

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

FEBRUARY 14, 2010

Issue 22

Number 7

Sunday of Forgiveness (Cheesefare); Saints of the Day: Auxentios the priest of Bithynia; Venerable Abraham, Maron of Syria and Damian; New-martyrs Nicholas of Corinth and George of Mitylene; repose of Venerable Cyril, equal-to-the-Apostles and teacher of the Slavs; Venerable Isaac the Recluse of the Kiev Caves

DIRECTORY

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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 FORGIVENESS

VARIATIONS IN TODAY'S DIVINE LITURGY

USING THE WHITE LITURGICAL BOOKS – TONE 3

A

The 1st Antiphon:

As usual...

B

The 2nd Antiphon:

As usual...

C

The 3rd Antiphon:

**Troparion of the Resurrection –
Tone 3, p 95**

D

The Entrance Hymn:

O come let us worship...

E

**Troparion of the Resurrection –
Tone 3, p 95**

Let the heavens rejoice and the earth be glad; For the Lord hath done a mighty act with His own arm; He hath trampled down death by death, and became the first-born from the dead; He hath delivered us from the depths of Hades, granting the world the great mercy.

Troparion of St. Elijah, p 26

F

**Kontakion of the Sunday of Forgiveness –
Tone 6**

O Thou who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain

my lips from crying to thee, “O merciful One, have mercy upon me who am fallen.”

G

The Thrice-Holy Hymn

H

THE READINGS

THE EPISTLE

**Sing praises to our God, sing praises.
Clap your hands, all you nations.**

The reading is from St. Paul’s Letter to the
Romans (13:11-14:4)

BRETHREN, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass

judgment on the servant of another? It is before his own master than he stands or falls. And he will be upheld, for God is able to make him stand.

THE GOSPEL

From the Holy Gospel according to Matthew
(6:14-21)

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you openly.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

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 Jim and Jeanette Shadid for their good health and the good health of their family – Nick, Nanette, Grace, Nicholas, and Anna Hathaway; and Fr. James, Kh. Gigi, and Dimitri Shadid. It is especially offered for Anna on the occasion of her birthday (2/16). May God grant her many years.

HOLY BREAD is offered by George Shadid for his good health and the good health of MariLynn, his children, and grandchildren. It is especially offered for MariLynn on the occasion of her birthday (2/20). May God grant her many years.

HOLY BREAD is offered by Julia Osipenko, and Bobby and Irene Massad for their good health and the good health of their families. It is especially offered as a one-year memorial for their husband and father Peter Osipenko. It is also offered in memory of Boris Oleynik (16 years), Camilla Massad (17 years), and Feodora Oleynik (22 years). May their memory be eternal.

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 the Hospitality Committee. 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 Cohlmi, 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.

SYMPATHY is extended to Nick and Joe Harroz, Jennie Green, Mary Lou Hawkins, and all the Harroz and Andeel families on the repose of their brother Floyd Andeel on February 9 in San Diego. May his memory be eternal.

CONGRATULATIONS to Fr. John and Kh. Janet Mefrige on the birth of the son Andrew Simeon on February 3. They may be contacted at FrJohnMefrige@aol.com. May God grant him many years.

PURE WEEK SERVICES. We will have services every night this week for the first week of Lent. Please see the schedule in this bulletin and take that next step in your spiritual journey.

FORGIVENESS VESPERS. Today 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 tomorrow, 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).

MARRIAGE WORKSHOP. Fr. Constantine's Marriage Encounter continues this Tuesday at 7pm. 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.

PRESANCTIFIED LITURGY will be held at St. George Greek Church this Wednesday (February 17) at 6:30pm. A Lenten potluck supper will follow. Please come and bring a dish!

SALUTATIONS (AKATHIST) SERVICE to the Theotokos will be celebrated at 7pm this Friday, February 19.

SUNDAY OF ORTHODOXY VESPERS. We will join the Orthodox churches of the metro area

for vespers at 5:00pm next 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!

ALMS BOXES. After Divine Liturgy today we will distribute Food for Hungry People boxes. During the season of Lent you and your family can collect money for the hungry. At the end of Lent, all the money our parishioners have collected will be submitted to the Archdiocese for distribution to charities. Get the whole family involved!

CONFESSION. Orthodox Christians should make a sacramental confession during Great Lent in preparation for Pascha. Please do not put this off until the last minute. Confession is usually available after Saturday Vespers; alternatively, an appointment can be made with your father confessor during the week.

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.

CARNATIONS for the Salutation Service are offered by Esther Samara for her good health and the good health of her family. May God grant them many years.

ADULT FELLOWSHIP sincerely thanks all who so graciously attended our Meatfare Luncheon on February 7.

MANY THANKS to all at St. Elijah for all cards, calls, visits, and prayers, which are helpful in my recovery. Also special thanks to Fr. Constantine and Fr. Jeremy for their visits and prayers. Love to all.

Alena Shadid

VIGIL CANDLE is lit by the Ladies Aid for their good health and the good health of their families.

HAPPY BIRTHDAY THIS WEEK

WEEK OF FEB. 14-20

Christopher Farha	Terry Weaver
Matthew Ghata	Nicole Albotros
Jennifer Kalil	Dahlia Shadid
Marcia Stacy	Elizabeth Samara
Erick Porter	Monty Thomas
David Schneider	Jessica Harroz
Anna Hathaway	Dimitri Moujaes
Kouri Simon	Nadia Swaiss
David Tamirat	Nick Harroz
Lana Albotros	MariLynn Shadid
Danny Shadid	



COFFEE HOUR

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

February

21 –

28 –

March

7 – Annual Lenten Fish Dinner

14 –

21 –

28 – Palm Sunday

GYM USAGE POLICY

Our Church Administrator, Deacon Ezra Ham, will give an informative presentation regarding our gym usage policy and fees during the annual Lenten Dinner on Sunday, March 7. Please attend and learn about gym usage so that we can all be on the same page.

Yours in Christ,
Fr. Constantine



YOU

are invited to the **Annual Lenten Fish Dinner** on March 7. Metropolitan Philip designated this year's proceeds for The Convent of St. Thekla at Antiochian Village. (Costs: \$10.00 for adults, \$5.00 for children.)

LONG-TERM CARE SEMINAR

You are invited to a presentation on Long-Term Care and Long-Term Care Insurance by liaison Thabet Swaiss.

Topics include:

What is Long-Term Care?

What is Long-Term Care Insurance?

How do you decide if you need Long-Term Care Insurance?

What should you look for in a policy?

Tuesday, March 23, 2010
7-9pm

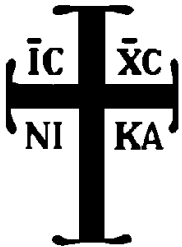
RSVP: thabet.swaiss@prudential.com
946-1974 (ext. 7030) or cell 606-5650

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 *This Week*

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*

Today 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 tonight we are having Forgiveness Vespers at 5:00. This is an amazing opportunity for your family to join their church family in starting the fast right!

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

1. Whom did Philip bring to Jesus?
2. What was John's cloak made out of?
3. What did John call Jesus at his baptism?
4. Whom did Andrew bring to Jesus?

Upcoming Lessons and Events

Next Sunday, February
21st:
Creative Arts Day!

Upcoming Events:

Today: Forgiveness
Vespers

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

We will not have teen
chats until after Pascha
due to Presanctified
Liturgy.
Bible Bowl will meet at
5:30 in the Teen Room.

Teens,

I hope to see you all
at Forgiveness Vespers
tonight!
There is no better way
to start our Lenten
Journey together.

So, give your Youth
Director the best
Valentine's Day gift
ever and be here at
5:00!

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 14, 2010

USHERS: Mark Loftis, Don Killough, Johnny Jones III, Bruce Harroz, David Farris, Blair Naifeh, Brett Bayouth, Hiatham Sweis

ALTAR SERVERS: Jamin Ghata, Nick Sleem, Zachary Crouch, David Baskerville, Cole Harroz, Emile Karam, Andrew Sweis, Harrison Huffman, Caleb Swearingen, Kristian Khoury

EPISTLE READER: Jeff Massad

ELDERS: Bill Johnson, Fouad Ghobrial, Afeef Hamra, Dr. Scott Samara, Michael Chumo

KANDELIFT: Dr. Edward Harroz III

PARISH COUNCIL: Dr. Gary Rahill

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

CALENDAR

	<i>Sunday</i>	
Feb. 14	Forgiveness Vespers	5:00 pm
	<i>Monday</i>	
Feb. 15	Great Compline	7:00 pm
	<i>Tuesday</i>	
Feb. 16	Matins	7:00 am
	Exercise	8:30 am
	Parish Council	7:00 pm
	Great Compline	7:00 pm
	OCF @ OU	9:00 pm
	<i>Wednesday</i>	
Feb. 17	Presanctified Liturgy and Lenten Potluck @ St. George	6:30 pm
	<i>Thursday</i>	
Feb. 18	Exercise	8:30 am
	Orthodox Study Fellowship	10:30 am
	Great Compline	7:00 pm
	<i>Friday</i>	
Feb. 19	Exercise	8:30 am
	Salutations (Akathist) Service	7:00 pm
	<i>Saturday</i>	
Feb. 20	Vespers	5:00 pm
	Adult Fellowship	

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