

## E-Bulletin – St Innocent Orthodox Church

The Church St Innocent of Irkutsk is a parish of the Diocese of the West,  
The Orthodox Church in America (OCA)

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[stinnocenttarzana.org](http://stinnocenttarzana.org)

Fr. Yousuf Rassam

March 5<sup>th</sup>, 2023

Today's commemorated feasts and saints:

**FIRST SUNDAY OF LENT – Tone 5. Sunday of Orthodoxy.** Martyr Conon of Isauria (1st c.). Finding of the Relics of Rt. Blv. Theodore, Prince of Smolensk and Yaroslavl', and his children Ss. David and Constantine, Wonderworkers of Yaroslavl' (1463). Monastic Martyr Adrian of Poshekhónsk (Yaroslavl' – 1550). Martyr Onesimus of Isauria (1st c.). Martyr Conon the Gardener, of Pamphylia (3rd c.). Virgin Martyr Irais (Raïssa) of Antinoë in Egypt (ca. 308). Martyr Eulogius, of Palestine. Martyr Eulampius, of Palestine. St. Mark the Faster, of Egypt (5th c.). St. Hesychius the Faster, of Bithynia (ca. 790).



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## OUR CHANGELESS FAITH

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**W**e live in a time of tremendous change and that will certainly continue. Technological, social, political and economic change has been the hallmark of our age.

But in all this world of change, today we are reminded of something that does not change. Our faith in Christ, the Son of the Living God, has not changed; our Orthodox Faith is substantially the same as it was a hundred and a thousand years ago. On this First Sunday of Lent, called the "**Sunday of Orthodoxy**," we proclaim to this world of change the changeless Christian faith of our Church.

This is one of our main tasks as inheritors of this priceless heritage – to witness to the world our faith in the Lord. Jesus Himself said: "**Men do not light a candle and put it under a bushel, but on a stand, and it gives light to all in the house.**" So we set forth our Faith this day for all to see.

America is a land of religious pluralism, a land of many religions and faiths. Obviously, we have a tremendous impact to make on the religious life of our land. This is especially true in our times, when the winds of the ecumenical spirit blow over the country, altering old antagonisms and fears, bringing fresh opportunities to reach out to brothers and let the Light of this ancient Lamp disperse the darkness of our age.

As we bring forth our icons this day, testifying to the triumph of the Church over those who would destroy these elements that portray the truth of the Incarnation, let us rededicate ourselves to Christ. Let us be careful not only to glory in the past, but to look forward to the challenge of our times and to make certain that the generations to come will confess the Faith of our Fathers.

*The Orthodox Weekly Bulletin* . . . . . Vestal, Cliffwood, New Jersey . . . . . Litho in U.S.A.

### SCHEDULE ALL SERVICES LIVE STREAMED.

**Matins Gospel:** Luke 24: 1 – 12 (*4<sup>th</sup> Matins Gospel*)

**Today's Epistle:** Hebrews 11: 24 – 26, 32 – 12: 2 **Gospel:** John 1: 43 – 51 (*Orthodoxy*)

**Reader:** Matthew

<b>Today</b>	9:30 am Liturgy of St Basil, procession with icons
Tuesday	12:00 noon Lenten Hours & Typika
Wednesday	6:30 pm Pre-Sanctified
Thursday	6:30 pm Pre-Sanctified, 40 holy Martyrs of Sebaste
Friday	6:30 pm Pre-Sanctified, followed by adult ed.
Saturday	4:45 pm Panikhida, Soul Saturday
	5:30 pm Vespers
Sunday	9:30 am Liturgy of St Basil

**Next Sunday's Epistle:** Hebrews 1: 10 – 2: 3 **Gospel:** Mark 2: 1 – 12  
(*St Gregory Palamas*) Hebrews 7: 26 – 8: 2 John 10: 9 – 16

**Reader:** James

**Office Hours:** Tuesday & Thursday, 10:30 am – 12:00 noon. **Confessions:** After Saturday Vespers and by appointment.

**Receiving Holy Communion:** We should draw near to our Lord and God and Savior, Jesus Christ, and receive Holy Communion often. Orthodox Christians, who have prepared themselves through prayer and fasting, and are at peace with all men, and have attended the Divine Liturgy from the beginning, (or, at the very least, have not missed the Gospel), and have made a recent Confession, should draw near.

Others should diligently seek to be properly disposed and prepared as soon as possible.

### Announcements:

Our Bulletins (\$60.00)

Our Altar Wine (\$40.00)

Our Altar Candles (\$40.00)

Our Altar Incense (\$20.00)

Vigil – Golgotha I (\$7.00 /wk)

Vigil – Golgotha II (\$7.00 /wk)

Vigil – Prothesis (\$7.00 /wk)

- Broncă: Gabriela, Robert, & Carmen Iuliana. Good health, & help in need. Repose: Tasié.

- Sogokon: for the health of Zoya, Vladimir, Irina, Anastasia, Vladimir, Vladimir.

Alla Slobodskaya

Izolda (Zoya) & Vladimir Sogokon

Gabriela Broncă & family good health & help in our needs.

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Caratăs family

Caratăs family

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**1<sup>st</sup> Sunday of Great Lent, the Sunday of Orthodoxy.** We will have a procession with the icons after Liturgy. The Sunday of Orthodoxy commemorates the restoration of Icons in Constantinople on March 11, 843, the first Sunday of Lent that year, under Patriarch Methodius & Empress Theodora, which was the final victory Orthodoxy over the hersy of iconoclasm, which was 56 years after the 7<sup>th</sup> Œcumenical council, which had condemned iconoclasm. This coming week is the second of the Great Fast. Pascha is April 16.

**Feast of 40 Martyrs** Thursday, Presanctified Liturgy 6:30 pm

**Confessions** before Presanctified, after Hours on Tuesday, after Vespers on Saturday, or by appointment.

**Diocese of the West Lenten Charity is the the diocese of Alaska.**

**2023 Wall Calendars** are here at the Candle stand. Requested donation this year, \$8.00. There is now no limit on calendar purchases.

**A House blessing** request may be obtained from Fr Yousuf.

**Adult Education** during Great Lent follows the Friday Presanctified. On Orthodox Worship

**Coffee Hour** please consider signing up in the New Year.

**Lectionary.** During Lent, we read (mostly), Mark & Hebrews on Weekends, and Isaiah, Genesis, and Proverbs on weekdays.

**Coffee Hour, This Week: - Next Week: -**

### USEFUL INFORMATION

**Donations** We now have a [Tithe.ly](https://tithe.ly) page to make donating to the parish easy. Just click this link:

<https://tithe.ly/give?c=1324837>. Thank you and God bless!

**Streamed serices can be viewed** at our website <https://stinnocenttarzana.org/livestream> or

<https://stinnocenttarzana.org/facebook>, the streamed services are also uploaded here

<https://www.youtube.com/channel/UCEhqUqTl5kDekOrPPERcy5g>.

The daily readings and saints may be found here: <https://stinnocenttarzana.org/dailyreadings>.

### Troparion, Resurrection – Tone 5

Let us, the faithful, praise and worship the Word, / co-eternal with the Father and the Spirit, / born for our salvation from the Virgin; / for He willed to be lifted up on the Cross in the flesh, / to endure death, / and to raise the dead // by His glorious Resurrection.

**Recommended Reading for Lent:** (in order), 1 **Great Lent: A School of Repentance**, a pamphlet/booklet by Fr Alexander Schmemmann. 2 **Great Lent: The Journey to Pascha**, a full book by Fr Alexander Schmemmann, 3 The introductory material in “**The Lenten Triodion**” by Met Kallistos Ware, 4 “**The Lenten Spring**” readings for every day of Lent by Fr Thomas Hopko. 5 Reading as much as possible from the Triodion itself.

**Of our charity, remember in your prayers:**March 5<sup>th</sup>, 2023**Special Intentions:**

Christians of Syria, Egypt; Met. Paul, Abp. John, in captivity.

Natalya &amp; Alla in Donetsk

sister Oksana McGovern &amp; family

Metropolitan Onuphry of Kiev

**The Sick and those in need of health:**

Archbishop Benjamin,

Archpriests Nicolas Boldireff, Paul Waisanen, George Gray, Michael Regan, Andrew Jacobs; Moses Berry; John Armstrong.

Abbess Susanna; Protodcn Nicholas Jannakos;

Matushki Alexandra Safchuk, Elizabeth Powell, Clara Mancantelli, Suzanne Senyo; Maria Vallens, Priscilla Shipley, Jean Moore;

Monk John. Deacon Mark Story, Robert Peterson, Marios Perez, Barbara Anderson, Monika Cleenewerck, Marea Kuolt.

OCA-DOW

Manya Prybyla, Gregory Theophan Hoffberg; Virginia, Levon; Edmund Roschak, Darka Raicevich; Karen Olds;

Alla Miller, Mike Shinkarik, Andrew Sturmer; Bridget Merrydy Strand, Assia Alexander, Scott T. Karen T., Dmitri G., Kyra;

Bill &amp; Linda Phillips; Ed Salm; Raphael; Magdalena Elizabeth; Ludmilla, Anna, Margarita Maximova, Gayle Anne,

Our Parish

Nick Davidovich.

Basil Rosiczka

Lea Ann (Leah) Bochnak

Laura Bochnak

Vladimir

Anya

Laura, Eladia

Manya Prybyla

Matthew, Alison.

Thaddeus Wojcik

Mildred Sturmer, Susan

Sturmer family

Martha Yarbrough

Yarbrough family

Margaret Banescu, Vona Leslee Christie, Hope Peacock and family.

Banescu family

Euphemia Marie Cox

John Ambrose Cox

George. Mihai

Maria Caratás

Mary, George Laurentiu, cancer treatment.

Florentina

Barbara, Steve

Scott &amp; the Thompson family

Angela Apostol

Constantine Apostol

Yekaterina

Lydia

Lydia

Manya Prybyla

Hieromonk Ambrose (Young), Nicholas Juried &amp; Amy. Archpriest Michael Carney,

Fr. Yousuf

Vladimir Boldireff

Fr. Nicholas Boldireff

Matushka Sophia Haloulakos

Protodeacon George Haloulakos

Christina Dudchenko, Dcn. Sergius Miller, Kevin, Cecilia Gonzalez-Andrieu.

Deacon Nicholas Denysenko &amp; family

Michael Rogozik

Yulia.

Lya, Marie, Yvonne

Gay Butu

Timofey

Dilaria

Kristina DeBree

Kevin Patrick DeBree

Reader John, Catherine, Dianna Bowen.

Danks family

Ruben

Richard &amp; Yolanda Durham

Walter

Irina

Larry &amp; Emma

Abbe Kulhanek

Anna

Elena

Pearl Ruggiero. Sheena Wickens, Veronica Clarkson, Anna Cruz, Anna Rossiter; Ward; Griselda Leon.

Diane Rhodes

Bruce Anderson, Audrey Anderson.

Subdeacon Polycarp Anderson &amp; family

Larry McHargue; Laura; Robert; Kenny; Bill &amp; Sara Love

Anne McHargue Witz &amp; family

**Those Serving in the Armed Forces**

Peter, Elijah Hoffberg, Ronnie (Barnabas) Austin, Basil, Shae, Ian &amp; Henry.

**For the Health and Salvation of the servants of God:**

Catechumen: Dalen, Kelly, &amp; Jamie, &amp; Timothy Muster; Cameron; Melanie.

newly Illumined Basil Bryce ;

New born Orion

Igor &amp; Luda

newly Illumined Nikolina

Jovanna &amp; Ilja

Zlata Okunev, Artemi &amp; Erica

Chelsea Claire Nordstrom

Matthew &amp; Chloe Nordstrom

Sebastian James Siskos

Presvytera Wiborada Vickie Hoffberg Siskos &amp; Priest Christian Siskos

Charlotte, parents Jonathan &amp; Michaela Durham

Vitaly, Lyubov, Ella, Karen, Oksana, Valentina, Irina, Sofiya, Vladimir, Olga, Natalya, Tatyana, Irina, Elena, Evgeny.

Tikhvin icon donors

Alla, Dmitriy Jr., Dmitriy, Igor, Elena, Juliya, Tamara, Fredi.

Alla Slobdskaya

Elena, Marisa, Dimitrios (Jimmy), Nicholas, Alexander, Dimitrios, Dionisius.

+ Lola Macrina

Sherri, Nathanael, &amp; Christopher, Amelia Marie.

Aiden Frederick Parrish, Micah Parrish, new born Chloe

Alyssa &amp; Cyprian Parrish

New born Thomas John Martin Lawman. Verity Annabelle Mary; Constance Alexandra.

Alicia &amp; Joshua Lawman

Newly illumined Matthew; Nicholas Damiano, Magdalena Elizabeth.

Stephen &amp; Marisa Thompson

Elijah, parents Aika &amp; Dmitri Goudkov

new born Rowan. Galina.

Yelena, Anna, Wolfgang

Margarita, Christopher, John, Lauren, Ekaterina.

Margarita Maximova

Catalina, Sofia, Florentina, Doina.

Calugaru family

Of our charity, remember in your prayers:

For the repose of the souls of the departed servants of God:

March 5<sup>th</sup>, 2023

Newly Departed Bishop Tikhon +Jan 22, 2023

DoW

Newly Departed Hieromonk Vonifaty, Schemanun Savva

Newly Departed Boris

mother Antonina, sister Anastasia

Newly Departed Bob Fisher

SFV AA

Newly Departed Yevgeny

Newly Departed Serge Boldireff, +Feb 5, 2023

brother Fr Nicholas

Newly Departed Olga, +Feb 3.

god-mother Mariya

Newly Departed Eugenia Kalfayants + Jan 18, 2023

son Artur & Inna Kalfayants

Newly Departed Evelyn; Mark

Gay Butu

Newly Departed Don Williams +Dec 30, 22; Janette Williams + Jan 1, 23.

Diane Elizabeth Rhodes

Newly Departed Nelly Boudarina, +Jan 4, 2023

Igor

Mitred Archpriest Sergei Glagolev, +Sep 1, 2021, Matushka Gerry (Evgenia) Glagolev. +May 23, 2022.

Christia, Marina, John & family

Matushka Anisia Boldireff +Sep 1, 2021

Archpriest Nicholas, Nathalie, Tamara, Marina, Michael & family

Matushka Tresja Denysenko

Deacon Nicholas & Sofia Denysenko & family

+Feb 26: Dunitry Slutsky, Choir Director 1943; Proteasa Mary Mihalțian, 1959; Archpriest Spiro Tanaskoski, 1995;

Archpriest Paul Ziatyk, 2018.

OCA

Germogen & Olga Stephanenko

Larissa, Tatiana

Valentina

Irina Jackson

Cor Brevet Delabruinene

Natalya Slusar Nosa & family

Rodney Lake + May 20, 2021.

son-in-law & daughter Thaddeus & Jacqui Wojcik

Paul Prybyla. +Jan, 10, 2021

Manya & family

Barbara Johnson

daughter Nancy Smollen

Stanislava

daughter Milena; family

Hormuzd (Emmanuel) Rassam, + Dec 21, 2022.

wife Kaye Rassam, son Fr Yousuf Rassam, daughter Najma Fowner & family

Nun Seraphima (Anna Kremenetskaya)

Konstantin, Taissia, Vladimir, Ioann Kremenetsky

Nun Nonna (Verna Harrison)

Igor

Lola Macrina

Edward Michael & Joan Sutyak

Tamara, Christina, Michael, Anne & family

Leon & Claudine Snyder

daughters Laura & Carol, & family

Dmitri

Boris

David

Mitred Archpriest Ian & Matka. Nina MacKinnon, DOW

Deacon Hennok Soot

DoW, Matushka Mariamna Soot, Fr Stephen Soot family, Mark & Olga Soot family

Evdokiya, Anatoliy, Domnikiy, Semen, Feodosiy, Ella, Grigoriy, Nadejda, Konstantin, Svetlana,

Valentina, Anna, infant Anatoliy, Olga, Anna, Peter.

Alla Slobdoskaya

Anne Lewandowski

+ Raissa Dulkan

Marina, Alexandra, Petr, Boris, Tatiana.

Margarita Maximova

Priest Anatoly + Sep 9.

Rebecca Svetlana (Photini) Gushard

son Wade Aiden Greer, Fr Yousuf

## *Sunday of Orthodoxy hymns:*

### **Troparion, Sunday of Orthodoxy, from the Triodion - Tone 2**

We venerate Thy most pure image, O Good One; / and ask forgiveness of our transgressions, O Christ our God. / Of Thy good will Thou wast pleased to ascend the cross in the flesh / and deliver Thy creatures from bondage to the Enemy. / Therefore with thankfulness we cry aloud to Thee: / "Thou hast filled all with joy, O our Savior, // for Thou didst come to save the world."

### **Kontakion, Sunday of Orthodoxy, from the Triodion - Tone 8**

No one could describe the Word of the Father; / but when He took flesh from thee, O Theotokos, He accepted to be described, / and restored the fallen image to its former state by uniting it to divine beauty. // We confess and proclaim our salvation in words and images.

*from the Triodion, for the Sunday of Orthodoxy*

**On "Lord, I Call" Tone 6** The prophets, inspired by Thy Spirit, O Lord, foretold that Thou, whom nothing can contain or grasp, and who hast shone forth in eternity before the morning star from the immaterial and bodiless womb of the Father, wast to become a child, taking flesh from the Virgin, being joined to men and seen by those on earth. Through the prayers of these Thy prophets, in Thy compassion count us worthy of Thy light, // for we sing the praises of Thine ineffable and holy

Resurrection.<sup>1</sup>

The divinely-inspired prophets preached Thee in word and honoured Thee in works, and they received as their reward life without end. For they steadfastly refused, O Master, to worship the creation instead of Thee, the Creator; they renounced the whole world for the Gospel's sake, and in their suffering they were conformed to Thy Passion which they had foretold. Through their intercessions, count us worthy to pass through the period of the Fast without offence, // for Thou alone art rich in mercy.<sup>2</sup>

O Master, who art boundless in Thy divine nature, Thou wast pleased in the last times to take flesh and be bounded; and in assuming flesh, Thou hast also taken on Thyself all its distinctive properties. Therefore we depict the likeness of Thine outward form, venerating it with an honor that is relative. So we are exalted to the love of Thee, and following the holy traditions handed down by the apostles, // from Thine icon we receive the grace of healing.

As a precious adornment the Church of Christ has received the venerable and holy icons of the Savior Christ, of God's Mother and of all the saints. Celebrating now their triumphant restoration, she is made bright with grace and splendor, and drives away all heretics. With great rejoicing she gives glory unto God who loves mankind, // and who for her sake has endured His voluntary Passion.

**Tone 2.** *Glory...* The grace of truth has shone forth upon us; the mysteries darkly prefigured in the times of old have now been openly fulfilled. For behold, the Church is clothed in a beauty that surpasses all things earthly, through the ikon of the incarnate Christ that was fore-shadowed by the ark of testimony.<sup>3</sup> This is the safeguard of the Orthodox faith; for if we hold fast to the ikon of the Savior whom we worship, we shall not go astray. Let all who do not share this faith be covered with shame; but we shall glory in the ikon of the Word made flesh, which we venerate but worship not as an idol. So let us kiss it, and with all the faithful cry aloud: O God, save Thy people and bless Thine inheritance.

**Apostikha, Tone 2.** *Glory ...* Advancing from ungodliness to the true faith, and illumined with the light of knowledge, let us clap our hands and sing aloud, offering praise and thanksgiving to God; and with due honour let us venerate the holy ikons of Christ, of the all-pure Virgin and the saints, whether depicted on walls, on wooden panels or on holy vessels, rejecting the impious teaching of the heretics. For, as Basil says, the honour shown to the ikon passes to the prototype it represents.<sup>4</sup> Through the prayers of Thine undefiled Mother and of all the saints, we beseech Thee, Christ our God, to bestow upon us Thy great mercy.

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1 Ps. 109 [110]: 3.

2 Rom. 1: 25; Phil. 3: 10.

3 Exod. 25: 22.

4 St. Basil the Great, On the Holy Spirit, §xviii (45).