

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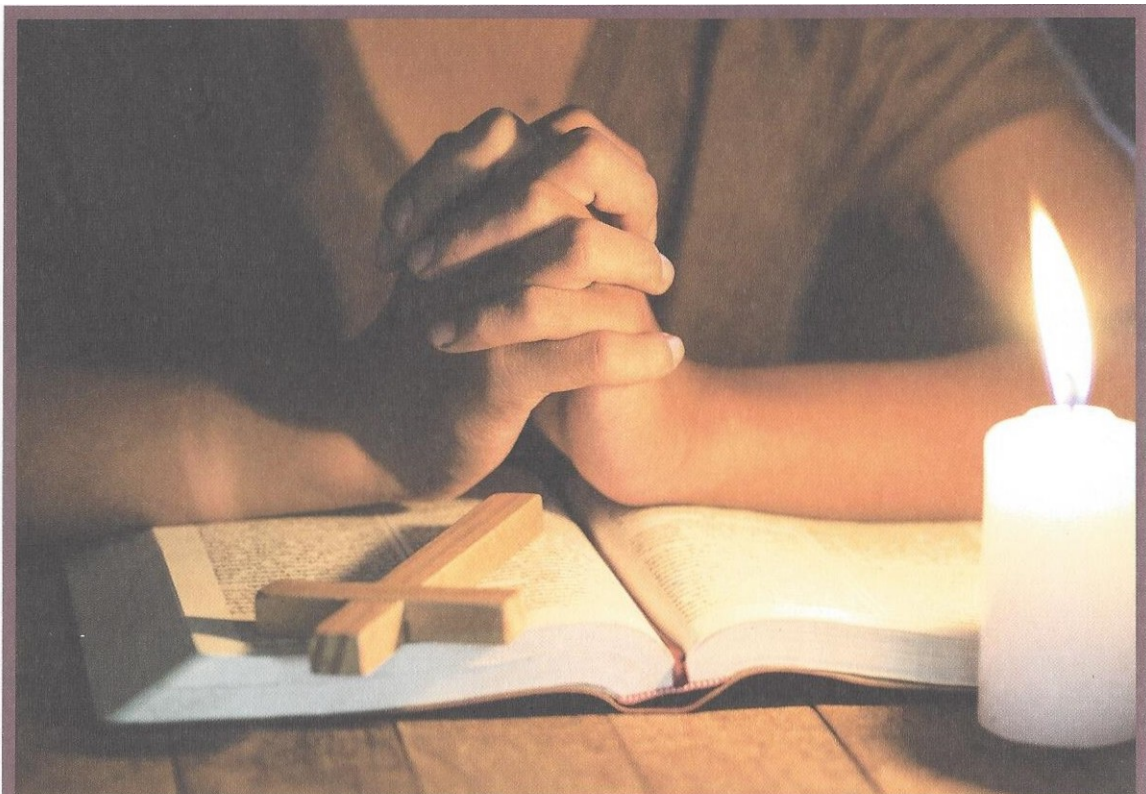
[stinnocenttarzana.org](http://stinnocenttarzana.org)

Fr. Yousuf Rassam

February 26<sup>th</sup>, 2023

Today's commemorated feasts and saints:

**SUNDAY OF CHEESEFARE – Tone 4. The Expulsion of Adam and Eve from Paradise.** “Mezhetsk” Icon of the Mother of God. St. Porphyrius, Bishop of Gaza (420). Ven. Sebastian of Poshekhónsk (ca. 1500).  
Martyr Christodoulos.



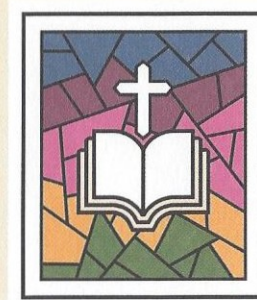
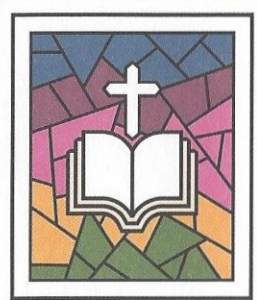
*PRAISE GOD*

*FOR THE GRACE*

*AND LOVE*

*HE HAS BESTOWED*

*UPON US.*





## SAYING THANKS THROUGH PRAYER

**S**aint Paul writes in his first letter to the Thessalonians 5:16-18 "Rejoice always. Pray without ceasing. In everything give thanks; for this is the will of God in Christ Jesus for you."

The idea of giving thanks is woven throughout the fabric of our Church. There are many moving accounts of God's people thanking Him in the Old Testament. Many times it involved building altars as an OUTWARD sign of their INWARD gratitude. Plenty of the Psalms are beautiful songs of thanksgiving to God. As noted in the Gospels, Christ Himself thanks His Heavenly Father. The essence of the Divine Liturgy each Sunday is the Eucharist. Communion is celebrated each Sunday we gather in the House of God. We petition, thank and praise our Lord through this common partaking of His Body and Blood.

Yet another way of expressing thanks is through prayer. Our prayers can be classified into 3 unique types: asking, thanking and praising. All 3 are necessary for a full relationship with God. The beginning of our Christian experience is the asking for God's forgiveness. When this is sincerely done, we are guaranteed His forgiveness. The natural response is to thank God for all that He has given us. Food, clothing, shelter, health and wealth are simply the beginning of what God has bestowed upon us. A growing relationship with our Lord Almighty eventually leads to praising Him for His goodness, truth and love.

As Christians, we use prayer to thank God for each blessing He has given us. Go forth and SHOW everyone what it means to be thankful.

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*)

**This Week's Epistle:** 1 Corinthians 8: 8 - 9: 2 **Gospel:** Matthew 25: 31 - 46 (*Last Judgment*)

**Reader:** James

<b>Today</b>	9:30 am Liturgy, Forgiveness Vespers
Monday	11:00 am Lenten Hours & Vespers 6:30 pm Great Compline with Great Canon
Tuesday	11:00 am Lenten Hours & Vespers 6:30 pm Great Compline with Great Canon
Wednesday	12:00 noon Lenten Hours & Typika 6:00 pm Great Canon 6:30 pm Pre-Sanctified
Thursday	11:00 am Lenten Hours & Vespers 6:30 pm Great Compline with Great Canon
Friday	6:30 pm Pre-Sanctified
Saturday	5:30 pm Vespers
Sunday	9:30 am Liturgy, procession with icons

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

**Reader:** Matthew

**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)	Alla Slobodskaya Izolda (Zoya) & Vladimir Sogokon
Our Altar Wine (\$40.00)	Gabriela Broncă & family good health & help in our needs.
Our Altar Candles (\$40.00)	Gabriela Broncă & family good health & help in our needs.
Our Altar Incense (\$20.00)	Gabriela Broncă & family good health & help in our needs.
Vigil - Golgotha I (\$7.00 /wk)	Caratăs family
Vigil - Golgotha II (\$7.00 /wk)	Caratăs family
Vigil - Prothesis (\$7.00 /wk)	Caratăs family

- Broncă: Gabriela, Robert, & Carmen Iuliana. Good health, & help in need. Repose: Tasié.  
- Sogokon: for the health of Zoya, Vladimir, Irina, Anastasia, Vladmir, Vladimir.

**Sunday of the Forgiveness.** Great Lent begins on February 27, tomorrow, today is the last day for eating cheese & eggs. Pascha is April 16. The Great Canon is read this week, see the schedule. Please note that the commemoration of St Theodore will be Friday evening.

**Maslenitsa** - there will be a blini dinner after Forgiveness Vespers on February 26<sup>th</sup>, the last day before Lent, requested donation \$12.00.

**Next Sunday is the Sunday of the Triumph of Orthodoxy.** Bring your favorite icon for the procession with icons after Liturgy.

**Confessions** before Presanctified, after Hours on Tuesday, after Compline Monday Tuesday & Thursday, after Vespers on Saturday, or by appointment.

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

**No Meeting of the Friends of the Monastery,** because of Forgiveness Vespers.

**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:** Maslenitsa - Blini dinner **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>.

#### Resources for this Sunday

[Forgiveness Sunday: Readings, Hymns, Sermons & Kontakion](#)

[The Great Fast: To See Christ as He Is, by Archbishop Dmitri](#)

[Great Lent: A School of Repentance by Fr. Alexander Schmemmann](#)

[Beginning of Great Lent 2023 Message of Metropolitan Tikhon](#)

## Troparion, Resurrection - Tone 4

When the women Disciples of the Lord / learned from the Angel the joyous message of the Resurrection, / they cast away the ancestral curse / and elatedly told the Apostles: / "Death is overthrown! / Christ God is risen, // granting the world great mercy!"

## Kontakion, Triodion - Tone 6

O Master, Teacher of Wisdom, / Bestower of virtue, / who teaches the thoughtless and protects the poor: / strengthen and enlighten my heart. / O Word of the Father, / let me not restrain my mouth from crying to Thee: // Have mercy on me, a transgressor, O Merciful Lord.

**Of our charity, remember in your prayers:**

February 26<sup>th</sup>, 2023

**Special Intentions:**

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

Natalya & Alla in Donetsk

Metropolitan Onuphry of Kiev

sister Oksana McGovern & family

**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 Merridy Strand, Assia Alexander, Scott T. Karen T., Dmitri G., Kyra;

Bill & 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 & the Thompson family

Angela Apostal

Constantine Apostol

Yekaterina

Lydia

Lydia

Manya Prybyla

Hieromonk Ambrose (Young), Nicholas Juried & 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 & 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 & Yolanda Durham

Walter

Irina

Larry & 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 & family

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

Anne McHargue Witz & family

**Those Serving in the Armed Forces**

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

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

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

newly Illumined Basil Bryce ;

New born Orion

Igor & Luda

newly Illumined Nikolina

Jovanna & Ilja

Zlata Okunev, Artemi & Erica

Chelsea Claire Nordstrom

Matthew & Chloe Nordstrom

Sebastian James Siskos

Presvytera Wiborada Vickie Hoffberg Siskos & Priest Christian Siskos

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

Charlotte, parents Jonathan & 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 Slobdoskaya  
Elena, Marisa, Dimitrios (Jimmy), Nicholas, Alexander, Dimitrios, Dionisius. + Lola Macrina  
Sherri, Nathanael, & Christopher, Amelia Marie.  
Aiden Frederick Parrish, Micah Parrish, new born Chloe Alyssa & Cyprian Parrish  
New born Thomas John Martin Lawman. Verity Annabelle Mary; Constance Alexandra. Alicia & Joshua Lawman  
Newly illumined Matthew; Nicholas Damiano, Magdalena Elizabeth. Stephen & Marisa Thompson  
Elijah, parents Aika & 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:**

**February 26<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 Mary  
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: Luke Bakoota, Choir Director, 1976. 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 Many & 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 Dulian  
Marina, Alexandra, Petr, Boris, Tatiana. Margarita Maximova  
Priest Anatoly + Sep 9.  
Rebecca Svetlana (Photini) Gushard son Wade Aiden Greer, Fr Yousuf

**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.**