

1 Corinthians 8:8-9:2 (Epistle)

Brethren: food does not commend us to God; for neither if we eat are we the better, nor if we do not eat are we the worse. But beware lest somehow this liberty of yours become a stumbling block to those who are weak. For if anyone sees you who have knowledge eating in an idol's temple, will not the conscience of him who is weak be emboldened to eat those things offered to idols? And because of your knowledge shall the weak brother perish, for whom Christ died? But when you thus sin against the brethren, and wound their weak conscience, you sin against Christ. Therefore, if food makes my brother stumble, I will never again eat meat, lest I make my brother stumble. Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are you not my work in the Lord? If I am not an apostle to others, yet doubtless I am to you. For you are the seal of my apostleship in the Lord.

Tone 7 Troparion (Resurrection)

By Thy Cross Thou didst destroy death.
To the thief Thou didst open Paradise.
For the Myrrhbearers Thou didst change weeping into joy,
and Thou didst command Thy disciples, O Christ God,
to proclaim that Thou art risen,//
granting the world great mercy.

Tone 3 Troparion (St. Matthew)

From the tax desk you eagerly followed the call of Christ the master,
Who of His goodness, revealed Himself on earth to man.
You appear as a chosen apostle & eloquent proclaimer of the Gospel
to the universe!
Wherefore, we revere your honorable memory, O Divinely speaking
Matthew!!
Pray to the merciful God that He will grant remission of sins to our
souls.

Glory... Now and Ever...

Tone 1 Kontakion (from the Lenten Triodion)

When Thou, O God, shalt come to earth with glory,
all things shall tremble,
and the river of fire shall flow before Thy judgment seat;
the books shall be opened, and the hidden things disclosed;
then deliver me from the unquenchable fire,//
and make me worthy to stand at Thy right hand, O Righteous Judge!

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March 10, 2024

Meatfare Sunday

40th Sunday After Pentecost

Matthew 25:31-46 (Gospel)

The Lord said: when the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory. All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides his sheep from the goats. And He will set the sheep on His right hand, but the goats on the left. Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.' Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? When did we see You a stranger and take You in, or naked and clothe You? Or when did we see You sick, or in prison, and come to You?' And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.' Then He will also say to those on the left hand, 'Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels: for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer Him, saying, 'Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?' Then He will answer them, saying, 'Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.' And these will go away into everlasting punishment, but the righteous into eternal life."

Food for Pantries.....Our ministry focus this month is “ Food for Pantries.” As you may know, our local pantry in Green Bay and the pantry in Appleton could use extra help right now in keeping their shelves stocked - **especially with non-perishable proteins such as canned meats, fish, and peanut butter.** Let's bless them this month with an abundance of food that will help out our neighbors. Please bring in your non-perishable food items and leave them in Herrick Hall. Don't forget to check the expiration dates! Thank you for your support!

Sign up for St. Mary's Orthodox Summer Camp: Please see the **attached** flyer about this Orthodox Church camp this summer in western Wisconsin. Feel free to ask Mat. Photini Roegner if you have any questions as her children have attended this camp for many years. Please also see Paul's note below regarding scholarship opportunities for the camp.

SMOC to offer scholarship opportunities for Church camp. SMOC is offering **Six, \$350.00 scholarships** to members of our parish that want to send their Children to summer camp. This would mean that your family would only have to pay \$200.00 to send one of your children to camp. Limit of two scholarships per family. Please see Father or Paul Novak if you are interested in this program.

Annual Orthodox Christians for Life Baby Shower Drive: In honor of the Feast of the Annunciation, we are participating, for the entire month of March, in purchasing infant items that will be distributed for mothers served by Alexandrina Pregnancy Crisis Center here in Green Bay. Having this kind of material support for mothers available makes it an easier decision for them to enjoy the fulfillment of raising a child. Essentially, any and all infant items are needed... but of course most of all, diapers and wipes!

.....the KITCHEN.....

.....the KITCHEN..... is in need of bottled water and 100% pure juice, meaning no sugar has been added to the juice.

.....the KITCHEN.....our coffee hour/fellowship time is made possible by your donations of food to share every Sunday morning. We can always use help with the clean up after Coffee/fellowship hour is over. Want to help? Stay until the end of coffee hour and we will find a task for you to do.

Church Cleaner.....

Wieland - week of 3/10 for 3/17/24

Meatfare and Cheesefare: Today, March 10, is Meatfare Sunday, the last day that the fasting standards allow meat. Then, Monday March 11 through the following Sunday, March 17, dairy products and eggs are allowed, before strict fasting begins on the first day of Lent, Monday, March 18.

SMOC News and Events Schedule

- **Book Study/Bible Study** will resume meeting on **Tuesday, March 26 at 10:30 am.**
- **Adult Education** meets every Wednesday after Daily Vespers at **6:00 pm.**
- **Sunday School** is this week, but will not happen on 3/17 or 3/24. The **High School Group** meets on Sundays when there is no Typika in Waupaca.
- **40 Days for Life, February 14 to March 24:**
From February 14 through March 24, you're invited to join other Christians for 40 Days for Life – 40 days of prayer and fasting for an end to abortion. You're also invited to walk and peacefully pray during a 40-day vigil in the public right-of-way outside Planned Parenthood 2605 S Oneida St in Ashwaubenon and also to help spread the word about this important community outreach. **Our parish's assigned time slot, as usual, is every Tuesday from 8:00 am to 9:00 am, during these 40 days.** If you'd like more information – and especially if you'd like to volunteer to help, please contact: Angelica Pfitzinger 662-664-4127
amjpfitz@gmail.com .
- **Parish Council** will be meeting via Zoom on **Tuesday, March 12 at 6:00 pm.** If you would like to attend as a guest, please let President, Paul Novak, know at paulnovak11@gmail.com
- **Services at St. Macrina Chapel in Waupaca:**
This coming **Saturday, March 16,** there will be Divine Liturgy at 9:30 am (preceded by Hours at 9:10 am). There will be Vespers at 6:00 pm on **Saturday, March 23,** and Hours and Typika at 9:30 & 9:50 on Sunday, **March 24.**
- **Meal at St. John's Men's Shelter on Friday, March 29:** Our parish will be sponsoring a meal for the 110 guests at St. John's Men's Shelter on Friday, March 29, from 5:15 - 7:15pm.
Volunteers are needed to serve the meal at the shelter as well as to **prepare the meal** ahead of time. There is a **sign-up sheet** in Herrick Hall for both volunteering opportunities. Please note the costs of the food will be covered by the parish (of course, donations toward this purpose are appreciated).
- **Catechumens' Class:** The final class, will be on **Sunday, April 7.**



Great Lent 2024



Christ is in our midst! As we begin Great Lent on **Monday, March 18**, here are some things to know for those who are new, and as a reminder for those who are not.

Lenten Services:

The Great Canon:

The first week of Great Lent is called “Clean Week”. The unique service held during this week, split up over a few days, is the Great Canon, which is a deeply penitential service. Lent is the time to reflect on our sinfulness, and to bring ourselves to repent and improve! In our parish, we will have **the Great Canon on Monday 3/18, Tuesday 3/19, and Thursday 3/21, at 6:00 pm (ending ~ 7:15 pm).**

The Presanctified Gifts:

During Great Lent, the service of Presanctified Gifts is held during weekdays. A portion of the Eucharist is consecrated on the previous Sunday, and then set aside for the faithful to partake of during the week, as a means of spiritually strengthening us during our ascetic efforts of Lent. The service contains many unique elements related to the Lenten season. **In our parish, Presanctified Gifts is served every Wednesday of Great Lent, beginning on 3/20, at 6:00 pm, followed by a meal in the hall.**

To attend the service of Presanctified Gifts on Wednesdays during the six weeks of Great Lent is an excellent way to increase our spiritual efforts during Great Lent. Also, please note that those receiving communion should fast for six hours before the beginning of the service (unless they can't for medical reasons, of course).

Holy Week and Pascha:

At the end of Lent comes Holy Week, starting with Lazarus Saturday on **April 27**. More to come on this, but for now, start thinking about how you can find the time to attend some services during Holy Week. There will be services every day, all the way until the glorious celebration of our Lord's Resurrection on Pascha (Easter), on **May 5** this year.

Fasting during Great Lent:

Great Lent is the strictest time of fasting, with abstinence from meat and dairy and (vertebrate) fish for 40 days. This is difficult, but it is worth trying, and it is what we follow when gathered at Church. That being said, these rules of fasting may not work for everyone for health reasons. So the main thing everyone should do, **however we fast, is to fast more strictly during Great Lent than we do otherwise, and to really just be consistent** and not give in. Alternative fasting could be to fast from added sugars, alcohol, or personal favorites. **Because the point of fasting is to train ourselves in self-control, so that we can control our passions and desires in other areas of our life.**