

## The Second Week of the Great Lent

The Second Sunday of Great Lent commemorates St. Gregory Palamas, the great defender of the Church's doctrine of Hesychasm (a mystical tradition of contemplative Jesus Prayer) against its attack by Barlaam of Calabria. Throughout this week, until the Sixth Friday in Lent, one meal may be taken a day with xerophagy (a meal cooked without oil). Until the Sixth Saturday in Lent, Saturday and Sunday fasting remains the same as in the First Week, with the exception of the Feast of the Annunciation. We honor St. Gregory's Teachings by bringing the praying ropes to Church to be blessed and praying the Jesus Prayer each day during this week.

We pray for our entire church family and those who do not have a family or church family, and our special prayers are for the sick and suffering:

The Archpriests Samuel and Joseph, the priest Gregory, Matushka Mihaela, Nadine Olsen, Marianna, Sophia Eptamenitis, Edward, Taisa, Konstance & Elaine Engelsman, Maria Higginbotham, Valentina Bobrowski, Ellen, Anna Konoleva, Erika Dobrzynski, Marie Biancarelli, Joshua and Daniel Buccieri, Emma Matthews, Stephanie, Kristy, Victor Szemetylo, Helen, Bonnie Shaffner and Helen Schweizer. Amen!!!

\*\*\* To amend the prayer list, speak with Mary Osinski\*\*\*



[1<sup>st</sup> Sunday of Great Lent: Sunday of Orthodoxy](#)



Follow us on

And remember to use:



### Holy Spirit Orthodox Church

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# The Weekly Bulletin

## HOLY SPIRIT ORTHODOX CHURCH

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

### March 21st, 2021

*The physical universe is a visible parable of the spiritual world – the first is symbol and the second is reality."*

**St. Nikolaj Velimirovic**

**SUNDAY OF ORTHODOXY:** The Seventh Ecumenical Council dealt predominantly with the controversy regarding icons and their place in Orthodox worship. It was convened in Nicaea in 787 by Empress Irene at the request of Tarasios, Patriarch of Constantinople. The Council was attended by 367 bishops. Excessive religious respect and the ascribed miracles to icons by some members of society, approached the point of worship (due only to God) and idolatry. This instigated excesses at the other extreme by which icons were completely taken out of the liturgical life of the Church by the Iconoclasts. The Iconophiles, on the other-hand, believed that icons served to preserve the doctrinal teachings of the Church; they considered icons to be man's dynamic way of expressing the divine through art and beauty. The council added an important clause for veneration of the holy icons: "We define that the holy icons, whether in colour, mosaic, or some other material, should be exhibited in the holy churches of God, on the sacred vessels and liturgical vestments, on the walls, furnishings, and in houses and along the roads, namely the icons of our Lord God and Saviour Jesus Christ, that of our Lady the Theotokos, those of the venerable angels and those of all saintly people. Whenever these representations are contemplated, they will cause those who look at them to commemorate and love their prototype. We define also that they should be kissed and that they are an object of veneration and honor (timitiki proskynisis), but not of real worship (latreia), which is reserved for Him Who is the subject of our faith and is proper for the divine nature. The veneration accorded to an icon is in effect transmitted to the prototype; he who venerates the icon, venerated in it the reality for which it stands". An Endemousa (Regional) Synod was called in Constantinople in 843. Under Empress Theodora. The veneration of icons was solemnly proclaimed at the Hagia Sophia Cathedral. The Empress, her son Michael III, Patriarch Methodios, and monks and clergy came in procession and restored the icons in their rightful place. The day was called "Triumph of Orthodoxy." Since that time, this event is commemorated yearly with a special service on the first Sunday of Lent, the "Sunday of Orthodoxy".

In order to attend services, you must let us know. Call, text or email Father Michael at (848)228-1563 or [holyspiritwantagenj@gmail.com](mailto:holyspiritwantagenj@gmail.com)

### Service Schedule

**Great Vespers:** 5 pm Saturdays  
**Hours:** 9:40am Sundays  
**Divine Liturgy:** 10:00am Sundays

**Confessions:** Will be heard every Saturday evening after Vespers or by appointment.

**Call, text or email Father Michael at (848)228-1563 or [holyspiritwantagenj@gmail.com](mailto:holyspiritwantagenj@gmail.com)**

Monthly calendar at [www.HolySpiritOrthodox.org](http://www.HolySpiritOrthodox.org)

### Dates to Remember

**Friday 19<sup>th</sup> of March**  
**Liturgy of the Pre-Sanctified Gifts at 6:00 pm**

**Saturday 20<sup>th</sup> of March**  
**Great Vespers at 5:00 pm**

**Sunday 21<sup>st</sup> of March**  
**Divine Liturgy of Saint Basil the Great at 10:00 am**  
**Panikhida for Archbishop John Chupeck – Right after Divine Liturgy**

**Thursday 25<sup>th</sup> of March**  
**THE ANNUCIATION OF OUR MOST HOLY THEOTOKOS**  
**Vesperal Divine Liturgy at 9:00 am**

**Wednesday 31<sup>st</sup> of March**  
**Liturgy of the Pre-Sanctified Gifts with Archbishop Michael at 7:00 pm**

**Friday 9<sup>th</sup> of April**  
**Pan-Orthodox Liturgy of the Pre-Sanctified Gifts with Archbishop Michael at 7:00pm**

**Friday 28<sup>th</sup> of May – Saturday 29<sup>th</sup> of May**  
**Holy Spirit Yard Sale**

## Announcements

### **Sincere thanks:**

To George Warholik for donation to Holy Spirit Orthodox Church in memory of the departed +Carol Lynn Benda.

### **Panikhida:**

On Sunday 21<sup>st</sup> of March we will be serving memorial service forever to be remembered +Archpriest John Chupeck.

### **Agape meals:**

After every Liturgy of the Pre-Sanctified Gifts we will have a light potluck meal. This is a great opportunity for fellowship as well as maintaining unity during Great Lent.

### **Church Attendance**

If you have not attended church since the reopening, you must notify Fr. Michael before attending. Please email, text or call Father Michael at (848)228-1563 or [holyspiritwantagenj@gmail.com](mailto:holyspiritwantagenj@gmail.com)

### **Remember to keep your offerings current...**

Offerings can be made at the conclusion of the Divine Liturgy. The collection basket is located on the table by the exit. You are also welcome to send your donation via mail to Holy Spirit Orthodox Church, 102 Route 284, Wantage, NJ 07461. Your continued support of the church during these difficult times is very much appreciated and we are thankful.

### **Amazon Smile: You shop. Amazon gives.**

Parishioners that purchase on Amazon are able, at no extra expense, to designate a portion of the sale to Holy Spirit Orthodox Church through the Amazon Smile program.

### **Sussex Help Center needs hygiene items...**

Dear brothers and sisters, Sussex Help Center needs hygiene items. If you can please provide some of the following: toothpaste, toothbrush, bath soap, hand soap, razors, shaving cream, shampoo, and conditioner. Items should be new and unopened. Thank you!

### **The Clothing Bin**

The clothing bin is open. Please let your family and friends know they are welcome to drop off clothes and other items. This is a fundraiser for our church. We thank you for your donations!

### **Have an item for the bulletin?**

Please email Father Michael at [holyspiritwantagenj@gmail.com](mailto:holyspiritwantagenj@gmail.com) or Mary Osinski at [mary.osinski@gmail.com](mailto:mary.osinski@gmail.com)