

ST. ELIJAH ORTHODOX CHRISTIAN CHURCH
THE SPIRITUAL CENTER OF THE DIOCESE OF WICHITA AND MID-AMERICA
15000 N. May, Oklahoma City, OK 73134

FEBRUARY 7, 2010

Issue 22

Number 6

Sunday of the Last Judgment (commonly known as Meatfare Sunday); Saints of the Day:
Parthenios, bishop of Lampsakos; Venerable Luke of Hellas; New-martyr George of Crete

DIRECTORY

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St. James Stillwater Mission
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Fr. Mark Wallace 410-3196

**DYNAMIS: Daily Bible Readings
for Orthodox Christians at**
www.dynamispublications.org

Ancient Faith Radio
ancientfaith.com

WORSHIPPING THE ALL-HOLY GOD

Isaiah 57:15

For thus says the high and lofty One who inhabits eternity, whose name is Holy: "I dwell in the high and holy place, and also with him who is of contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite."

PRAYER ON ENTERING THE CHURCH

I WILL COME INTO THY HOUSE IN THE MULTITUDE OF THY MERCY: AND IN THY FEAR I WILL WORSHIP TOWARD THY HOLY TEMPLE. Lead me, O Lord, in thy righteousness because of mine enemies; make thy way straight before me, that with a clear mind I may glorify thee forever, One Divine Power worshipped in three Persons: Father, Son and Holy Spirit. Amen.

PRAYER ON LEAVING THE CHURCH

Lord, now lettest thou thy servant depart in peace, according to thy word: for mine eyes have seen thy salvation, which thou hast prepared before the face of all people: a light to lighten the Gentiles, and the glory of thy people Israel.

CHURCH ETIQUETTE

O Lord, sanctify those who love the beauty of your house.

When you enter the church, please remember that the church is a place of worship. Please do not disturb others as they worship God.

WE WELCOME OUR VISITORS

We welcome all our visitors. It is an honor to have you worshipping with us. You may find the worship of the Ancient Church very different. We welcome your questions. Please join us for our Reception held in the Church Hall immediately following the Divine Liturgy.

We understand **Holy Communion** to be an act of our unity in faith. While we work toward the unity of all Christians, it regrettably does not now exist. Therefore, only baptized Orthodox Christians (who have properly prepared) are permitted to participate in Holy Communion. However, everyone is welcome to partake of the blessed bread that is distributed at the end of the service. We look forward to meeting you during the Reception that follows the service.

SUNDAY OF THE LAST JUDGMENT

VARIATIONS IN TODAY'S DIVINE LITURGY

USING THE WHITE LITURGICAL BOOKS – TONE 2

A

The 1st Antiphon:

As usual...

B

The 2nd Antiphon:

As usual...

C

The 3rd Antiphon:

**Troparion of the Resurrection –
Tone 2, pp 93-94**

D

The Entrance Hymn:

O come let us worship...

E

**Troparion of the Resurrection –
Tone 2, pp 93-94**

When Thou didst submit thyself unto death, O Thou Deathless and Immortal One, then Thou didst destroy Hell with Thy Godly power; and when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ Thou Giver of Life, glory to Thee!

**Troparion of the Presentation of Our Lord –
Tone 1**

Rejoice, O Virgin Theotokos, full of grace; for from thee arose the Sun of justice, Christ our God, lighting those who are in darkness. Rejoice and be glad, O righteous old man, carrying in

thine arms the Deliverer of our souls, who granteth us resurrection.

Troparion of St. Elijah, p 26

F

**Kontakion of the Presentation of our
Lord – Tone 1**

Thou, who didst sanctify the virginal womb by thy nativity and didst bless the hands of Simeon, hast come this day and saved us, O Christ God. Grant peace and strength to the Orthodox people whom thou hast loved, O only Lover of mankind.

G

The Thrice-Holy Hymn

H

THE READINGS

THE EPISTLE

**The Lord is my strength and my song.
The Lord has chastened me sorely.**

The reading is from St. Paul's First Letter to the Corinthians (8:8-9:2)

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to

eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall.

Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

THE GOSPEL

From the Holy Gospel according to Matthew
(25:31-46)

The Lord said, "When the Son of man comes in his glory, and all the angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the King will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see thee hungry and feed thee, or thirsty and give thee drink? And when did we see thee a stranger and welcome thee, or naked and clothe thee? And when did we see thee sick or in prison and visit thee?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not

clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to thee?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

I **The Megalynarion**
It is truly meet...

J **The Koinonikon**
Praise the Lord...Alleluia.

K We have seen the true light...

OFFERINGS

HOLY BREAD is offered by Esther Samara for her good health and the good health of her family. It is especially offered for her brothers and sisters, Mike, Dee, Minerva, and Jacque. May God grant them many years. It is also offered in memory of Archpriest George Massad and Khouria Bedyal, Omar, Eunice, and Alex. May their memory be eternal.

HOLY BREAD is offered by Dr. Eddie and Susan Harroz, Jr., and Glenn and Deanne Isbell for their good health and the good health of their children and grandchildren. It is also offered for the Simon and Harroz families. It is especially offered for Dorothy Harroz on the occasion of her birthday. May God grant her many years.

HOLY BREAD is offered by Dr. Tad Shadid and Laney Wagoner for their good health. It is especially offered for Debbie Shadid for a speedy recovery. May God grant her many years.

HOLY BREAD is offered by Jennie and Nicole Thomas for their good health and the good health of Eddie Thomas, Virgel and Danielle Smith, and their families. It is especially offered as a

one-year memorial for their husband and father Ed Thomas. May his memory be eternal.

HOLY BREAD is offered by Trey and Annette Kouri for their good health and the good health of their children Erika, Jake, and Amanda. It is also offered for the Homsey and Kouri families. It is especially offered on the occasions of Erika's 16th birthday (2/1) and Jake's 14th birthday (2/7). May God grant them many years.

ANNOUNCEMENTS

WELCOME. We welcome all visitors. We are delighted you are worshipping with us and look forward to meeting you personally.

COFFEE HOUR is hosted by Adult Fellowship. Please join us in Naifeh Hall after Divine Liturgy. Visitors are especially welcome.

CONGRATULATIONS to our 2010 Parish Council members and officers, who are being installed today:

- Trey Kouri, Chairman
- Dr. Gary Rahill, Vice Chairman
- Dr. Tad Shadid, Secretary
- Dr. Raymond Cohlma, Treasurer
- Craig Abraham, Assistant Treasurer
- Harvey Homsey
- John Larson
- Mike Malone
- Bob Maness
- Dr. Sam Musallam
- Erick Porter
- Mike Spivey
- Dr. Jim Stewart
- Kory Warr
- Mike Worku

May God grant them many years.

CONGRATULATIONS to Aarron and Brandi Fraysur on the birth of their daughter Catherine Alexis on January 30. She weighed 8 lbs., 13 oz., and was 20¾ inches long. May God grant her many years.

MEATFARE LUNCH following Divine Liturgy. Join us for this annual fundraiser sponsored by the Adult Fellowship. \$5 all-you-can-eat spaghetti and meatballs!

THIS WEEK (tomorrow through next Sunday) it is traditional to fast from all meat and poultry in preparation for the beginning of Lent on February 15. All other types of food and drink may be consumed throughout this week (known as Cheesefare Week) – even on Wednesday and Friday.

20/40 FELLOWSHIP will gather at 7pm tomorrow, Monday, February 8, at the home of Fr. Constantine and Kh. Sharon (14709 Brasswood Parkway, Edmond). Main dish will be provided; please bring a meatless salad, side, dessert, or beverage (fish, dairy, and alcohol OK). Please call Kh. Sharon (749-8491) for more info.

MDO BOARD will meet at 6:30pm this Tuesday, February 9.

MARRIAGE WORKSHOP. Fr. Constantine will be offering a five-week Marriage Encounter on Tuesday evenings beginning this Tuesday, February 9. This workshop is required for couples who are planning to get married at St. Elijah (if they have not already participated in it), but is also open to married couples who want to strengthen their relationship and anyone interested in learning more about the practicalities of Christian marriage.

FORGIVENESS VESPERS. Next Sunday, February 14, at 5pm we will officially begin Great Lent with the service of Forgiveness Vespers. Following the vespers service all present will ritually ask forgiveness of one another. Join us for this moving service – the perfect way to begin Lent!

LENT BEGINS on Monday, February 15. The traditional fast in Lent is to abstain from meat, fish, dairy products, and alcoholic beverages (though alcohol is permitted in moderation on weekends).

CARNATIONS for the Salutations (Akathist) Service to the Theotokos may be donated in memory of or for the good health of loved ones. The services will be at 7pm every Friday from February 19 through March 19. Please contact the church office if you would like to offer carnations.

SUNDAY OF ORTHODOXY VESPERS. We will join the Orthodox churches of the metro area for vespers at 5:00pm on Sunday, February 21, at St. Mary Church in Jones, OK (at NW 4th and Boston Streets). This annual service is a celebration of pan-Orthodox unity. A reception will follow. See you there!

VIGIL CANDLE is lit by Mike and Teese Mullings for our troops serving in harm's way. It is especially lit for those serving in Afghanistan and Iraq. May they be kept safe from every enemy and adversary.

HAPPY BIRTHDAY THIS WEEK
WEEK OF FEB. 7-13

Jake Kouri	Margaret Burgess
Hiatham Sweis	Patrick Farha
Gary Rahill	Teresa Raschtschenia
Vicki Shadid	Katherine Shadid
Leeza Sweis	Nick Silvernail
Joseph Eid	Laurette Hanna
Morgan Musallan	Tami Spivey
Faisal Sweis	



COFFEE HOUR

Below is the schedule of those who have volunteered to host coffee hour on upcoming Sundays.

February

14 – Hospitality Committee
 21 –
 28 –

March

7 – Ladies Aid Lenten Dinner
 14 –
 21 –
 28 – Palm Sunday



Hear Ye!  **Hear Ye!**

Please reserve the date and bring your appetites to the Annual Lenten Fish Dinner following Liturgy on **Sunday, March 7.**

ALTAR SERVER ATTENDANCE CHALLENGE UPDATE

More than halfway through the Server Attendance Challenge, each team has had the chance to earn 100 points. The current standings are below. Keep in mind that the teams can still earn 50 more points before the challenge ends in June. It's still anybody's game, so make sure to serve on your assigned days!

In the Lead, with 71 points:

Team 3 (Peter Shadid, Captain)

#2 with 64 points

Team 4 (Jamin Ghata, Captain)

#3 with 62 points

Team 1 (Brent Wilson, Captain)

#4 with 56 points

Team 2 (Brandon Cohlmia, Captain)

Team 5 (Nathan Shadid, Captain)

PICTORIAL DIRECTORY!
COMING SOON!

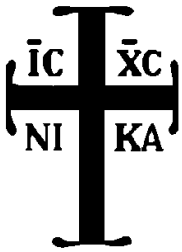
Go to www.stelijahokc.com for information regarding our new pictorial directory and to find the link to sign up online for your photo appointment. If you do not sign up, someone from LifeTouch will be calling to make an appointment with you.

Seniors Valentine's Day Luncheon and Bingo

*Let us honor our seniors. All Parishioners
Husbands or wives 55 and over, their
caregivers, and all clergy welcome.*

*Wednesday,
February 17th,
12 Noon
Naifeh Hall*

***COME AT NOON FOR FOOD,
FELLOWSHIP, AND FUN***



Make a good start to Lent with...

Pure Week Services
The First Week of Great Lent

Sunday, February 14, 5pm
Forgiveness Vespers
(nursery provided)

Monday, February 15, 7pm
Great Compline
with the Canon of Repentance

Tuesday, February 16, 7pm
Great Compline
with the Canon of Repentance

Wednesday, February 17, 6:30pm
Presanctified Liturgy followed by Lenten
potluck (at St George Church)

Thursday, February 18, 7pm
Great Compline
with the Canon of Repentance

Friday, February 19, 7pm
Salutations (Akathist) Service
to the Theotokos

What is Forgiveness Vespers?

Forgiveness Vespers is a wonderful start to the Lenten season. It is truly a way to cleanse your heart from any animosity or anger you may have kept within throughout the year. I cannot imagine starting the holy journey any other way.

—*Jessica Harroz*

It offers a feeling of cleansing and relief to convey face-to-face apologies while humbly asking their forgiveness.

—*Juanita Krause*

By the end, when you have asked and given forgiveness to all, your soul will feel free, your eyes will see the light, brighter. Our journey through Lent is best set when it begins with Forgiveness Sunday services.

—*Jeff Massad*

It's an emotional and spiritual shower.

—*Al Mamary*

Forgiveness Vespers is special to me because it allows us a glimpse into the magnitude of forgiveness our Lord bestows upon us. Not only do we have the opportunity to forgive everyone with us at the service, but we also have the opportunity to be forgiven and forgive ourselves, which is at times the hardest forgiveness of all.

—*Karla Cohlma*

Next Sunday at 5pm

Come experience what all the buzz is about.

It begins with Vespers, in which the priests change from gold to purple vestments, and hymns summon us into the holy season. After Vespers, all will have the opportunity to ritually exchange forgiveness with everyone present, entering Lent at peace with one another.

Sunday School Scoop

Students and teachers, please remember to stay quiet as you assemble in the Narthex for Communion. We want to be sure we are reverent for the most important part of Liturgy!

Also, don't forget Lent is just around the corner. It's never a bad time to start discussing fasting as a family.

Do you know WWJL? (What We Just Learned?)

1. Who was the Roman Emperor when Jesus was born?
2. Mary and Joseph were both descendants of what king?
3. Where did Joseph and Mary live?

Upcoming Lessons and Events

Next Sunday, February
14th:

"Jesus and John"

Pre-Read: Matthew 3:1-17; Mark 1:2-8; Luke 3:1-10

Upcoming Events:

February 14th:

Forgiveness Vespers

Our Winter Camp
bus is FULL!!
Get excited,
wampers; it's
going to be a
great time!

**Teen Chats
7 to 9
This Wednesday.
Be there, or else.
(Trust me, you don't
want to know.)**

Roses are red,
The Valentine dinner was a
hit,
And we want to thank
Everyone who joined us for
it!

A big huge thank you
To Aunt Stacy and Uncle Ned
And all of their helpers
Who made sure we were fed!

And thanks to Action Liquor
For all the great wine
I think pretty much everyone
Had a wonderful time!

Camp St. Raphael
2010!
YABOY!

Camper and staff
applications for this
summer **ARE NOW ONLINE!**
Please log on to
www.campstaphael.org and
print your forms. As you
know, spots fill up fast,
so don't delay!

Children ages 9 to 17 are
eligible to be campers.
If you are in need of
camper scholarships,
please see Erin or one of
the priests.

**Registration for the YES
Trip (April 16-18) will open
on March 1st.
Mark your calendars for
this incredible service
opportunity for your
teens!**

Worship and Spiritual Life

Every Sunday – Sunday School after Communion – Adult Class at 9:30 am. **No classes during the summer.**
Matins at 9:20 am – Divine Liturgy at 10:30 am Bible Study – Thursdays at 10:30 am; nursery provided
Every Saturday – Vespers at 5 pm followed by Confession Every Wednesday – Confession by appointment

Study

ST. ANDREW FAMILY NIGHT!

Wednesday Nights 7-9 pm. Runs in 8-week blocks. A full Program of Seminars and Classes for Adults, Children and Youth for both Orthodox and Non-Orthodox.

Fellowship & Parish Development

Coffee Hour – Sundays following the Divine Liturgy 20/40 Fellowship – 2nd Monday at 7 pm
Ladies Aid – 2nd & 4th Wednesdays at 1 pm Teen Chats – Wednesday Nights during Family Night
Adult Fellowship – 3rd Saturday following Vespers Ladies Guild – as scheduled and announced
Parish Council – every 3rd Tuesday at 7 pm Choir – see Al Mamary
St. Barnabas Ministries – 1st Monday at 10:00 am

Membership

To become a member you need to pray with us at our worship services, complete the Inquirer's Classes, pledge your financial support, and meet with our priests. We welcome you on your journey of faith and invite you to learn of the ancient and unchanging Holy Orthodox Church.

FEBRUARY 7, 2010

USHERS: Kevin Kraker, Omar Khoury, Joseph Haddad, Steve Farha, Barry Toma, Mike Sleem, Dr. Randy Rahill, Craig Gross

ALTAR SERVERS: Peter Shadid, Harrison Motiei, John Robert Simon, Christian Swearingen, Andrew Assaleh, Mark Crouch, Garyth Anderson, Joshua Cohlma, Konstantin Ganchev, Robel Tesfaselassie

EPISTLE READER: Malek Massad

ELDERS: Dr. David Simon, Bill Silvernail, Phil Haddad, Jim Shadid, Richard Moorad, Mark Morrow

KANDELIFT: Amos Ham

PARISH COUNCIL: Erick Porter

**DEADLINE FOR THE
BULLETIN IS 5:00 PM ON
TUESDAY.**

CALENDAR

Sunday

Feb. 7 Adult Fellowship Meatfare Lunch
following Divine Liturgy

Monday

Feb. 8 20/40 Fellowship @ Fr. Constantine 7:00 pm
& Sharon's
Choir Rehearsal 7:00 pm

Tuesday

Feb. 9 Matins 7:00 am
Exercise 8:30 am
MDO Board 6:30 pm
OCF @ OU 9:00 pm

Wednesday

Feb. 10 Teen Chats 7:00 pm

Thursday

Feb. 11 Exercise 8:30 am
Orthodox Study Fellowship 10:30 am

Friday

Feb. 12 Exercise 8:30 am

Saturday

Feb. 13 Vespers 5:00 pm

THANK YOU FOR YOUR STEWARDSHIP FAITHFULNESS

“Give, and it will be given to you; good measure, pressed down, shaken together, running over, they will pour into your lap. For by your standard of measure, it will be measured to you.” Luke 6:38