

LIFE AT ST. NICHOLAS

THE SUNDAY BULLETIN OF ST. NICHOLAS ANTIOCHIAN ORTHODOX CHURCH

MARCH 10, 2024

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

WALKING THROUGH THE FIRST WEEK OF LENT

Monday, March 18

Lent / Lent Fast Begins

Monday, Tuesday, & Thursday March 18, 19, 21

6PM—Great Compline with the Canon of St. Andrew of Crete

Wednesday, March 20

6PM—Presanctified Liturgy (followed by a Lenten Potluck)

Friday, March 22

9AM—Presanctified Liturgy

6PM—Akathist Hymn @ Holy Cross

Sunday, March 24

Orthodoxy Sunday

Special Collection for Seminarians

Lenten Pancake Breakfast

GREAT FEAST of the ANNUNCIATION of the THEOTOKOS

Sunday, March 24

5PM—Vespers followed by a festal meal @

Annunciation Orthodox Church

185 E. Pontaluna Rd., Muskegon 49444

Monday, March 25

6PM—Vespers-Liturgy @ St. Nicholas (followed by a fish taco dinner)



THIS WEEK

Sunday, March 10

**Judgment Sunday
(Meatfare Sunday)**

8:50AM—Orthros & Orthodox
Education Classes

10AM—Divine Liturgy

* Coffee Hour & Brunch

6PM—Books with Abouna: *The
Screwtape Letters* Discussion

Monday, March 11

Fasting from Meat Begins

Tuesday, March 12

10AM—Women of St. Nicholas
Leadership Meeting

Wednesday, March 13

10AM—Women of St. Nicholas
Teacher Treat Delivery

Thursday, March 14

10AM—Bible Study

11AM—St. Xenia's Circle

6PM—Stewardship Leadership
Meeting

6:30PM—Women's Night Out
Painting Party

Friday, March 15

10AM—OK Mama: Moms & Kids
DIY Lenten Calendar

Saturday, March 16

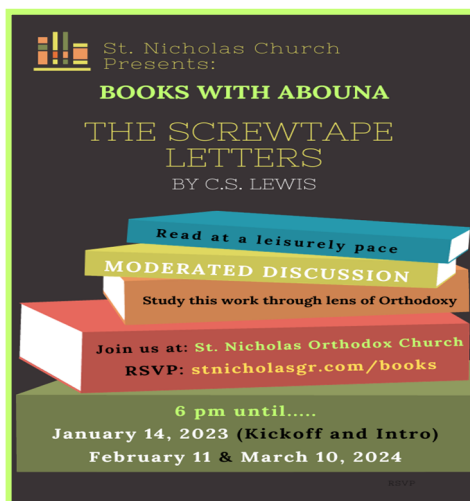
10AM—Choir Rehearsal

6PM—Great Vespers
followed by Confession

BOOKS WITH ABOUNA

Tonight, March 10 @ 6PM

Join us for the final discussion of *The Screwtape Letters*, by C.S. Lewis. The discussion will be lead by Fr. Michael and Scott Watson. All are welcome even if you've never attended. We will meet in the conference room or via Zoom.



ANNUAL TEEN SOYO CHEESECAKE SALE

Next Sunday, March 17

The Teens will again be holding their annual Cheese Cake fundraiser on Cheesefare Sunday. All donations to the Teens must be done via cash or check to ST. NICHOLAS TEEN SOYO. Be sure to buy some cheesecake to support our Teens!



THE CHOSEN DISCUSSION GROUP

Next Sunday, March 17 @ 8PM

Join us via Zoom to discuss the popular TV series, *The Chosen*, depicting the Gospel and ministry of Jesus Christ. Fr. Michael will lead the discussion from an Orthodox perspective as we continue with Season 2 (Episodes 4-6). The Discussion Group Zoom link is posted on the church calendar. Invite a friend!

FOCUS NORTH AMERICA

Steven Christoforou, FOCUS North America Director of Operations & Community Engagement, met with the Orthodox churches in Grand Rapids to discuss the interest and need for a FOCUS Center in our Grand Rapids community. Use the following link to learn more about what was discussed at the meeting, join a working group, or make a donation [stnicholasgr.com/focus/].

GET INTO SHAPE

Do you wish that you could get into better shape but either lack the motivation or just don't want to do it alone? If this is you, we may have the answer. One of our church members who has a degree in exercise science has offered to partner with those who are struggling in their exercise journey. Contact the church office if you are interested in this opportunity.

YOUTH IN ACTION

SPECIAL PARENT MEETING

Next Sunday, March 17 @ 9-9:30AM

Dn. John Kaufman and Dn. Justin Adolphson will be holding an informational meeting for parents of all Church School children to discuss opportunities for our Youth to participate in Stewardship. Please drop your kids off for Church School then join them in the Cultural Center.

PARISH LIFE CONFERENCE CREATIVE FESTIVALS

St. Nicholas Church School concentrated on Creative Arts during class **today**. Projects will be due to St. Nicholas by **Sunday, March 24** so we can ship them to the Archdiocese.

CREATIVE FESTIVALS 2024 THEME

"All things work together for good
to those who love God,
to those who are the called
according to His purpose."
Romans 8:28



Categories Include:

Art ~ Creative Writing ~ Digital & Graphic Art

Poetry ~ Photography ~ Video/Film

Overview, eligibility requirements and rubrics can be found at:

<https://antiochian.org/dashboard?name=creative%20festivals%202024>

VERSE OF THE WEEK

*For we must all appear before the
judgment seat of Christ,
that each one may receive the
things done in the body,
according to what he has done,
whether good or bad.*

II Corinthians 5:10

Sunday, March 17

**Forgiveness Sunday
(Cheesefare Sunday)**

8:50AM—Orthros & Orthodox
Education Classes

9AM—Parent Stewardship
Meeting

10AM—Divine Liturgy

* Teen SOYO Annual Cheesefare
Cheesecake Sale

6PM—Forgiveness Vespers

8PM—*The Chosen* Discussion
via Zoom

PLANNING FOR HOLY WEEK

Plan your work and school
schedule to fully participate in
Holy Week. Excuse forms can be
found at stnicholas.com/lent/.

Saturday, April 27

Lazarus Saturday

9AM—Orthros

10AM Divine Liturgy

* Spring Work Party & Breakfast
to follow

Thursday, May 2

9AM—Vesper Liturgy of the
Institution of Holy Communion

Friday, May 3

8:30AM—Bier Decorating

12PM—1st Royal Hour

1PM—2nd Royal Hour

2PM—3rd Royal Hour

3PM—4th Royal Hour

ANTICIPATING GREAT LENT



FORGIVENESS SUNDAY

In next Sunday's Gospel reading, our Lord says: *"If you forgive men their trespasses, your heavenly Father will forgive you; but if you do not forgive men their trespasses, neither will your heavenly father forgive you your trespasses."* (Matthew 6:14)

Heeding our Lord's teaching, at the end of next Sunday's Liturgy, we will perform the ceremony of mutual forgiveness.

FOOD FOR HUNGRY PEOPLE & CHARITABLE OUTREACH

We are now entering the 50th year of the *Food For Hungry People Program* started by Metropolitan Philip. So many people around the world have been helped by this wonderful program, but there are still so many more that need our help. Here is an excerpt from Metropolitan Philip's last address to an Archdiocese Convention Assembly, July 26, 2013:

According to the electronic media and the United Nations statistics, I would like to share with you the following facts:

- ◇ *Every year, 15 million children die of hunger.*
- ◇ *One in 12 people worldwide is malnourished including 160 million children under the age of five.*
- ◇ *One out of every eight children under the age of 12 in the United States goes to bed hungry every night.*

That was almost 14 years ago, and with all the atrocities happening in the world, the need is even greater today. We encourage every family to make it a Lenten priority to not only pray for those facing food scarcity but to also set an almsgiving goal and participate in our Food For Hungry People Lenten project.



PREPARING FOR LENT AND HOLY WEEK

Let's all plan to make our schedules available for the services of Lent and Holy Week by looking ahead on our parish calendar at stnicholasgr.com/calendar/.

Let's use this time to PREPARE for a spiritually-enlivening Lent with 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! For more details, please visit the Lenten website at stnicholasgr.com/lent.

LENTEN POTLUCK SUPPERS

Each Wednesday following the Presanctified Liturgy, we gather for a Lenten potluck. What a great opportunity for fellowship and building community. Everyone is invited.

Allergy Reminder: Some of our parishioners have severe allergies to nuts (including Tahini). There will be a designated "contains nuts" section marked off by a different colored table cloth. Please place your dish in the designated area if it contains nuts.

Coffee Hour Hosts: If you are serving anything that contains nuts, please make certain to place a tent card "Contains Nuts" by that dish.

FELLOWSHIP GROUPS

Fellowship activities provide great opportunities to invite others to engage in faith, fellowship & fun.



WOMEN OF ST. NICHOLAS:

Ridge Park Teacher Treats

We will be providing treats for the teachers at our neighbor Ridge Park Charter Academy on **this Wednesday, March 13** as they prepare for parent-teacher conferences. We will need 5-6 people to provide sweet or salty snacks or 2-3 dozen cookies and bring to church by 10AM on March 13. We also need someone to help set up and deliver the treats by 11AM. If you would like to help please contact Jenny Khorey at Khoreyegr@gmail.com or 616-204-4265.

Women's Paint Night / Girls Night Out

This Thursday, March 14 @ 6:30PM

All women are invited to spend an evening together as Nathan Adolphson leads us through the creation of a beautiful painting. Cost for supplies is \$25. To register go to: stnicholasgr.com/womensnightout/.

OK MAMA:

Please contact Hannah Seeley hrseeley@gmail.com or visit our FB group (search: OK mama) for details and questions for the events below.

Moms & Kids: DIY Lenten Calendar!

This Friday, March 15 @ 10AM

Lent is finally around the corner! Moms and Kids, let's gather and do some preparing! We will meet at St Nicholas to make some DIY Lenten calendars! What a great way to prepare for Holy Pascha! And a great way to help us visualize our journey. We can't wait to see you there! Please come, bring your friends and your crafty fingers (or crafty-wanna-be fingers)!

Moms Night Out: Lenten Meal Prep

Thursday, March 21 @ 7:30PM

OK Mamas, we have some preparing to do. We are meeting at St. George (334 La Grave Ave SE, Grand Rapids, MI 49503) for some Lenten Meal prep! It sure sounds like a good time, working together in the kitchen, sharing our tips and ideas, connecting with our Pan-Orthodox sisters. If this sounds like a beautiful time to you, please come! We invite you and encourage you to bring a friend.

FORERUNNERS

Thursday, March 21 @ Noon

Join us for a Lenten lunch followed by an informative presentation and discussion of Orthodox Lent given by Fr. David. Please bring a Lenten meal/side of your choice. Please respond to Barbara Thomas at bat47@wmis.net with your attendance.

OUR MISSION—WHAT WE DO

St. Nicholas Orthodox Church is a worshipping community living and sharing the Faith Christ gave to the Apostles.

WHY WE EXIST

St. Nicholas Orthodox Church exists to seek and share Christ's love so that all will find Eternal Life in Him.

PARISH COUNCIL

Please use the following email address when communicating with the Parish Council:

parishcouncil@stnicholasgr.com

STRATEGIC PLANNING

For updated information go to: stnicholasgr.com/parishioners

SUBMISSION REMINDERS

Announcements and Holy Oblations are due by noon each Wednesday.

Submit Announcements:

announcements@stnicholasgr.com

Submit Holy Oblations:

stnicholasgr.com/parishioners/




or by completing an envelope located on the Parishioner's Table in the Narthex.

SCHEDULING TIME WITH FR. MICHAEL

To make a an appointment, please call the Church Office and arrange. For those who would like to arrange their own appointments, please go to stnicholasgr.com/appointments and do so directly online.

OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS		THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 25th		<i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week MARCH 3rd		The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare MARCH 10th FAREWELL TO MEAT TODAY		The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 17th FAREWELL TO CHEESE TODAY		Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 24th		<i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 31st		ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent APRIL 7th		VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent APRIL 14th		ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 21st		ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 28th GREAT WEEK BEGINS		<i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY MAY 3rd		GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! MAY 5th NO FASTING!		<i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!