

# ST. MARK'S ORTHODOX CHURCH

[www.stmarksoca.org](http://www.stmarksoca.org)

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Orthodox Church in America ([www.oca.org](http://www.oca.org))

Diocese of Philadelphia and Eastern PA ([www.doeпа.org](http://www.doeпа.org))

452 Durham Road

Wrightstown, PA 18940

215 860-9640

MARCH 17, 2019

## Clergy

V. Rev. Raymond M. Browne,

Rector

Cell: 570-906-1388

Email: [frraymondmartin@hotmail.com](mailto:frraymondmartin@hotmail.com)

Protodeacon Gregory Moser, Attached

V. Rev. Michael Sekela, Retired. Attached

## Readers:

- ❖ G. Peter Bohlender
- ❖ Dustin Joseph Crosby

## Choir Directors:

- ❖ Sergei Arhipov
- ❖ Mat. Martha Moser
- ❖ Daria Cortese

## Church School Director

- ❖ Jennifer Sremanak

## Great Vespers/Vigil

Saturdays 6pm

Eve of Feast 7pm  
(6pm on Sundays).

## Hours

Sundays and Feast

Days 9:10am.

## Divine Liturgy

Sundays and Feast

Days 9:30 am

## Confessions:

Saturdays after Vespers and by appointment.

## Akathist Service

Wednesdays at 9:15am.

## Memorial Services (Panikhida/Litya): as

requested



## Service Schedule

**FIRST SUNDAY OF LENT — Tone 1. Sunday of Orthodoxy. Ven. Aleksy(Alexius) the Man of God (411). Martyr Marinus. St. Patrick, Bishop of Armagh, Enlightener of Ireland (ca. 461).**

ΕPISTLE: Hebrews 11:24-26;32-12:2

GOSPEL: **John 1: 43-51**

**Baptisms:** Children must have Orthodox Godparents who provide a letter from their parish priest. Parents and Godparents are required to attend two preparatory classes. Scheduling arrangements should be made with the Rector by contacting him directly.

**Weddings:** Arrangements should be made **at least** six months prior to the wedding and scheduling is subject to the liturgical calendar of the church.

**Please do not** make arrangements for receptions without speaking with the Rector first.

## Weekly Schedule of Services and Events

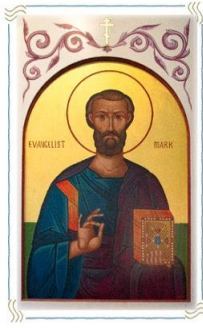
**Sun.** Mar 17: Hours and Divine Liturgy 9:10am. Coffee Hour. Sunday of Orthodoxy Mission Vespers - 4pm St. Michael's Orthodox Church, Wilmington, DE

**Wed.** Mar 20: Liturgy of Presanctified Gifts - 9:15am. Prison Ministry-7:30pm.

**Thurs** Mar 21: Parish Council Meeting- 7pm.

**Fri** Mar 22: Liturgy of Presanctified Gifts - 7pm.

**Sat.** Mar 23: Divine Liturgy for Soul Saturday - 9:30am. Vespers and Confessions -6pm



**Confessions:** This season of repentance is incomplete without a prayerful, honest and humble confession of the sins we are aware of. Please take the time to prepare prayerfully. Aids to confession will be made available during the coming weeks for you to take and use. And please do not put it off until the last minute. There are 47 days left before Pascha and none will be heard after Holy Thursday.

**Lenten Mission Service Schedule:** Is attached to the bulletin. Please make the effort to attend one of the local services during the Lenten Fast. It is an opportunity to meet our Orthodox brothers and sisters from all the Orthodox Churches in the Greater Philadelphia area.

**Parish Lenten Retreat:** Saturday March 30th. 9:15am Panikhida/Memorial Service for all our departed. 10-3:30pm Retreat on *What is the Spirit saying to our Church: Encouragement and Correction in the Letters to the Seven Churches of the Book of Revelation*. Vespers and Confessions follow at 4pm.

**Pascha Food Sale:** We will hold our annual Pascha Food sale on Saturday April 13 from 9am to 1pm. Order forms are posted online and the deadline is April 5. We will not take outside orders for Pascha Bread, though a limited number will be for sale on a first come, first served basis on the sale day.

**Scrip:** Thank you to all who have participated so far. Purchasing scrip cards for your regular or extraordinary purchases costs you nothing and provides varying financial benefits to our parish. Profit \$44.00, YTD \$130.50.

**Wrightstown Food Cupboard:**

Our small weekly contributions offered together make a big difference in the lives of many. Christ is hungry and thirsty. We can feed Him. **Whatsoever you did for the least of these, you did for me.**

VIGIL LIGHTS

FROM SWAN FAMILY

FOR THE HEALTH OF: HELEN, VENUS, CONSTANCE, MICHAEL

IN MEMORY OF: THOMAS, NEVILLE

FROM ELENA

FOR THE HEALTH OF: ELENA, DANIEL

**Please remember in your prayers**

**Living:** Captives Hierarchs Paul and John, orphans of St. Thekla's, Ill afflicted *Matushki* Elena, Laryssa, Lisa, Priscilla, Myra, Suzanne, Gail; *Servants of God* Peter, Stephanie, Anthony, Samuel, Sergei, Michael, Tatyana, Vera, Anna, Scott, Dennis, David, Garry, Vincent, Anthony, Helen, Stephen, Raymond, Darrell, Andrew, Daniel, Amanda and Michael, Laura, Stephen, Jason, Katina, Donna, Nina, Rebekah, Perry, Alexander. **Good estate** of Krastyo, Tom, Michael, Martin, Matthew, Nicoletta, Carmen and Nathan.


**Departed:** *Newly departed* Archpriest Kirill, Leonard *Departed* Archpriests Stephen and Vladimir.

**Birthday:** Anna Crosby - 15th  
**Names Day:** Patrick Colucci - 17th;



# Why Orthodox Christians Fast (St. Nikolai Velimirovich)

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 [johnsanidopoulos.com/2019/03/why-orthodox-christians-fast-st-nikolai.html](https://johnsanidopoulos.com/2019/03/why-orthodox-christians-fast-st-nikolai.html)

By St. Nikolai Velimirovich

(Excerpt from his Homily on Cheesefare Sunday)

By fasting, a man lifts his soul above its earthly prison and penetrates through the darkness of animal life to the light of God's Kingdom, to his own true homeland.

Fasting makes a man strong, decisive and courageous before both men and demons.

Fasting also makes a man generous, meek, merciful and obedient.

By fasting, Moses was made worthy to receive the Commandments from God's hands.

By fasting, Elijah closed the heavens, so that there was no rain for three years; by fasting, he called down fire from heaven onto the idol-worshippers, and by fasting made himself so pure that he was able, on Horeb, to talk with God.

By fasting, Daniel was saved from the lion's den, and the Three Children from the burning fiery furnace.

By fasting, King David lifted up his heart to the Lord, and God's grace descended on him and he sang the sweetest and most surpassing prayers that any man, before the coming of Christ, has ever raised to God.

By fasting, King Jehoshaphat crushed his enemies, the Ammonites and the Moabites (2 Chron. 20:23).

By fasting, the Jews were saved from persecution by Haman, the imperial deputy (Est. 4:3).

By fasting the city of Nineveh was saved from the destruction that the Prophet Jonah had prophesied for it.

By fasting, John the Baptist became the greatest of those born of woman.

Armed with fasting, Saint Anthony overcame all the hordes of demons and drove them from him. What? Only Saint Anthony? An uncountable army of Christian saints, both men

and women, have purified themselves by fasting, strengthened themselves by fasting and became the greatest heroes in human history. For they conquered that which is most difficult to overcome - themselves. And, in conquering themselves, they conquered the world and Satan.

Saint Basil says: "Fasting strengthens the mind."

St. Diodore says: "True ascetics refrain from food, not because they consider that is evil in itself, but in order, through restraint, to bridle the body's burning members."

And Blessed Jerome said: "To God, the Creator and Lord of the universe, the sound of a rumbling stomach is not necessary, but without it there cannot be chastity."

And finally, did not the Lord Jesus Himself begin His divine ministry of the salvation of mankind with a long, forty day fast? And did not He, in this way, clearly show that we must make a serious beginning to our life as Christians with fasting? First, the fast, and then all the rest comes together with, and through, the fast. By His own example, the Lord showed us how great a weapon fasting is. With this weapon, He vanquished Satan in the wilderness, and with it was victorious over the three chief satanic passions with which Satan tempted Him: love of ease, love of praise, and love of money. These are three destructive greeds, the three greatest traps into which the evil enemy of the human race lures Christ's soldiers.