
❖ THE TORCHBEARER ❖

Vol. 6 ... No. 7

March - April, 1998

From the Pastor...

Beloved in the Lord:

On March 2nd, the Orthodox Church begins Great Lent. As we make our way as a family, as a community, toward our Lord's empty tomb let us all strive to return to God, much like the Prodigal Son, and see what good God has to offer to fill the emptiness of the world. Please do something to observe this great gift that God gives to us. Don't let this time go by and fail to see the potential that you have within you to affect a change for the good of your mind, body and soul. Many "extra" liturgical services will be celebrated - become a part of them and become reunited with God and His Saints.

Below please find the most, in my opinion, uplifting, insightful, and hopeful sermon in the writings of the Fathers of the Church. Please don't read it! Rather, take the time to absorb these words and reflect on their meaning in our lives as Christians. You cannot help but see our Lord's Resurrection in a different light and context.

I very much look forward to seeing all of you during this most special time of the year. Please remember that I love you and pray for you. Please remember my family and me in your prayers, and remember that I am just a phone call away if you should ever need me. On behalf of my family, Khouryie Joan, Alexander, Elizabeth Rose, and Nathaniel, and in anticipation of the Great Feast, I want to wish each of you and those whom you love a most blessed Pascha, and a spiritually fulfilling Lenten journey.

With much love in Christ,

Rev. Fr. John K. Teebagy



THE CATECHETICAL HOMILY OF SAINT JOHN CHRYSOSTOM.

If any are pious and lovers of God, let them delight in this fair and radiant festival. If any are honest servants, let them enter and rejoice in the joy of their Lord. If any are wearied with fasting, let them now enjoy the reward. If any have worked from the first hour, let them accept their just pay. If any have come after the third, let them feast with thankfulness. If any have arrived after the sixth, let there be no doubt, for they shall suffer no loss. If any come after the ninth, let them draw near, let them not waver. If any have arrived only at the eleventh, let them not be fearful for their tardiness, for the Master is gracious and accepts the last as well as the first. He gives rest to those who worked from the first hour. He is merciful to the last and provides for the first. He gives to this one and to that one he shows kindness. He receives their labors and acknowledges the purpose, and he honors the deed and praises the intention. Therefore, let everyone enter into the joy of our Lord, and let the first and the second take part in the reward. Those rich and those poor, join hands together. Those sober and those sorrowful, honor this day. Those who fast and those who do not, be glad today. The table is full, indulge yourselves sumptuously. The calf is ample, let no one go away hungry. Let all enjoy the wealth of righteousness. Let none lament their poverty for the kingdom is revealed to all. Let none deplore transgressions, for forgiveness has dawned forth from the tomb. Let none be fearful of death, for the death of the Savior has set us free. By tasting his flesh, death has been quenched. He who went down to Hades despoiled Hades, and Hades was embittered when he tasted Christ's flesh. Isaiah, anticipating this, cried out and said: Hades was embittered when it met you face to face below. It was embittered, for it was abolished. It was embittered, for it was mocked. It was embittered, for it was cast down. It was embittered, for it was chained. It received a body and encountered God. It received earth, and met heaven face to face. It received what it saw, and fell where it saw not. O death, where is your sting? O Hades, where is your victory? Christ is risen, and you are overthrown.

Christ is risen, and the demons have fallen. Christ is risen, and the angels rejoice. Christ is risen, and there are no dead in the tombs for Christ is raised from the dead, and has become the first fruits of those who were asleep. To him be glory and dominion to the ages of ages. Amen.

Great Lent in the Family Home by Joan Teebagy

Children should be taught about the importance of Great Lent at an early age. They need to know that it is a special time that helps us practice being a good Christian. By experiencing Great Lent as a family, as well as individually, children can begin to assimilate, through modeling and practice, this time as a part of their spiritual development.

Encourage your child to plan activities for Great Lent. Create a calendar to mark the days of Great Lent. Attend as many of the Lenten services as you can with your children. Learn as much as you can about each service so you can help your children understand and participate. For example, have your children bring an icon to the Liturgy on the morning of the Sunday of Orthodoxy. Have them make an alms box to save money for the poor. Our archdiocese provides boxes for this purpose for the Food for Hungry Program. Spend more time with them in reading and in prayer. Participate in the fast as much as you can as a family as well as on an individual basis. Have children choose what they would like to fast on individually, such as a candy or a favorite television program and then help them to meet their goal.

Below is an excerpt from the curriculum "New Life in the Church" which hopefully will help you talk to your children about Great Lent.

GREAT LENT

It is hard work to be a good Christian, and sometimes we may get lazy or forgetful. Great Lent is a time to help us practice skills to be a good Christian. We need to practice to be a good musician, good ball player or a good dancer. In the same way, we need this special time to remind us how to be a good Christian - how to be like Jesus and do what He taught His followers to do. The church reminds us of the practices of Christian life and tells us to do more of it during this time.

1. Prayer

Home Prayer - Do we remember to say our prayers every day? During Great Lent, we must try to say our prayers in the morning and the evening and at each meal. Prayer is like talking to God, just as you would your

parents. You tell Him thank you, as Him for help to do His work, and tell Him how much you love Him.

Church Attendance - There are many more services to attend during Lent, such as Presanctified Liturgy, Great Compline and the Akathist Hymn (praises to the Mother of God). When we are planning a special program or game, we need to attend many more rehearsals or practices to get ready. In the same way, this is why the church asks us to attend more services to help us prepare for Pascha. Learn as much as you can about each service so you can understand what it is all about and be able to participate.

2. Fasting

On regular weeks, we usually fast from certain foods (meat) only on Wednesday and Friday. During Lent, we fast for forty days. We not only choose to fast from certain foods but also from things like going to movies and watching a favorite TV program. We then use this time to do what the church asks us to do: prayer, reading the Bible, good works, etc. Fasting also helps us to remember to give up our bad ways such as being selfish, being lazy in our chores and school work, saying unkind things and disobeying our parents and teachers.

3. Almsgiving

This means that you should give what you can to the poor and needy. You can use a special box to put in your nickels, dimes and quarters that you saved by not buying treats for yourself during Lent. You can then give this money to the poor. Think also about other good things you can do for others. Remember what Jesus said, "When I was hungry, you gave me food. I was thirsty, you gave me drink. I was lonely and you gave me friendship. I was naked and you gave me clothes. I was ill and you cared for me. I was in prison and you came to see me there." Matthew 25:35-36.

There is also a special prayer you will hear during the special services of Great Lent. It is a prayer written by St. Ephraim. This prayer reminds us of negative (not good) things we want to get rid of and points out the positive (good) things we want to grow in. Here is how it is said in church:

O Lord and Master of my life!
Take from me the spirit of sloth, faint-heartedness,
lust of power, and idle talk.
But give rather the spirit of chastity, humility,
patience and love to your servant.
Yea, O Lord and King!
Grant me to see my own errors
and not to judge my brother;
For You are blessed to the ages of ages. Amen.



Here is how you can say it at home to help you understand what it means:

O Lord and Master of my life!
Do not let me be lazy, complain and only see the bad things,
be selfish and gossip or say bad things about others.
But help me to be pure, humble and able to see good things,
Help me to be patient, and have love.
Yes, O Lord and King!
Help me to see my own wrongdoing
and not to judge anyone else:
For You are blessed forever. Amen.

Liturgical Notes...

- As is the custom during Great Lent, the clergy of the New England Deanery will celebrate Great Compline at the various churches of the deanery on Monday evenings at 7 p.m. The schedule is as follows:
 - March 2nd: St. George, Norwood
 - March 9th: St. Mary, Pawtucket
 - March 16th: St. George, Lowell (Fr. John will give the homily.)
 - March 23rd: **St. John, Dedham**
 - March 30th: St. George, West Roxbury
 - April 6th: St. George, Worcester
- As is usual the Church call us to increase and intensify our prayer life. Keeping this in mind, please note that we will celebrate the Presanctified Liturgy on Wednesday evenings during Great Lent at 6:30 p.m. If you wish to receive the Eucharist that evening please fast (from food, drink, and smoking) from your noon meal on. Afterwards we will have, as in past years, a *Lenten* pot luck dinner. This is a wonderful opportunity for you to receive communion, observe Lent, and break bread with your brothers and sisters in Christ.
- On Friday evenings, during Great Lent, we will chant the Akathist Hymn to the Virgin Mary at 7 p.m.
- On Sunday, March 8th at 5 p.m., the Sunday of Orthodoxy Vespers will be held at the Holy Trinity Cathedral, 165 Park Drive, Boston. His Beatitude, Metropolitan THEODOSIUS will preside and preach at this annual Pan-Orthodox service
- **LAZARUS SATURDAY COMMUNION BREAKFAST:** The Lazarus Saturday Communion Breakfast will be held on April 11th this year. The Church School will host this breakfast immediately after the liturgy, which starts at 10:00 a.m.

Remember that this service is traditionally attended by the entire family. All are invited to be with us!

- **NOTE:** If you are planning to be anointed with oil of Holy Unction on Holy Wednesday, April 15th, and participate in communion on Holy Thursday and Pascha, **YOU MUST HAVE YOUR CONFESSION HEARD BEFORE HOLY WEDNESDAY**(i.e., **Holy Tuesday is the last night for confessions.**) CONFESSIONS during the Lenten Season will continue to be heard after ALL services prior to HOLY WEDNESDAY, or by appointment. **Please don't wait until Holy Week to have your confession heard. Don't miss out, because of laziness, on receiving the Eucharist!**
- **KEEPING VIGIL AT THE TOMB OF CHRIST** - Following the Lamentations on Great & Holy Friday, April 17th, the church will begin to keep watch (vigil) over the tomb of Christ. We will be reading from the Psalms and Gospels all through the night. You are encouraged to sign up for an hour or so to come and keep watch together. Please watch for the sign up sheet in the hall. The teens are especially are encouraged to be at the church all night. The vigil will end on Saturday morning, when we will all gather together for Divine Liturgy and partake of the Eucharist.
- **FOOD FOR HUNGRY PEOPLE PROGRAM** - Each year at this time our Archdiocese sponsors this program that has helped to feed many hungry people all around the world. Please consider offering a generous donation to this most worthy cause; make your check payable to the Church of St. John of Damascus earmarked "Food for Hungry People." Checks may be mailed to the church or left in the vestibule of the church. We encourage the whole family to share with those less fortunate. God bless you! Last year the Archdiocese distributed over \$200,000 (two hundred thousand), to the poor and needy throughout the world.
- **A WARM THANK YOU FROM FR. JOHN** - To all those who graciously welcomed me into their homes during this house blessing season, I would like to express my deepest appreciation and thanks for your gracious hospitality!! God grant you all many years!

From the President...

Although it is still winter, it looks as though Mother Nature has spared us from any extreme weather. As the remaining winter chills give way to the rebirth of spring we again find ourselves entering Great Lent. This is truly the most holy of times and can only be experienced through individual participation. Although our lives outside the church don't stop during the Lenten season, we should set aside a little more of our daily lives to prepare ourselves for the Resurrection of our Lord, Jesus Christ. We get the most spiritual rejuvenation when we celebrate the Feast of Feasts as a parish family. I hope that you will make every effort to attend as many of the Lenten and Easter services as you are able.

Although many of us have been staying indoors, your church organizations have been hard at work coordinating events for this year. Our third Annual Art Auction was held in January and proved to be the most successful ever. The elegant evening was very enjoyable with many different types of artwork to be viewed and purchased. Our attendance was greater than last year and the sales increased as well. This year the auction raised over \$2,000 for our church. Our thanks goes to Dr. Wayne Zahka for chairing this event.

The teens held their "Snowball Semi-Formal" dance on February 21st. We often overlook this group, who although small in numbers, make up for it with their enthusiasm and energy. We need to support them as much as we can to pass on our heritage and to insure the future of our parish.

There are other functions planned that we have come to look forward to each year. On May 2nd we will again be sponsoring a "Nite in the Big Easy." The committee has been hard at work planning new things to make this event the best ever. This year's evening will again feature authentic food, live music and games of chance to bring the spirit of the Bayou up North. I look forward to seeing you there, but please make your reservations early.

May 15th brings back an all time favorite event. The Parent Guild will sponsor the Third Annual Penny Sale which has been resurrected after many years. The Penny Sale has always been a great evening for the whole family to attend. So please plan on supporting our church school by attending.

Our Annual Parish Meeting will be held in May (the exact date and time will be forthcoming.) This also means that we will be asking for nominations for the Executive Board. If you are contacted to run for the Board, please give is serious consideration. If you feel as though you would like to run, get nominated. It is so easy to say "no", when asked to volunteer, but where

would our parish be today if everyone declined to serve? In order for the Executive Board to be truly representative of our parish, we need new parishioners to serve. It is a fresh set of eyes combined with new ideas which will keep the Church of St. John of Damascus moving in a positive direction.

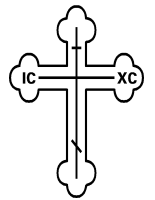
Very truly yours,

Abraham E. Sabbag
President, Executive Board

Church Records...

***"Blessed are they whom thou has
chosen and taken O Lord!"***

Sally Mancini (89) of Framingham, MA fell asleep in the Lord on January 20, 1998. She is survived by her daughter. Burial was at Fairview Cemetery in Hyde Park, MA.



Memory Eternal!!

Confession...

Great Lent is the perfect opportunity for you to receive Confession, especially if you plan on receiving the Eucharist on Palm Sunday (April 12th) and Pascha (Easter – April 19th). Confession is available before and after all Lenten services, the Liturgy on Sunday or by appointment. Please don't wait until the last minute to come to confession! In addition, because of the many extra responsibilities Fr. John will have during Holy Week, he **WILL NOT** be able to hear Confessions on Palm Sunday morning or from Holy Wednesday on (i.e. Holy Tuesday is the last chance for Confession), or Easter night. So please plan accordingly! In addition, please note that being anointed on Holy Wednesday is not a form of Confession. Hence, if you plan on being anointed on Holy Wednesday, please plan on coming to Confession before Holy Wednesday!

THE TORCHBEARER **is the Monthly Newsletter of the** **Church of St. John of Damascus**

*A Parish of the Antiochian Orthodox Christian
Archdiocese of North America*

Rev. Fr. John K. Teebagy, Pastor

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Services: Sunday-Matins 9:00 a.m.,
Divine Liturgy 10:00 a.m.

How Can We Keep Great Lent?

It is obviously impossible for us to go to Church every day. And since we cannot keep the Lent liturgically, the question arises: what is our participation in Lent, how can we spiritually profit by it? The Church calls us to deepen our religious conscience, to increase and strengthen the spiritual contents of our life, to follow her in her pilgrimage towards renewal and rededication to God.

Fasting...

The first universal precept is that of fasting. The Orthodox teaching concerning fasting is different from the Roman Catholic doctrine and it is essential to understand it. Roman Catholics identify **fasting** with a "good deed," see in it a sacrifice which earns us a "merit." "What shall I give up for Lent?" - this question is very typical of such an attitude toward fasting. Fasting thus is a formal obligation, an act of obedience to the Church, and its value comes precisely from that of an **ascetical effort**. It is the effort to subdue the physical, the fleshly man to the spiritual one, the "natural" to the "supernatural." Limitations in food are **instrumental**; they are not ends in themselves. Fasting thus is but a means of reaching a spiritual goal and, therefore, an integral part of a wide spiritual effort. Fasting, in the Orthodox understanding, includes more than abstinence from certain types of food. It implies prayer, silence, an internal disposition of mind, an attempt to be charitable, kind, and - in one word - **spiritual**. "Brethren, while fasting bodily, let us also fast spiritually..."

Prayer...

We must always pray. But Lent is the time of an increase of prayer and also of its deepening. The simplest way is, first, to add the Lenten prayer of St. Ephraim the Syrian to our private morning and evening prayers. Then, it is good and profitable to set certain hours of the day for a short prayer: this can be done "internally" - at the office, in the car, everywhere. The important thing here is to remember constantly that we are in Lent, to be spiritually "referred" to its final goal: renewal, penitence, closer contact with God.



Spiritual Reading...

We cannot be in church daily, but it is still possible to follow the Church's progress in Lent by reading those lessons and books which the Church reads in her worship. A chapter of the Book of Genesis, some passages from Proverbs and Isaiah do not take much

time, and yet they help us in understanding the spirit of Lent and its various dimensions. It is also good to read a few Psalms - in connection with prayer or separately. Nowhere else can we find such concentration of true repentance, of thirst for communion with God, of desire to permeate the whole of life with religion. Finally, a religious book: Lives of the Saints, History of the Church, Orthodox Spirituality, etc. is a "must" while we are in Lent. It takes us from our daily life to a higher level of interests, it feeds us with ideas and facts which are usually absent from our "practical" and "efficient" world.

Change of Life...

And, last but not least: there must be an effort and a decision to **slow down** our life, to put in as much quiet, silence, contemplation, and meditation. Radio, TV, newspapers, social gatherings - all these things, however excellent and profitable in themselves, must be cut down to a real minimum. Not because they are bad, but because we have something **more important** to do, and it is impossible to do without a change of life, without some degree of **concentration** and discipline. Lent is the time when we **re-evaluate** our life in the light of our faith, and this requires a very real effort and discipline. Christ says that a **narrow path** leads to the kingdom of God and we must make our life as narrow as possible. At first the natural and selfish man in us revolts against these limitations. He wants his usual "easy life" with all its pleasures and relaxations. But once we have tasted of such spiritual effort, once we have made by it one step towards God, the reward is great! WE discover a joy that cannot be compared to any other joy. We discover a joy that cannot be compared to any other joy. We discover the reality of the spiritual world in us. We begin to understand what St. Paul meant by "the joy and peace in the Holy Spirit." **God himself enters our soul**: and it is this wonderful coming that constitutes the ultimate end of Lent:

"If a man loves me, he will keep my words: and my Father will love him and we will come unto him and make our abode with him." (John 14:23)

Let us make this Lent a real Lent!

(This article was excerpted from an article entitled **Great Lent: The Time of Repentance** by Fr. Alexander Schmemmann, former dean of St. Vladimir's Seminary. For a fuller treatment on the meaning of Lent, cf. the book **Great Lent**, also written by Fr. Alexander Schmemmann.)

DEADLINE for the **May/June, 1998 Torchbearer** will be April 10th. This will be the final Newsletter until September 1998.

Please consult the Weekly Sunday Bulletin for any Changes, corrections, etc.

From the Fellowship of St. John the Divine...

We greet you again in this Lenten issue of "The Torchbearer."

Our main message is about our current project "The Food for Hungry Program." Soon you will be receiving the literature describing the outreach from our Archdiocese on behalf of its parishes. I'm sure you will all agree it is a most worthy endeavor.

This parish continues to make us proud. Our 1997 contribution was \$4,700. We were one of the leading contributors in this region. It would be great if we could surpass this figure in 1998. No amount is too small.

In closing, the Fellowship of St. John the Divine wish to thank all of our parishioners for their financial and moral support.

We wish you all a blessed Lenten season and a joyous Easter.

Faithfully,

Barbara E. Khouri,

Coordinator, Food for Hungry Program

Art Auction 1998 Update...

The Third Annual Art Auction was a great success. We had one hundred four (104) people in attendance, raising a net profit of \$2,187 for the Church of St. John of Damascus. Of the one hundred four people in attendance, forty-two (40.4%) were non-parishioners.

Our goal for 1999 is to have at least one hundred fifty in attendance with approximately half of those from outside the church.

A very special Thank You to all those who attended, and all those who brought guests. Also a special thanks to all who volunteered to help at the auction.

We hope to see everyone there in 1999. It truly is an enjoyable and entertaining evening.

St. Paul's Shelter Needs Volunteers...

March 15 ____ April 5 ____ May 17 ____ June 14 ____

Name _____

Phone # _____ # of volunteers _____

I cannot serve but will cook on _____.

I would like to donate towards the cost of food. Enclosed is a check in the amount of \$ _____.

From the Parent Guild...

The Parent Guild just held their first fundraiser to benefit the Antiochian Village Scholarship fund. For all who supported our Valentine event, thank you very much. All money will be distributed directly to the children within our church.

Look for the Lazarus Saturday and Holy Thursday brunches coming up on April 11th and April 16th. These are sponsored by the Parent Guild/Church School. St. John's is hosting the Regional Easter Egg Hunt on Easter Sunday. More details will be forthcoming.

Once again, it's almost Penny Sale time! The date is May 15th. For any of you who have not attended the last two Penny Sales, you're missing a great time. Why not plan on attending this year? You never know what you'll come home with. We are looking for donations of just about anything, as long as it's new. We are looking for gift items, as well as gift certificates, weekend get-aways, sports tickets, etc. If you have any ideas or suggestions, please feel free to contact us.

Upcoming events

- On May 3rd, we will have a Parent Guild meeting, at which time we will have the election of officers for next year.
- Church School Graduation will be held on May 17th this year.
- The Annual Church School Picnic will be held in June this year.
- Look for more information to follow in the weekly bulletin.

Once again, we are looking for volunteers to help with our activities. We need participation from all parents. The Parent Guild is here to assist the Church School in any way that they need, whether it be raising money or cleaning or just about anything else. Unfortunately, we don't see new faces very often. Please, please, get involved with the Parent Guild and Church School. It's good for your children, and it's a lot of fun, too.

Wishing you health and happiness,

Paula J. Hamwey, Guild President

Kathleen Tawa, Guild Vice-President

Church Office Hours...

Monday through Friday, 9 a.m. - 2 p.m.

The deadline for the Sunday bulletin is Thursday at noon.

Please plan accordingly.

From the Virgin Mary Society...

The Virgin Mary Society's 1998 Calendar of Events is well under way. We have already started baking Sfeeha for our Annual Sfeeha Sale. Order forms may be found in this issue of the newsletter and our Sunday bulletins. The deadline for orders is March 22nd with a pick-up date of Sunday, April 5th. It would be very much appreciated if all orders are submitted by the deadline date.

Next on our agenda is our Annual Lenten Dinner to be held on Friday, April 10th at 5:30 p.m. **The menu is as follows:**

M'judarra (Lentils) and Salad

Baked Fish

Spinach Pie

Dessert and Coffee

\$8.00 per adult/ \$4.00 per child



For reservations please call Maryann Hamwey at (781) 326-3417 or Linda in the Church Office at (781) 326-3046 by April 7th. Proceeds from this dinner will go to the Antiochian Women's "Project 1998", a very worthwhile cause, to benefit two orphanages in Damascus, Syria.

I look forward to your Sfeeha orders and your presence at our dinner,

Maryann Hamwey, President

THE PARENT GUILD

will be holding their

3rd ANNUAL PENNY SALE

on Friday, May 15, 1998 at 7:30 p.m.

Each Church School student is responsible for bringing ONE NEW item (valued under \$10.00)

to be auctioned off at the Penny Sale. Proceeds to benefit the Church School.



DONATIONS NEEDED

(i.e. gift items, donations of services, products, weekend get-aways, CASH DONATIONS ALSO WELCOME, etc.). Items may be brought to the Church School Office. Thank you.

Please plan on joining us

Announcements...

- **THANK YOU!!** This past November, an anonymous donation was received for \$10,000 (ten thousand). In keeping with the donor's wishes, the Executive Board has divided the money as follows: \$7,300 for the general fund, \$1,700 to assist our kids going to the Antiochian Village, and \$1,000 to the Assistance Fund. Whoever this donor(s) is...thanks! May God shower you with many blessings.
- Syrian Lebanese Women's Club of Greater Boston will be offering scholarship awards (\$1,000) to academically talented women planning to pursue a four-year college education. All applicants must be women of Arab American origin residing in Massachusetts within a 50-mile radius of Boston. The awards are made to high school seniors or college freshmen on the basis of financial need, academic achievement and good character. Applications may be obtained by calling Rose Maloof at (617) 484-3844 or Laurice Kurker at (781) 643-7991. All completed applications must be returned no later than March 31, 1998.
- **A.A.B.A. and CHERITON GROVE...**We would like to remind all senior citizen parishioners who have considered living in a safe and friendly senior housing to submit an application for residency now at our own Cheriton Grove Apartments. The demand has always been high because the people that live there love it. Don't you and your family deserve the best? For an application call Carrie Rivers at (617) 325-1913 and tell her that A.A.B.A. sent you.

The Proof of Fasting

Do you fast? Give me proof of it by your works:

If you see a poor man, take pity on him.

If you see a friend being honored, do not envy him.

Do not let only your mouth fast, but also the eye, and the ear, and the feet, and the hands, and all the members of our bodies.

Let the hands fast by being free of avarice.

Let the feet fast by ceasing to run after sin.

Let the eyes fast by disciplining them not to glare

at that which is sinful.
Let the ear fast by not listening
to evil talk and gossip.
Let the mouth fast from foul words
and unjust criticism. For what
good is it if we abstain from

birds and fishes, but bit and
devour our brothers?

St. John Chrysostom

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THE DISCIPLINE OF THE GREAT FAST

TO PRAY

Prayer alone is very difficult. It can be almost impossible. Prayer in the community of Faith, the Church is like a mighty river: the more it rushes together the greater it becomes.

When asked how to pray, Our Lord taught his disciples to say, **OUR Father**.

Hereby we are instructed to pray together.



TO FAST

Fasting alone, like praying alone, is only for the most spiritually mature. Fasting in the rhythm of the Church, her Fasts becoming our fasts, we find not only no burden but a joy.



TO DO ALMS

Doing alms, not to be seen of men, but doing them in secret, takes humility. It is the desire not to have others know the good we do which is virtuous. It has been said that one should strive so that even one's own right hand does not know what the left hand gives.

That is, we should not take account of our giving at all.

Dear Parishioners,

As part of our community outreach program, Saint John's parish has committed to going to **Saint Paul's Shelter** (a satellite shelter of the Pine Street Inn) in Dorchester one Sunday a month in order to provide food for 60-70 homeless men. Last year's program was very successful, and we thank the dozens of volunteers who helped.

Our responsibility is to cook the food in advance, go to the shelter, heat the food, serve it, and then clean up. John Najjar and Sheila Demerjian have volunteered to be responsible for organizing the cooking of the food and the trips to the shelter with a group of people on each of the Sundays involved. We would like 5 people to go each time to help, and we encourage you and your family to sign up. We also need volunteers to cook the food and package it before it goes.

If you decide to be a server, the commitment for the afternoon is merely two and a half-hours. You will meet at the church at 4:00 p.m., arrive at the shelter at 4:30 p.m., and then leave the shelter to go back to the church by 6:00 p.m.

Please sign up to either cook or serve, and we will be in touch with you when the time approaches. If you can't do either, perhaps you would like to make a small donation to help with the cost of the food that we have to provide. You may also call John Najjar at (617) 361-2376 or the church office.

Please check the month(s) you would like to help.

Name _____

Phone #: _____

I would like to volunteer to serve:

1997:
November 16 _____ December 14 _____

1998
January 11 _____ February 15 _____ March 15 _____
April 5 _____

May 17 _____ June 14 _____



The number of people to volunteer is: _____
I cannot serve but would like to help cook in _____.
(month)

I would like to donate towards the cost of the food. Enclosed is a check in the amount of \$ _____.

MEMO

TO ALL PARISHIONERS

The Lenten Season is well under way and soon Holy Week and Pascha will be here as well. There are many things, as you know, that we will be needing for all of our special services coming up, and we ask for your participation and support.

If you would like to offer a donation to the Church of St. John of Damascus for the health of or in memory of any of your family members or friends, please fill out the form below, tear it off and mail it back to the church office, or place it in the tray on your way out today, as soon as possible. We will remember these names at the Paschal Liturgy.

We thank you and pray that you experience a most joyfully rewarding and fruitful Lenten season and celebration of our Lord's Holy Pascha.

OFFERINGS FOR LENT AND HOLY PASCHA

Dear Fr. John,

It would be a great joy for me (for us) to offer a donation of \$ _____ to go towards the following:

____ Flowers ____ Bread ____ Easter Lilies

____ Wine ____ Incense ____ Palms

for the health of: _____

in memory of: _____

Given by: _____

HOLY WEEK SERVICES

Saturday, April 11th, SATURDAY OF LAZARUS: Matins at 9:00 a.m.; Divine Liturgy at 10:00 a.m. **THEME:** The fourth day rising from the dead of St. Lazarus as the pledge of the universal resurrection of all men. The Church School will host breakfast after the Liturgy.

Sunday, April 12th, PALM SUNDAY: Matins 9:00 a.m., Divine Liturgy 10:00 a.m. **THEME:** The entrance of our Lord into Jerusalem before His voluntary death.

Palm Sunday Evening: Bridegroom Matins at 7:00 p.m. **THEME:** The commemoration of the noble Joseph of the Old Testament and the fig tree which was cursed by the Lord. The procession of the icon of Christ as the bridegroom takes place.

Monday, April 13th, HOLY MONDAY: Bridegroom Matins at 7:00 p.m. **THEME:** The commemoration of the ten virgins.

Tuesday, April 14th, HOLY TUESDAY: Bridegroom Matins at 7:00 p.m. **THEME:** The commemoration of the woman who anointed the head & feet of our Lord with myrrh & wiped them with the hair of her head, which is contrasted with the treachery of Judas & his betrayal of Christ.

Wednesday, April 15th, HOLY WEDNESDAY: The Sacrament of Holy Unction (Holy Oil) at 7:00 p.m. This Sacrament will be administered **ONLY** to those Orthodox Christians who have had their confessions heard **BEFOREHAND**, which is also a preparation for Holy Thursday.

Thursday, April 16th, HOLY THURSDAY: Vespertal Liturgy of St. Basil at 9:00 a.m. It is customary for all **PREPARED** Orthodox Christians to receive the Eucharist on this day in commemoration of the Last Supper. We especially encourage parents to bring their children before going to school, if at all possible (notes for the school will be provided.) The Church School will host breakfast after the Liturgy.

The Service of the Holy Passion Gospels at 7:00 p.m. **THEME:** The commemoration of the Passion of our Lord and the confession of the thief. The priest will carry the Holy Cross in remembrance of our Lord's voluntary suffering and journey to Golgatha.

Friday, April 17th, GREAT AND HOLY FRIDAY:

- Royal Hours at 10:00 a.m.
- Great Vespers, with the unnailling of Christ from the Holy Cross, at 3:00 p.m.
- Lamentations at 7:00 p.m. **THEME:** The commemoration of the entombment of the Divine Body of our Lord and His descent into Hades. The three parts of the hymns of praise are sung and the procession of the Bier (Tomb) takes place.

Saturday, April 18th, HOLY SATURDAY: Vespertal Liturgy at 10:00 a.m. **THEME:** The commemoration of the Blessed Sabbath, the day on which Christ rested from all His works and reposed in the tomb.

Sunday, April 19th, PASCHA: THE FEAST OF FEASTS, THE RESURRECTION OF OUR LORD, GOD AND SAVIOR JESUS CHRIST: Rush Matins at 11:30 p.m. (on Saturday evening), Liturgy following. **THEME:** The commemoration of the Life - giving Resurrection of our Lord. A candlelight service takes place inside and outside the church and the people sing "Christ Is Risen." The Paschal greeting is "Christ Is Risen!" "Indeed He Is Risen!"

Agape (Love) Vespers will be here at St. John's @ noon (12:00 p.m.). St. George & St. Mary joining us. An Easter egg hunt for the children will follow.

Great Lent is Coming! by Father David Barr

Once again we will enter into Great Lent, (March 2nd to April 10th – Holy Week is not part of Great Lent) the season of fasting and preparation for the Feast of Feasts, our Lord's Resurrection from the dead. As Orthodox Christians, Great Lent is an important time of the year, for this is when we make an even greater effort to pursue the spiritual life. It is the time when our attention returns to repentance and self-denial. We have additional Church services, and they tend to be longer than normal. Kneeling and prostrations become a greater part of our liturgical worship. In order for you to participate in this important time of the year, perhaps it is good to look at the origins of Great Lent and how it developed into what we experience today. Knowing why we do things is often helpful in participating in the life of the Church.

What we experience today as Great Lent is the result of a long and complete development. In the middle of the second century, the Church knew a short fast before Pascha, however the length and nature of this fast varied from place to place. The fast before Pascha was probably one to three days in length. By the middle of the next century, it seems as though this fast extended in several places to the entire week before Pascha, what we call Holy Week. In the *Didascalia Apostolorum* we read: "...therefore you shall fast in the days of Pascha from the second day of the week (i.e., Monday) and you shall sustain yourselves with bread and salt and water only up to the ninth hour until the fifth day (i.e., Thursday)...But on Friday and Saturday fast wholly and taste nothing" (ed. R.H. Connolly. 1929, p. 189). The next historical information we have on the Lenten fast comes 75 years later in a brief reference to lent in Canon 5 of the First Ecumenical Council of Nicea. By the fourth and fifth centuries, it is easy to see that the pre-Paschal fast - sometimes called the *Forty Days* - was an institution within the Church.

Although there are different theories as to how Great Lent developed, we know that it is found very early in Church history. It also seems evident that there are two themes that come together in Lent: education of the catechumenate and preparation for the Resurrection of Christ. The first is seen particularly well in the Presanctified Liturgy. This service contains several prayers for the catechumens, those who are preparing for baptism. Great Lent was an important time of preparation and education for those waiting to be baptized on Holy Saturday. Lent was the final intensive period of education (catechesis) before being initiated into the Christian community through baptism. Those preparing for this would fast and pray for a period of time before their baptism. It appears that the Church, in their support for the catechumens, would join with them in this time of fasting and prayer.

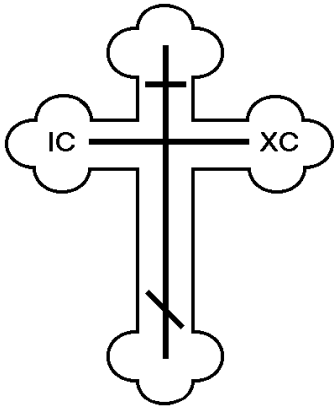
The second theme of Great Lent is found in preparation for the Feast of Feasts. Within Orthodox tradition, the concepts of preparation and fulfillment go hand in hand. Fulfillment results from intensive preparation. In the same way we find great fulfillment in a gourmet meal that has required substantial preparation, we can expect to find fulfillment in the feast of Christ's Resurrection only if we have prepared for it. One of the main reasons people find little fulfillment in the Church is that they have done little preparation. True joy and celebration come out of intense preparation. Great Lent offers each of us the opportunity to prepare ourselves to see the true and real significance of the empty tomb of Christ. The fast gives us the chance to behold things that cannot be seen with unprepared eyes. Lent enables us to rejoice and participate in Christ's Holy Resurrection in a mystical way that is beyond words.

Great Lent is much more than giving things up that we like (like chocolate, soft drinks, potato chips, etc.). Inasmuch as the Fast prepares us for the Feast of Christ's Resurrection, it also helps prepare us for our own death and resurrection as well as the great Day of Judgment because self-denial is the beginning of the Christian life. Our Lord instructed his disciples: "If any one would come after me, let him deny himself and take up his cross and follow me" (Mark 8:34). To follow Christ is to practice self-denial. In fact, we cannot follow Him or take up our cross unless we first deny ourselves. It is so obvious, and yet so difficult. We cannot do whatever we want and still follow Christ. Great Lent enables us to get a grasp on this and realize the need of self denial and discipline in our lives...(The rest of Fr. Barr's article listing the regulations on fasting on Great Lent may be found on the opposite side of the enclosed February church calendar.)

Father David Barr is pastor of Holy Resurrection Church, Tucson, AZ

Christ is Risen! Truly He is Risen!

Holy Week – 1998



April 11th - Lazarus Saturday

- * Matins & Confessions @ 9 a.m.
- * Divine Liturgy @ 10 a.m., Communion Breakfast, hosted by the Church School, to follow.

April 16th - Great and Holy Thursday

- * Vesperal Liturgy of St. Basil the Great with washing of feet @ 9 a.m. Communion breakfast, hosted by the Church School, to follow.
- * Twelve Gospels with procession @ 7 p.m.

April 17th - Great and Holy Friday

- * Royal Hours @ 10 a.m.
- * Great Vespers with unnauling of Christ from the Cross @ 3 p.m.
- * Lamentations with procession @ 7 p.m.

April 18th - Great and Holy Saturday

- * Vesperal Liturgy of St. Basil the Great @ 10 a.m.
- * Rush Service @ 11:30 p.m.

Sunday, April 19th, PASCHA: The Feast of Feasts

- * Paschal Canon with Liturgy of St. John Chrysostom @ midnight - Agape Breakfast to follow.
- Agape Vespers @ noon – Church of St. John of Damascus, Dedham.

April 12th - Palm Sunday

- * Matins @ 9 a.m. (**NO** Confessions)
- * Divine Liturgy with procession @ 10 a.m.
- * Bridegroom Matins & Confessions @ 7 p.m.

April 13th - Great and Holy Monday

- * Bridegroom Matins & Confessions @ 7 p.m.

April 14th - Great and Holy Tuesday

- * Bridegroom Matins & Confessions @ 7 p.m.
- * **Confessions will NOT be heard after tonight**

April 15th - Great and Holy Wednesday

- * Sacrament of Holy Unction @ 7 p.m. (**Note:** This Sacrament will be administered **ONLY** to those Orthodox Christians who have had their Confessions heard **BEFOREHAND**; this is also a preparation for Holy Thursday.)

