

THE WEEKLY BULLETIN

HOLY SPIRIT ORTHODOX CHURCH

www.HolySpiritOrthodox.org

March 1st, 2020

“Physicians and Bishops say that frugal fasting is very beneficial to man. Once, a doctor told me: “Father, don’t eat for five days, nor even drink a drop of water, because we will do a test to see what is going on with your body.” Therefore, I fasted for five days. It had done great things to me. How much more are we benefited when we fast for our soul! Because within our body inhabits an eternal soul. Therefore, let us take care for our soul, which is truly an immortal thing.”

- St. Iakovos Tsalikis of Evia



MARTYR ANTONINA OF NICAEA. In fourth-century Bithynia in Asia Minor, Antonina went before the Christian-hating Emperor Maximian and boldly confessed her belief in Jesus Christ. He tortured her and put her in prison. When he realized her firm resolve, he had her suspended, and her sides lacerated. Antonina belittled the Greek gods and Maximian for his beliefs. Again, he ordered her stripped and beaten. Angels protected her and beat the soldiers before they could remove her clothes. Later, she was placed on a red-hot bed, but she was protected. Finally, she was sewn into a sack and sunk it in a lake.

Service Schedule



Great Vespers: 4pm on 1st and 3rd Saturdays of the month.

Divine Liturgy: 10 am Sundays (**Hours:** 9:40 am)

Confessions - Saturdays before or after Vespers or by appointment.

Additional services for feast days and special observances.

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

Dates to Remember

Monday, March 2nd

Great Lent Begins

7pm Great Canon of St. Andrew
w/ Archbishop Michael

Friday, March 6th

7pm Pre-Sanctified Liturgy
w/ Archbishop Michael
Followed by pot luck supper

Sunday, March 8th - 5pm

Sunday of Orthodoxy

Combined Vespers @

Holy Resurrection Orthodox Church, Wayne, NJ

w/ Archbishop Michael presiding

More info at www.nynjoca.org

Monday, March 16th - 7pm

Parish Council Meeting

Fellowship Hall

Sunday, March 29th

Annual Parish Meeting

Following Divine Liturgy/Coffee Hour

Fr. Gary Breton presiding

Announcements

Welcome!

Please sign our guest book in the narthex and **join us for coffee social** following Divine Liturgy.

Pot-luck dinner with Archbishop Michael on Friday, March 6th

Great Lent is upon us once again. We are no longer consuming meat, and today is the last day to consume dairy products. Our first Pre-Sanctified Liturgy is Friday, March 6th. Archbishop Michael will be serving. There will be a pot-luck dinner following. Once again, I ask that you keep it dairy and meat free. Please let me know if you are planning on bringing something so I can coordinate the menu. The other pot-luck dinners will be March 11th, with visiting clergy and parishioners, and April 10th. Thank you to all that have been bringing food each Sunday. Nadine

Message from Douglas Dobrzynski, Treasurer:

If you have not done so already, please complete the Stewardship Card indicating your 2020 offering to Holy Spirit Orthodox Church. Return to me or one of the council members. This information is required when preparing the current budget to be presented at the forthcoming Annual Parish Meeting, scheduled for Sunday, March 29. Please plan to attend.

Your donations to Holy Spirit Church are relied upon to pay the ongoing and monthly expenses of the church and rectory. Please continue to support Holy Spirit Orthodox Church by keeping your offering current. Many thanks!

Annual Parish Meeting 2020

The Annual Parish Meeting will be held Sunday, March 29th following Liturgy/Coffee Hour, with Fr. Gary Breton presiding.

Memorial Service

Following the Divine Liturgy service last Sunday, a Memorial Service was held for the departed +Rachel, daughter of Archpriest Joseph and Matushka Ellen Chupeck. Make her Memory to be Eternal.

Lenten Opportunities

Three-lecture series (March 14th, 21st & 28th) on human nature, by Harry Boosalis, professor of Dogmatic Theology at St. Tikhon's Seminary.

Retreat (March 14th) at St. Gregory Palamas Church in Glen Gardner on 'Joy and Our Christian Identity'.

See posted flyers for additional information.

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

The Archpriests Samuel, Joseph & John, the priest Gregory, Sophia Eptamenitis, Carol Benda, Edward, Taisa, Konstance & Elaine Engelsman, Nadine Olsen, Maria Higginbotham, Valentina Bobrowski, Ellen, Anna Konoleva, Erika Dobrzynski, Marie Biancarelli, Joshua Buccieri, Emma Matthews, Stephanie, Kristy, Victor Szemetylo, Joseph Belli, Bonnie Shaffner. Amen!!!

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



Expulsion of Adam and Eve

Follow us on



And remember to use:



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www.HolySpiritOrthodox.org