

Saint Nicholas Greek Orthodox Church

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LIVE YOUR ORTHODOX FAITH

MARCH

GREAT LENT 2014

by Fr. George Zervos

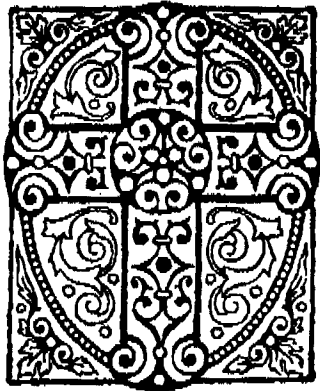
As you know, Great Lent is a lengthy period of time consisting of 48 days. It is the period of time before Easter, and has the purpose of preparing us to control our passions, to praise God properly, and to do good deeds which please Him.

This year, Great Lent begins on Monday, March 3rd. The Greek Orthodox Church focuses on three basic disciplines; fasting, prayer and almsgiving. Let us first talk about fasting. We are called by the Church to fast from dairy and meat products either completely or according to our ability. Cutting down on one's food intake helps one greatly to control one's passions and to avoid committing transgressions, and even sin.

Prayer is the second discipline which we should increase during the Great Lent. Together with fasting, prayer clears one's mind from confusing thoughts and wrong behavior. Prayer is a conversation with God. Intercessory Prayer is also very valuable for the good of our soul. Prayer helps one to avoid rash or improper actions which are contrary to our good. Finally, sincere prayer assists one not only to express his/her inner thoughts to Him, but also to hear what He tells us to do. Active and sincere prayer makes us humble and unselfish.

Almsgiving is the third, a major discipline after fasting and prayer in which we are encouraged by the Lord Jesus to extend to those in need. In Matthew 25 verses 31-46, Jesus gives us the blueprint of the meaning of almsgiving. We as Christians are expected to help the poor or one burdened with life. We are called to be kind to other human beings.

The Great Lent is an opportunity for us to come nearer to our Lord and fellow human beings by doing the things which give us true spiritual joy. Let us do our best this Great Lent to please God, our fellow man, and ourselves. Amen.



A SONG FOR THE GREAT LENT

by Kathleen Morrison

At church during the Great Lent one year, we sang the following song written by Johann Heermann in 1585, and put to music by Johann Cruger in 1598. The words touched me so deeply I think of it every lent and find myself singing it. I enclose it now for you and encourage you to think upon these words at lent.

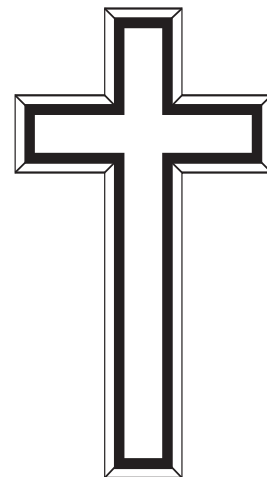
Ah holy Jesus, how has thou offended, that man to judge thee hath in hate pretended?
By foes derided, by thine own rejected, Oh most afflicted!

Who was the guilty? Who brought this upon thee? Alas my treason, Jesus hath undone thee.
'Twas I, Lord Jesus, I it was denied thee; I crucified thee.

Lo, the Good Shepherd for the sheep is offered; the slave has sinned and the Son hath suffered;
For our atonement, while we nothing heeded, God interceded.

For me, kind Jesus, was thy incarnation, thy mortal sorrow, and thy life's oblation;
Thy death of anguish and thy bitter passion, for my salvation.

Therefore, kind Jesus, since I cannot pay thee, I do adore thee and will ever pray thee
Think on thy pity and thy love unswerving, not my deserving.





GREEK ORTHODOX ARCHDIOCESE OF AMERICA
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January 31, 2014

Rev. Fr. George Zervos and Faithful of
St. Nicholas Greek Orthodox Church
P.O. Box 264
Jamestown, NY 14702-0264

And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. 2 Cor. 9:8

Dear Fr. George and Faithful of the St. Nicholas Parish,

The miracle of giving is even more blessed when it occurs in a spirit of love and joy for the work of the Church and the glory of God. This is truly how the faithful of the Metropolis of Detroit have responded to our request for financial support to maintain the Offices of our Holy Metropolis.

In spite of these difficult times, know that you have made a difference in the life of the Church because you have understood that giving is above all things a joy and a privilege. For this reason, I write to you now, thanking you for your recent donation of **\$400** to the Friends of the Metropolis campaign. Your support is appreciated by all the faithful of the Metropolis because your generosity during this difficult period is a visible sign to all of us of the sacred obligation we have to continue to serve the people of the Church at the highest levels of our ability.

Moreover, your gift continues to make it possible for the Office of the Metropolitan to be fully engaged in the local ecumenical and inter-faith witness of our Church.

Appreciative as we are of your efforts to be part of this campaign and to support the efforts of our Office, please know that you will be remembered in the Chapel of our Metropolis.

Expressing my thanks to you for this gift of support, I remain,

With every prayer before the Lord,

✙ NICHOLAS
Metropolitan of Detroit

Metropolis of Detroit is a tax-exempt organization under 501(c)(3) of the Internal Revenue code and as required by the IRS, we certify that no goods or services were provided to the Donor in exchange for this donation and that the full amount of your donation may be deductible.

CALENDAR

GREAT LENTEN CHURCH SERVICES

Wednesday, March 5th	Presanctified Liturgy	9:15 A.M.
Friday, March 7th	Salutations to the Theotokos	9:30 A.M.
Saturday, March 8th	Last Saturday of the Souls	
Sunday, March 9th	Divine Liturgy, Sunday of Orthodoxy.	10:00 A.M.
	Bring an Icon with you.	
Wednesday, March 12th	Evening Presanctified Liturgy,	5:00 P.M.
	followed by Tureen Dinner	
Friday, March 14th	Salutations to the Theotokos.	10: A.M.
Sunday, March 16th	Divine Liturgy, St. Gregory Palamas,	10 A.M.
	Gust Verleni 1 year memorial,	
Wednesday, March 19th	Presanctified Liturgy,	9:15 A.M.
Friday, March 21st	Salutations to the Theotokos,	10 A.M.
Sunday, March 23rd	Divine Liturgy, Veneration of the Holy Cross,	10 A.M.
Tuesday, March 25th	Divine Liturgy,	9:15 A.M.
Friday, March 28th	Salutations to the Theotokos,	10 A.M.
Sunday, March 30th	Divine Liturgy, St. John Climacus,	10 A.M.
Wednesday, April 2nd	Presanctified Liturgy,	5:00 P.M.
	Tureen dinner to follow	
Friday, April 4th	Salutations to the Theotokos,	10 A.M.
Sunday, April 6th	Divine Liturgy, Mary of Egypt,	10 A.M.
Wednesday, April 9th	Presanctified Liturgy,	9:15 A.M.
Saturday, April 12th	Divine Liturgy,	9:15 A.M.
	Holy Confession for Children, making Palm Crosses and SS Communion Breakfast.	

HOLY WEEK SCHEDULE

Sunday, April 13th	Divine Liturgy, Palm Sunday	10 A.M.
	followed by Palm Sunday Luncheon	
Sunday, April 13th	Nymphios Orthos Service	5 P.M.
Monday, April 14th	Nymphios Orthos Service	6:30 P.M.
Tuesday, April 15th	Nymphios Service, Kasiane Hymn	6:30 P.M.
Wednesday, April 16th	Holy Unction Service	6:30 A.M.
Thursday, April 17th	Divine Liturgy	9:15 A.M.
Thursday, April 17th	Reading of the 12 Gospels, Procession	6:30 P.M.
Friday, April 18th	Reading of the Royal Hours	9:15 A.M.
Friday, April 18th	Jesus is removed from the Croass	2:30 P.M.
Friday, April 18th	Lamentations for Jesus	6:30 P.M.
Saturday, April 19th	Divine Liturgy, First Ressurrection	9:15 A.M.
Saturday, April 19th	Ressurrection of Jesus from the grave	Midnight
Sunday, April 20th	Agape Service - Children's Easter egg hunt	11:30 A.M.
Wednesday, April 23rd	Divine Liturgy, St. George	9:15 A.M.

OUR MUSICAL LIFE: A SIGN OF DYNAMISM

DEAR READERS,

When I was a child growing up in a Greek Orthodox Church, chanters and choirs did all the singing. Of course, at the time, services were celebrated all in Greek, too. About the time I was in junior high, little by little services began to use English and people were being encouraged to participate in the services, including singing along to the hymns and receiving Holy Communion more often. It was shocking at the time! But now, a few decades later, we hear all three—chanters, choirs and congregations—singing traditional Byzantine hymns, adaptations in “Western notation,” music from other Orthodox traditions, such as Russian arrangements (Cherubic hymns from Russian composers have been particular favorites), as well as original musical compositions (to ancient texts), and in Greek, English and occasionally other languages. Our musical life as a Church has expanded dramatically. This is to me a sign of a dynamic tradition, with deep roots in the past and fruitful new growth.

The Orthodox Tradition is a musical tradition. So many of our doctrines and theological ideas are communicated in hymns that to be well versed in those texts is to be well versed in our theology. How often have you found yourself using the words of a hymn to express a theological concept? There is a theological richness in those texts that is readily available. The words of the Fathers of the Church are the Church’s hymnal; there is no need to purchase a library of patristic texts. You already possess one in your liturgy books. To adapt the famous phrase of Evagrius of Pontus about prayer: “To sing in church is to be a theologian; a theologian is one who sings in church.”

Don’t underestimate the power of music in our lives. How often have people been moved by a song or an anthem? Recall in the days after 9/11 the powerful singing of “God Bless America” or likewise after the recent Boston Marathon bombings. Social movements have used music to unify people, such as “We Shall Overcome” in the Civil Rights movement. The Church, too, is moved and unified when it sings. Think of the

collective joy of singing “Christ is risen” at Pascha that very first time each year. Even our liturgical texts invite us to sing together as a Church, to worship God with one heart, mind and voice.



- DR. VRAME



CHOIR NEWS

Dear Choir Members,

As a courtesy and because of the importance of our choir, as shown in the article by Dr. Vrame—Director of Religious Education, I will require that if you are not going to be in the choir on a particular Sunday, you inform me so that I can plan accordingly.

Furthermore, all choir members should be at Church by 9:45 a.m., so that we can get into our robes when needed and so that we can discuss the sira or order of the music for that Sunday. Thank you for your cooperation on these matters.

Next: We have new music for Holy and Great Friday. Practices will take place after Divine Liturgy on the following Sundays: March 16, 23 and 30.

A final practice of the above service and a review of the Easter Services will take place after our Palm Sunday Luncheon.

My phone numbers are: home—716-763-2627 cell—716-499-1724

With Love and Devotion to all of you who serve our Saint Nicholas Church –with love and devotion

Presvytera Anne

P.S. We will be ordering our new robes very shortly

MYROFORA GIRLS OR MYRRHBEARING GIRLS:



It is not too soon to plan for our girls ages 2 through 12 to be the Myrofora girls on Holy and Great Friday night. We welcome all of you who have done it before as well as our new additions. As you know, the girls must be dressed all in white. We will have the white baskets for them filled with rose petals. This is a very important occasion for our girls. It shows them that although they may not be able to serve in the Altar, they still have a vital place in the Church. They will be guarding Jesus's Tomb on that special night. Anyone interested, please contact Presvytera Anne. We will hold a practice right before Holy Week. Thank you.



YASSOU FAVORITES CALL FOR RECIPES

Yassou Favorites and More has been a successful project and we are now ready to develop a revised edition! Thank you everyone for your past support. There were several parishioners who did not submit a recipe for the original cook book in 2008. We also have several new parish families and individuals since that time. We are welcoming additional recipes for any category. We also particularly welcome vegetarian, egg free, milk free, and gluten free recipes. Please e-mail your complete recipe to Liz Frederick, mfred323@windstream.net, or by mail, at 323 Palmer St., Jamestown, NY, 14701. I thank you in advance of your additional support. Liz Sklepetas Frederick

HOLY HUMOR

A father was approached by his small son who told him proudly, "I know what the Bible means!"

His father smiled and replied, "What do you mean, you 'know' what the Bible means?"

The son replied, "I do know!"

"Okay," said his father. "What does the Bible mean?"

"That's easy, Daddy," the young boy replied excitedly, "It stands for 'Basic Information Before Leaving Earth.'"

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country.

"Is there anything breakable in here?" asked the postal clerk.

"Only the Ten Commandments," answered the lady.

"Somebody has said there are only two kinds of people in the world. There are those who wake up in the morning and say, "Good morning, Lord," and there are those who wake up in the morning and say, "Good Lord, its morning."

ERENE SOCIETY

Submitted by Athena Constantine, President

Next meeting will be on
Wednesday, March 5th, 7P.M.

NEW ADDRESS FOR:

Nulie Junethis
Southerland Place, Room 301
200 Winners Circle South
Brentwood, TN 37027
Tel: 615-376-2499

FUNERAL SERVICES

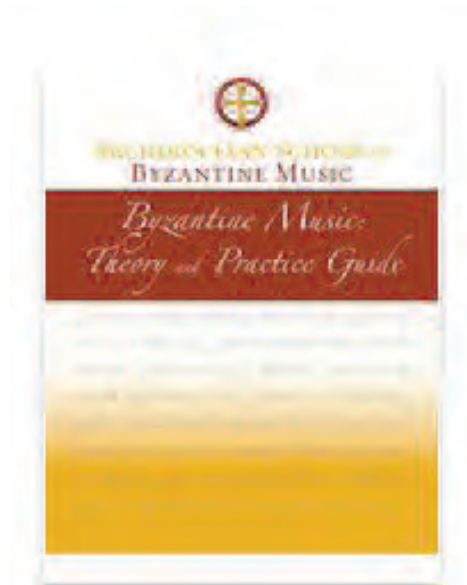
The funeral of our beloved Mary Hastas of Olean, Ny was conducted by Father George Zervos February 13th. God rest her soul!

Orthodox Church in the 21st Century

Do you have a smart phone or tablet and want to stay up to date with the Orthodox Church? Then you should check out the *Daily Reading App*. The *Daily Reading App* allows you to “access the day’s Bible reading prescribed by the Lectionary of the Greek Orthodox Church”. It also allows you to look up saints, fasting guidelines, important dates, and major holidays all on your mobile device or tablet.



Every Sunday many of us enjoy the music of the Church. Have you ever wanted more information on the history of the music? Do you want to learn how to chant? The Archdiocesan School of Byzantine Music has an app for that! It's called the *Byzantine Music: Theory and practice guide* and is available on iTunes.



Do not forget to **LIKE us on Facebook!** St. Nicholas Greek Orthodox Church, Jamestown, NY

We are trending on Instagram! **#stnicholasjamestown**

Thank you, Sabrina Piaschyk



PARISHONERS IN ALTERNATIVE LIVING ARRANGEMENTS

Helen Douvlos:

Rouse County Home, 701 Rouse Ave., Youngsville, PA 16371

Shelia Hollobaugh:

Kane Nursing Home, 100 High Point Dr., Kane, PA 16735

Katherine Nianiatos:

Ecumenical Home, 100 St. Francis Dr., Bradford, PA 16701



*The Parish Council Families will host
Lenten Luncheons at the conclusion of
each Sunday Liturgy.*

*Please attend, support
and enjoy Christian fellowship.*

2014 STEWARDSHIP LIST

Andersen, Dan G., M.D.
Anderson, Greg & Christina
Anderson, Tim & Rachel & family
Bechakas, Terry & Soultana
Bertrand, John & Victoria
Bruner, Kenneth & Helen
Cheronis, George
Cheronis, James & Christine & Allie, Christian
Christ, James Sr. & Tara Family
Christ, Terry & Joanne
Constantine, Athena
Constantine, Terry
Crandall, Chad, Brittany & James
Deppas, Deborah & Chelsea, Joshua, Anthony
Deppas, Lou & Melissa & family
Dimas, George & Dorothy
Dimitri, Athena
Dimitri, John & Julie
Fanaritis, Magdaline
Frederick, Elizabeth S.
Gedz, Basil G
Giopulos, John & Shirley
Giopulos, Peter
Hastas, Mary
Hennas, Mr. & Mrs. Andrew J.
Hill, Louise H.

Jamesson, Kaliope
Kianos, Violet
Lollis, L. Terry
Marano, Antony S. & Nancy C.
Michos, Alexandra
Michos, Elizabeth
Mignoli, Connie
Newburg, Elizabeth & Jerry
Pappas, Elizabeth (Betty)
Piaschyk, Damian & Sabrina
Psychos, Constance
Raptis, Jim & Demetra
Riolo, Mary M.
Ross, Ethel
Saines, James
Searls, R. Ted & Loretta C.
Singleton, Todd & Alexis & family
Spanos, George & Mary Ann, Pano, Thoma, Teo
Spiridon, Dean P. & Linda K.
Stanton, Dean & Maria, Ashley
Theofilactidis, Lazaros & Courtney
Tsitso, Evdoxia (Evelyn)
Turner, William & Angie
Verleni, Nicholas & Helen
Voulgaris, Anthony & Helen
Zorich, Ronald & Voula, Jimmy & Ashley, Jude Harder

MEMORIALS FOR MARCH 2014

In memory of Elaine Johnson

Betty Pappas
Suzanna Hastas
Mr. and Mrs. James Raptis

In memory of Michael Christatos

Officers of Cutco Corporation:
Jim Stitt, Jim Stitt Jr., John Whelpley, Brent Driscoll, and Erick Lane
Betty Pappas

In memory of Andrew Kalambukas

Nora Bitchakas
Peter Bitchakas and Family
Argery Cooke and Family

In memory of Mary Hastas

Mr. and Mrs. Constantine Rigas
Mr. and Mrs. James Raptis



Orthodox Church for kids!

Are you looking for NEW ways to have your children explore and learn about the Orthodox Church? The Greek Orthodox Archdiocese of America offers three websites for children to “explore their faith while having fun!”

(1) Children’s Bible Reader Online

<http://cbr.goarch.org/>



(2) Saints alive! Online games and learning

<http://games.goarch.org/>



(3) Iconoguess- A feature of Iconograms

<http://www.iconograms.org/instr.php>



Remember to LIKE us on FACEBOOK!

Thank you, Sabrina Piaschyk



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