

**St. Matthew Orthodox Church
Orthodox Church in America
Diocese of the Midwest**

Father John Thetford

**607 Ravenswood Drive
Green Bay, WI 54302**

From the desk of Father John.....

Glory to Jesus Christ! Glory forever!

March 7 marks the beginning of Great Lent. The period of Great Lent is often called “the tithe of the year.” As the well known author and speaker Fr. Thomas Hopko (+2015) pointed out on an Ancient Faith Radio podcast titled “Lent – The Tithe of the Year” on March 13, 2008:

“The lenten season, as far as time is concerned, is just about exactly ten percent of the year. If we have 365 days and you have 40 days of the lenten season and then, in the Orthodox tradition again, the Holy Week of Christ’s Passion added on, that adds up to be virtually ten percent of the year. And the lenten season is that time of the year when believers, Christian believers, try to be what they ought always to be and to do what they ought always to do, but don’t.”

So Lent is not special in the sense that we do “extra,” but it is special in the sense that we simply try harder to do what we should always be doing – fasting, praying, almsgiving etc. And again – we do these things out of love. We pray, not just for ourselves. but for others; we fast, putting less focus on food that perishes; and we give alms, for the benefit of others. As Fr. Thomas says, we do what we “ought always to do, but don’t.” He then continues:

“It’s not a time for a special pious devotional activity. It’s a time for normal Christian life and normal Christian activity, the way it should be lived all year round but is not. So the season of repentance, the lenten spring as it’s often called, this ‘tithe of the year’ is when the believers mobilize themselves individually and together, corporately, to try to be God’s people, to be a Christian, to be a human being, to be a person, as a Christian...”

This is very true. In fact, the “extra” services we do during lent are services we could be doing every day, but are not able to. Many of the early Christians did this – they partook of the Eucharist every day!

So, in Lent we come to services, we pray, we fast, we give alms, and we confess our sins. These are things we should be doing all the time, but, because we are weak, and worldly 21st century Americans who get caught up in the ways of the modern world, it is hard for us to be Christians 100% of the time. And of course, to be loving, and not self-centered, which is the point of all our fasting, attending of services, etc., is not just a Christian calling, but the calling of every person, every human being, as Fr. Thomas points out. So by doing Lent properly, we are simply being human beings as we ought to be.

May all of us rise to the challenge of Great Lent. Keeping our Lord Jesus Christ and his love for humanity ever in mind, may we live for these 40 days as Christians ought to live, in prayer, fasting, and almsgiving, all inspired by Christ’s love.

In Christ,
Fr John

Happy March Birthday to.....

Many Years!



- Nathaniel Elsinger - 3/4
- Tom Julian - 3/5
- Mila Jeffers - 3/9
- Paul Greenlaw - 3/11
- Ann Kaseno - 3/12
- Melisa McNeil - 3/12
- Keely Sarsama - 3/16
- Sophia Mykhaylyuk - 3/22
- Jason Heid - 3/28
- Greg Kaseno - 3/29
- Owain Pfitzinger - 3/30

Men's Group on February 26!

We were very happy to have 16 men attend our meeting on Saturday, February 26. We discussed, from Matthew 26, the betrayal of Christ by Judas, the nonviolence of Christ giving himself up, and Peter's denial of Christ three times followed by his repentance. We look forward to future meetings of the Men's Group after Pascha.

Happy Anniversary!
Misha and Svitlana Mykhaylyuk
March 10

SMOC Bookstore

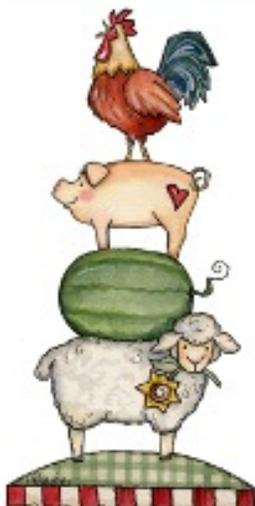
Lent is a blessed time for Orthodox Christians. We have the opportunity to participate in many services preparing us for the celebration of Pascha. The SMOC bookstore has service books for each service at very reasonable prices. In addition, the bookstore has many new items related to Lent and Pascha. Please visit soon!



March and April Cleaners

- Zdrade (week of) 2/27/22 for 3/6
- Novak (week of) 3/6/22 for 3/13
- Schahczaenski (week of) 3/13/22 for 3/20
- Julian (week of) 3/20/22 for 3/27
- Tomac (week of) 3/27/22 for 4/3
- Weiland (week of) 4/3/22 for 4/10
- Sarsama (week of) 4/10/22 for 4/17
- Mykhaylyuk (week of) 4/17/22 for 4/24
- Odman (week of) 4/24/22 for 5/1

Thank you so much!!



Parish Council President's Perspective.....Paul Novak

On February 20th, we held our Church's annual meeting. Thank you to all that attended in person and remotely. I enjoyed the conversation, questions, agreements and disagreements. For those of you that couldn't make the meeting, I wanted to provide a recap:

* Father John provided the following:

- We give thanks to God for all the wonderful things going on. As St. Paul says, we plant, and we water, but God himself gives the growth.
- Many thanks to my predecessor Fr. Eugene, to the PC, to our choir, readers, and servers for all the "planting" and "watering" going on.
- Many thanks to everyone who helps in every way, especially to those who clean the church and hall and take care of the facilities.
- This past year we have had 4 infant baptisms, 1 adult baptism, 2 adult Chrismations, and also anticipate our 5 catechumens coming into the church soon along with another few hopefully on the way soon afterward. We had 1 funeral for a former parishioner, Valentina V.
- The Coronavirus was handled very well in our parish. People have all their own personal opinions, but a spirit of peace and harmony prevailed in our parish. This did not happen in every parish, so our parish is to be commended for this.
- Support for the Orthodox Christian Mission Center (OCMC) - we are increasing our OCMC giving by supporting a new missionary family to Indonesia. While we do local missionary work here, we also support missions in these kinds of places where Christianity is largely unknown and/or rejected.
- With Great Lent approaching, I encourage everyone to make a special effort the first week, which is called Clean Week. Lent will go quickly, so it is important to make a special effort the first few days. It only comes once a year, so make the most of it.

* Our Vice President, Matt Tomac reported:

- Matt reviewed the recently completed electrical project in Herrick Hall.
- He thanked all of you who have signed up to clean the Church on a weekly basis. This ministry to the Church allows us to keep the Church, Herrick Hall and our bathrooms clean. On average, it takes about one hour of time to perform the cleaning duties. If you would like you or your family to be added to the cleaning schedule, please see Matt.

* Tom Julian, our Church Treasurer, reported that the Church finances are stable and provided the following highlights:

- Total weekly contributions for 2021 were \$90,025 vs. our 2021 budget of \$110,000.
- Total 2021 contribution raised was \$186,407 vs. our budget of \$154,000. This was bolstered by the \$44,013 that was raised for Phase II of the Iconography project.
- For 2022, our total budget is set at \$159,900.
- Our recurring major monthly expenditures for SMOC are around \$10,155 per month.
- Tom discussed the newly formed Legacy/Endowment Fund. If you are looking to make a donation to this fund, I would encourage you to speak with Tom.
- The 2021 financial summary and 2022 budget documents are posted on the bulletin board in Herrick Hall.

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Parish Council President's Perspective.....Paul Novak

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* In the President's report, I focused on two projects for the Church:

- I reviewed concept drawings for Phase III of our Iconography project. While this is important to complete, it is not our priority in 2022.
- For this year, the priority is to replace the exterior wood siding on our building. I shared pictures showing the wood siding pulling away from the outside walls in some areas. A motion was made, voted on and approved to start a fundraising campaign for the siding project. We need to raise \$30,000 so we can purchase the materials needed to complete this work in 2022. Labor is going to be provided by members of the parish, being led by Deacon Spyridon. The Deacon (Chad Roegner), is the owner of Roegner Construction Company. Roegner Builders excel in the design and construction of home projects in all price ranges. His expertise will allow us to do this siding work ourselves, saving us from having to raise even more money. Please see me if you wish to be on the siding build team. We will track and communicate how contributions are progressing for this important improvement to the exterior of our building. Please make your donation so that we can start this work once summer comes to Green Bay!

Additional items:

- Pedro Sarsama was nominated and approved to represent SMOC at the upcoming All American Council in Baltimore July 18-20th.
- Sign Up sheets for meals after Presanctified Service on Wednesday nights during lent will be placed in Herrick Hall.
- Katherine Wieland will be organizing our traditional meal after the Midnight Paschal service. Please contact her if you wish to help out.
- Following The Vespers of Pascha service held on Sunday afternoon, a children's egg hunt and picnic will be held.

I want to thank all of you for your continued support of SMOC.

In Christ,
Paul M. Novak

Greetings from Your Ministry Team!

Our March focus is food for pantries. Over the years, we have been supporting two pantries, alternating our donations. Let's really bless them this month with an abundance of non-perishable food that will help our neighbors. Please bring your donations and leave them in Herrick Hall. Thanks to Lars and Nana for faithfully making deliveries for us. Thank you!



Wednesday, March 2, 6:00 PM Molieben for Peace (prayer service for peace in Ukraine) followed by Daily Vespers
 Saturday, March 5, 5:00 PM Great Vespers
 Sunday, March 6, 9:10 AM Hours, 9:30 AM Divine Liturgy followed by Forgiveness Vespers
 Monday, March 7, 11:30 AM 3rd and 6th Hour; 6:00 PM Great Compline with Canon
 Tuesday, March 8, 11:30 AM 3rd and 6th Hour; 6:00 PM Great Compline with Canon
 Wednesday, March 9, 11:30 AM 3rd and 6th Hour; 6:00 PM Presanctified Gifts
 Thursday, March 10, 11:30 AM 3rd and 6th Hour; 6:00 PM Great Compline with Canon
 Friday, March 11, 11:30 AM 3rd and 6th Hour
 Saturday, March 12, 9:10 AM Hours & 9:30 AM Divine Liturgy with Blessing of Koliva; 5:00 PM Great Vespers
 Sunday, March 13, 8:30 Matins, 9:30 Divine Liturgy with Procession of Icons (Sunday of Orthodoxy)
 Wednesday, March 16, 6:00 PM Presanctified Gifts
 Saturday, March 19, 5:00 PM Great Vespers
 Sunday, March 20, 9:10 AM Hours, 9:30 AM Divine Liturgy (St. Gregory Palamas)
 Wednesday, March 23, 6:00 PM Presanctified Gifts
 Friday, March 25, 8:45 AM Vespereal Liturgy (Annunciation)
 Saturday, March 26, 5:00 PM Great Vespers
 Sunday, March 27, 9:10 Hours, Divine Liturgy (Veneration of the Cross)
 Wednesday, March 30, 6:00 PM Presanctified Gifts (St. Innocent of Alaska)
 Saturday, April 2, 5:00 PM Great Vespers
 Sunday, April 3, 8:30 AM Matins, 9:30 AM Divine Liturgy (St. John of the Ladder)
 Wednesday, April 6, 6:00 PM Matins & Great Canon (with the life of St. Mary of Egypt)
 Friday, April 8, 6:00 PM Akathist to the Theotokos
 Saturday, April 9, 5:00 PM Great Vespers
 Sunday, April 10, 9:10 Hours, 9:30 AM Divine Liturgy (Mary of Egypt)
 Wednesday, April 13, 6:00 PM Presanctified Gifts
 Friday, April 15, 6:00 PM Great Vespers (Lazarus Saturday)
 Lazarus Saturday, April 16, 9:00 AM Baptisms/Chrismations, 10:00 AM Divine Liturgy
 Lazarus Saturday, April 16, 5:00 PM Vigil (Palm Sunday)
 Palm Sunday, April 17, 9:10 Hours, 9:30 AM Divine Liturgy (Palm Sunday)
 Holy Monday, April 18, 6:00 PM Bridegroom Matins
 Holy Tuesday, April 19, 8:45 AM Presanctified Gifts
 Holy Tuesday, April 19, 6:00 PM Bridegroom Matins
 Holy Wednesday, April 20, 6:00 PM Matins
 Holy Thursday, April 21, 10:00 AM Vespereal Liturgy (The Mystical Supper of Holy Thursday)
 Holy Thursday, April 21, 6:00 PM Matins (The 12 Passion Gospels of Holy Friday)
 Holy Friday, April 22, 4:00 PM Vespers (The Entombment)
 Holy Friday, April 22, 6:30 PM Matins (The Lamentations at the Tomb)
 Holy Saturday, April 23, 10:00 AM Vespereal Liturgy (The Empty Tomb)
 Holy Saturday, April 23, 11:30 PM Nocturnes, Matins, Divine Liturgy (THE RESURRECTION!)
 Easter Sunday, April 24, 3:00 PM Paschal Vespers (Agape Vespers of Pascha)
 Bright Tuesday, April 26, 9:30 AM Divine Liturgy (Bright Tuesday)
 Saturday, April 30, 5:00 PM Great Vespers (Thomas Sunday)
 Sunday, May 1, 9:10 Hours, 9:30 AM Divine Liturgy (Thomas Sunday)



Prayer for Peace in the Ukraine

“Heavenly Father, your son taught us ‘Blessed are the Peacemakers for they shall be called Children of God.’ At this hour we fervently pray that your Holy Spirit may inspire Ukrainians and Russians to discover and trust that Jesus is the only true source of peace, safety, comfort, truth, and freedom. We ask God to deliver Ukraine from evil. May He have mercy and heal this land. May He give Ukraine peace and the chance to develop as a nation that values truth, justice, and freedom - all rooted in the goodness of God. We pray that Ukrainians will practice forgiveness toward those who have harmed them and seek reconciliation. May the most Holy Mother of God extend her Blessed Mantel of Protection over Ukraine. Amen.”



SMOC Event Schedule

- **Book Study/Bible Study** is meeting every **Tuesday at 10:30 am**.
- **Adult Education class** is meeting every **Wednesday** after Daily Vespers at **6:00 pm**.
- **Adult Choir Practice** will be **Sunday, March 13** and **March 27**.
- **Sunday School Singing** (Children's Choir) will be **Sunday, March 20**.
- **There will be no Parish Council meeting in March**. The next Parish Council meeting will be held via Zoom on **Tuesday, April 12 at 6:00 pm**.



Thank you, Chuck Bayerl, for the wonderful recipes!!!

Carmelized Salmon with Pineapple Quinoa

1 pound salmon filet
1/2 fresh pineapple cut into small bite-sized pieces

Marinade:

1/4 cup packed brown sugar
1 Tbls honey
1/2 cup soy sauce (I use Tumari, gluten-free)
1/4 cup pineapple juice
1 tsp Dijon mustard
1 tsp toasted sesame oil
1 Tbls olive oil
1 tsp grated ginger
2 cloves garlic, minced
1 tsp red chili pepper

Place mixed marinade ingredients in a ziplock bag with the salmon and marinate 1 to 8 hours, the longer the better.

Quinoa:

3/4 cup uncooked quinoa
1 cup light coconut milk
1/2 cup water
1/4 cup diced red onion
1/4 cup fresh chopped cilantro
1 fresh lime, squeezed
1/4 cup toasted almonds

Bring water and coconut milk to a boil. Pour in quinoa, cover, reduce to a simmer, and cook about 12 to 15 minutes, until water is absorbed. Let stand for 5 minutes, fluff with a fork, and add red onion, lime juice and cooked pineapple.

While the quinoa is cooking, place the salmon in a baking pan that has been sprayed with cooking spray and foil placed on top. Surround the salmon with pineapple chunks. Brush both salmon and pineapple with marinade juices. Top salmon with brown sugar to carmelize. Bake at 400 degrees for 15 to 20 minutes. Broil the last few minutes to carmelize. Add pineapple and fresh chopped cilantro to quinoa and serve as a side dish with the salmon.



Crab Meat Stuffed Mushroom Caps

Ingredients:

2 Tbls margarine
1 med onion, chopped
1 clove garlic, chopped
5 small button mushrooms
12 large button mushrooms with stems removed and chopped
Crab meat
salt and pepper to taste
1/4 to 1/2 tsp onion powder
1/4 to 1/2 tsp garlic powder
Smoked paprika to taste

Preheat oven to 400 degrees. Melt margarine in a sauce pan on medium heat. Add and sauté chopped onion, chopped garlic, and button mushroom stems until onions are tender and translucent. Remove from heat. Add crab meat and season to taste with salt, pepper, garlic powder, and onion powder. Place large mushroom caps, stem side up, in a baking dish that has been greased or sprayed with nonstick spray. Divide the filing equally among the mushroom caps. Sprinkle filled mushroom caps with smoked paprika. Bake until mushrooms are tender when pierced with a knife, about 20 to 25 minutes. Serves four.

