth)
Myrrh-bearing Women Procession during Lamentations service (girls only)
Vigil (JOY/SOYO) |
| May 2: | Easter Egg Hunt after Agape Vespers |



Ongoing Activities during Lent:

- ◇ Ask Fr. Michael how your family can adapt the Fast for your situation
- ◇ Schedule a time to do Confession as a family!
- ◇ Collect money for the Food For Hungry People (FFHP) program
 - ⇒ JOY and SOYO Church School classes are having a friendly competition to see who can raise the most! See your email or ask your child for details!
- ◇ Collect items for the Camelot Personal Care Items Drive

***MSF** (Meal, Service, Fellowship): SOYO, JOY, and any younger children who would like to be involved, please join us after the services listed to enjoy the parish meal together; spend 10-15 minutes on quick but meaningful acts of service for our parish (e.g. small cleaning projects) and others (e.g. IOCC hygiene kits); and play ping pong, Wii, and other games as time allows!

YOUTH IN ACTION

FIRST CONFESSIONS

By Jenny Khorey and Alison Khorey

The children of the 2nd and 3rd grade class have spent the last 10 weeks of Sunday school learning about, and preparing themselves to take Confession. We learned that when we repent and turn back to God, he runs towards us as a loving Father, forgiving and welcoming us home. Preparing for Confession takes time and introspection which is difficult for all of us. Father Michael visited our class and talked about Confession, showed us what we were going to do and generally made us feel more comfortable. If you are nervous about your own Confession, these children can tell you that they were nervous, but that when it is over it is "like being hugged by God" (and sometimes you get a covid friendly hug from Father Michael too). Please take a moment to congratulate **Cole, Millie, Duska, Landon, Noah** for taking this big step in their spiritual lives!

ANTIOCHIAN VILLAGE SUMMER CAMP UPDATE

A modified version of Summer Camp has been planned! **Session 2** will now take place either **Sunday July 4-Friday July 9** or **Sunday July 11- Friday July 16**. St. Nicholas will not be organizing transportation as campers are required to arrive by car only this year.

If your child was registered for camp last summer (not on the waitlist, but actually registered), their registration was automatically transferred to this year unless you requested otherwise. Those who were registered should have already received an informational email from the Village and hopefully, you have sent your confirmation form back to them by the deadline. The information about which week your camper(s) has been assigned will be sent out soon.



If the camp is able to open up registration to more campers, once previously registered campers are assigned, that information should be available within the next 2-3 weeks.

There are many enhanced safety requirements being taken this year including a 7 day quarantine and a negative Covid test before arriving at camp. Please go to <https://avcamp.org/programs/summer-camp/summer-camp-2021/#schedule> for detailed information regarding this year's camp expectations. Please see [Gretchen Zahn](#) with questions or contact the Antiochian Village office by phone at 724-238-9565 or by email at office@avcamp.org.

We understand that not all families are able to afford the cost of camp. If you are in need of financial assistance, we ask that you complete the [AV Camp Financial Assistance form](https://avcamp.org/programs/summer-camp/) (<https://avcamp.org/programs/summer-camp/>) and also complete the [St. Nicholas Financial Assistance form](https://stnicholasgr.com/camp/) (<https://stnicholasgr.com/camp/>). Funds will be distributed on a needs-based basis.

A poster for Grand Rapids Vacation Church School. The text reads: "Grand Rapids Vacation Church School", "June 13th-17th, 2021", "Kick-off picnic Sunday 12-3pm", "Monday-Thursday 6-8pm", "Behold the Light!", "4 years - 12th grade", "\$10/child • scholarships available". Below the text are four religious paintings: the Nativity, the Adoration of the Kings, the Resurrection, and the Ascension.

Grand Rapids
Vacation Church School
June 13th-17th, 2021
Kick-off picnic Sunday 12-3pm
Monday-Thursday 6-8pm
Behold the Light!
4 years - 12th grade
\$10/child • scholarships available

LENTEN SUPPER

Each week following the Presanctified Liturgy, you are invited to join us in The Cultural Center for a Lenten meal being hosted by one of our Fellowship Groups. Last week, the Women of St. Nicholas provided lentil soup, salad, and bread.

This week, JOY/SOYO will be holding a 50/50 Raffle at the dinner to support the Food For Hungry People program. 50% of ticket sales will go to FFHP, and 50% will go to the raffle winner! Please support our youth's efforts to feed the hungry this Lent!"

As always, please be aware that all Covid safety guidelines must be followed.

A GREAT BOOK FOR YOUR KIDS

Throughout the month of March, the Women of St. Nicholas are selling *A Child's Guide to the Divine Liturgy* (for children ages two to ten). This book is designed as an aid to help children negotiate their way through the Divine Liturgy and learn more about the Church and our faith. Small and easy to hold, with engaging illustrations, the guide is divided into six color-coded sections. The very young child will learn basic vocabulary and come to recognize the various milestones in the Divine Liturgy. For the older child, the guide includes several longer psalms, quotes, and prayers; the 12 feast icons and kontakia; plus an extensive glossary filled with terms and vocabulary often heard throughout the liturgical year. The book is on sale for \$20 or 2 books/\$30.



Lenten Supper Hosts



*A Child's Guide
to the Divine Liturgy*



Sunday of Orthodoxy



Pancake Breakfast

FELLOWSHIP GROUPS

Forerunners

The Forerunners shared a delicious lunch featuring Chef Abouna's famous spaghetti sauce! Following lunch, Carolyn Rock, chair of the Icon Decorating Ministry, instructed everyone on how to decorate the icon for this week's Annunciation Liturgy.



Women of St. Nicholas

Ladies: The St. George Ladies Myrrh Bearing Society (LMBS) invites you to join our virtual discussion with Iconographer, Khouria Erin Kimmett. Khouria Erin will kindly share her knowledge and vast experience on writing icons and their use in our prayer life, with a focused discussion on the Resurrection Icon.

Topic: Icons, Symbolism, and Meaning with Kh Erin Kimmett

Date/Time: Mar 30 @ 7PM

[Zoom Meeting Link](#)

Meeting ID: 835 5702 6564

Passcode: 964502

DEPARTED IN APRIL

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

3/04/2007 Alem Berih	4/22/1972 Mary Salhany
4/07/2015 Margaret Salhaney	4/23/1981 Minerva Bashara
4/10/1968 Albert Yared	4/24/1978 Elizabeth Thomas
4/12/1981 Alexander Koory	4/25/1971 Louis Simon
4/12/2012 Jodi Longstreet	4/25/2015 Wade Abraham
4/13/1957 Jennie Bander	4/26/2009 Martha Mickel
4/14/2009 James Abraham	4/28/1959 Mansour Simon
4/15/2003 Nicolas Wawee	4/30/1964 V. Rev. John Mickel
4/17/1947 Saied Bohysic	4/30/1980 George Amash
4/18/2010 Josephine Orange	4/30/1989 Edward David

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.



SO LONG TO
OUR MORTGAGE!

Glory to God!



**OUR ST. NICHOLAS CHURCH MORTGAGE
HAS BEEN PAID IN FULL! OUR PARISH IS DEBT FREE!**

THANK YOU AGAIN TO ALL WHO PRAYED AND ALL WHO PARTICIPATED IN THE RECENT EFFORT TO REMOVE OUR DEBT. THIS IS A JOYFUL MOMENT, AND WE WILL CELEBRATE WITH A 'BURNING THE MORTGAGE' EVENT IN MAY WHEN BISHOP ANTHONY CAN BE IN ATTENDANCE. WE KNOW THAT THE EFFORT TO REMOVE OUR MORTGAGE DEBT HAS GONE ON FOR A LONG PERIOD WITH GOOD AND FAITHFUL SERVANTS STEPPING FORWARD TIME AFTER TIME OVER 20-PLUS YEARS. WITH THE MORTGAGE PAID, THE PARISH COUNCIL VOTED AT THE MARCH MEETING TO TRANSFER \$5,000 PER MONTH TO THE CAPITAL RESERVE FUND WHICH WILL PREPARE US FOR ANY SIGNIFICANT BUILDING NEEDS IN THE FUTURE. WITH A 20-PLUS YEAR-OLD BUILDING, WE WILL CONTINUE TO EXPERIENCE A HIGH COST OF BOTH MAINTENANCE AND REPAIRS. BUT WE DO THIS TO USE OUR FACILITY IN THE BEST WAY POSSIBLE BOTH FOR OURSELVES AND AS A BLESSING TO OTHERS WITHIN OUR GREATER COMMUNITY. WITH NO MORTGAGE REDUCTION FUND TO CONTRIBUTE TO ANY LONGER, SHOULD ANYONE WANT TO CONTRIBUTE TO OUR CAPITAL RESERVE FUND AT ANY TIME, SIMPLY INDICATE THIS WHEN YOU MAKE A DONATION. ESPECIALLY DURING THIS TIME OF GREAT LENT, WE ALWAYS RECOGNIZE THAT ALL THINGS ARE FROM GOD, AND THIS BLESSING FROM GOD ALLOWS ST. NICHOLAS TO LOOK TO OUR FUTURE AND BECOME EVEN GREATER STEWARDS OF OUR GIFTS TO THE GLORY OF GOD. MAY OUR FOCUS ALWAYS CENTER ON "SEEKING AND SHARING CHRIST'S LOVE SO THAT ALL WILL FIND ETERNAL LIFE IN HIM."
MAY GOD BLESS ALL OF YOU FOR MAKING THIS INCREDIBLE MILESTONE POSSIBLE, PLEASE CARRY JOY IN YOUR HEART FOR ALL THAT YOU HAVE DONE AND CONTINUE TO DO.

JOURNEYING THROUGH **GREAT** LENT

YOUTH EDITION

To help you on your Lenten journey with your children, here are some kid-friendly service explanations to share with them...and maybe learn from yourself, too!

Presanctified Liturgy

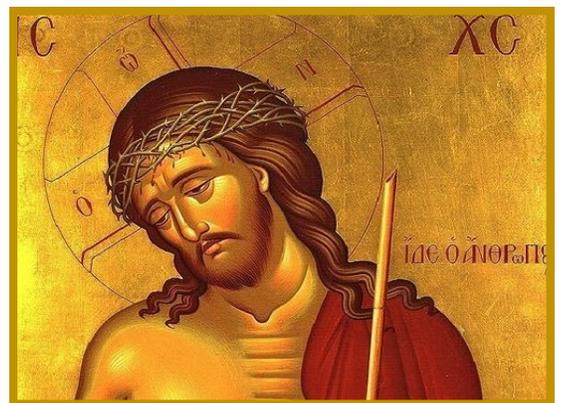
Lent is a lot of work and it can be hard! The Church gives us the strength we need for it by feeding us the Body and Blood of Jesus multiple times each week. A "Liturgy" always includes Holy Communion. "Presanctified" means that the bread and wine were sanctified (made holy by becoming the Body and Blood of Jesus) at the previous Divine Liturgy. So, when we have a Presanctified Liturgy on Wednesday night or Friday morning, the Communion is actually from the previous Sunday!



At Presanctified Liturgies, the lights are turned down low. Everything is quieter and feels a bit more sad than a Divine Liturgy to help us pray and focus on repenting and preparing ourselves for Jesus' Resurrection. You will hear parts of the Old Testament read aloud, and many beautiful psalms and hymns (such as "Let My Prayer Arise Before Thee Like Incense" and "O Taste and See That the Lord is Good"). You will also get to practice your prostrations during the Prayer of Saint Ephraim. Don't forget, the parish has a meal together right after the evening Liturgies, because people are hungry from fasting before Communion! Stay to eat, and hang out with your family and friends!

Great Compline (with Canon of St. Andrew)

Compline means night-time prayer. Great Compline is a service prayed at Church. Small Compline is prayed at home. The Great Compline services of Lent are filled with psalms, hymns, and prayers asking God to forgive our sins and help us live more holy lives. (The church is again darkened so we can focus on our repentance.) These services are also filled with [metanias](#) and [prostrations](#)! If you've ever been to one, you will remember it as the service when you got to move a lot!

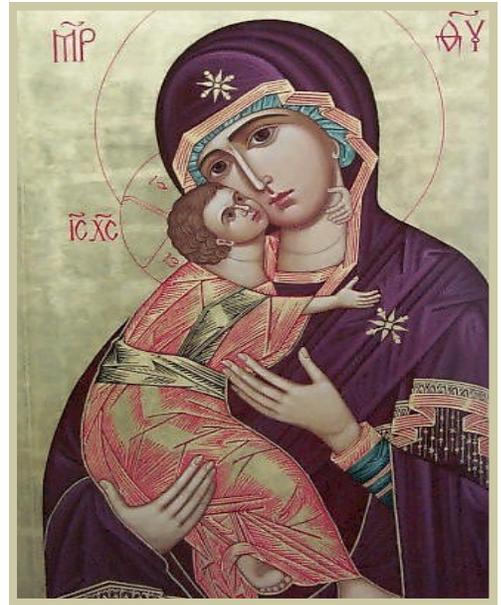


At certain Compline services during Lent, the canon (a special type of hymn) of St. Andrew of Crete is included. St. Andrew was a bishop who lived 600-700 years after Jesus. He is known for writing hymns, and his "Great Canon of Repentance," which we sing at Compline, is his masterpiece and the longest canon ever composed! It uses lots of examples from the Old and New Testaments to show us that we need to repent and humbly return to God.

Did you know that St. Andrew wasn't able to speak until he was 7 years old? It is believed that he was miraculously healed after receiving Holy Communion!

Akathist

An Akathist is a special type of hymn dedicated to a saint, holy event, or one of the three persons of the Holy Trinity. The word “akathist” means “without sitting.” We are supposed to stand during the chanting of an Akathist Hymn to show our respect! During Lent, we sing an Akathist to Mary (the Theotokos, or Mother of God) to praise her for saying “yes” to bringing Jesus into the world. By doing this, she made it possible for Jesus to come and save us by dying and rising again. That is why we honor and thank her during Lent as we prepare for Jesus’ death and resurrection! Everyone loves this service for its beauty and because we get to celebrate it with our sister parishes, sometimes at their church!



Lenten Encouragement for Parents:

I know it can sometimes be hard to go to Lenten services with young children. We have four, and at least once, my wife has had to haul them home only part way through the service because of a big temper tantrum. I know it can be hard to focus on prayer with kids and that our own kids always sound the loudest to us in Church.

But if you're at all able, come, and bring your children. Come, even if it doesn't seem like they pay attention. The seeds that are planted in these services often go very deep into their hearts and can blossom with good fruit for God as they grow up.

Come, even if your children are noisy. After this past year with everything going on in the pandemic, I can tell you that no noise is as loud or distracting as the lack of children in Church.

Come, even if your children distract you and make it hard for you to remember to pray. Offer that difficulty up to Christ. Parenthood is a Cross (a very good one!) and like all Crosses, God gives us grace when we carry it patiently. If we look at it rightly, our children aren't a distraction from living a full life in Christ. They are part of how we do it.

Please know that you are seen and appreciated for everything you do as parents.

By Fr. John Hogg, Holy Cross Orthodox Church