



St. Nicholas Cathedral
 Orthodox Church in America

Founded in 1930 as the Russian Orthodox Church of St. Nicholas

www.oca.org
dcnyoca.org

March 16, 2008

1st Sunday of Great Lent
Sunday of Orthodoxy
Martyr Sabinus of Egypt

Divine Liturgy of St. Basil

METROPOLITAN HERMAN,
 ARCHBISHOP OF WASHINGTON & NEW YORK
V. Rev. Constantine White, Dean
Rev. Valery Shemchuk, Associate Pastor

Sunday Lessons

This Week – Tone 1 Hebrews 11:24-2, 32-12:2; John 1:43-51
Next Week – Tone 2 Hebrews 1:10-2:3 Mark 2:1-12

Schedule of Services

Wednesday	March	19	7:00 pm	Presanctified Liturgy (E)	
Friday	March	21	7:00 pm	Presanctified Liturgy (S)	
Saturday	March	22	10:00 am	Divine Liturgy (E)	Commemoration of the Dead
	March	22	5:00 pm	Vigil (E,S,G)	
Sunday	March	23	9:00 am	Divine Liturgy (E)	St. Gregory Palamas
			10:45 am	Divine Liturgy (S)	
			1:00 am	Prayer Service (G)	

E=English, S=Slavonic, G=Georgian

General Confession in English is held on the first and third Saturdays of the month.
General confession in Russian is held on the second and fourth Saturdays of the month.

Today we are pleased to welcome Fr. Michael Dahulich and the St. Tikhon's Seminary choir at Liturgy.

This week's bulletin is sponsored by Nina Shafran in loving memory of her sister Kyra, who died March 13, 2001, and all her other deceased relatives. May their memory be eternal!

The March bulletins are sponsored by Jason Thomas in memory of his recently deceased great aunt, Helen Schlosser.

***** VISITORS *****

A warm welcome to St. Nicholas Cathedral! We are glad to have you worship with us today.
Please join us following Liturgy downstairs for our coffee hour!

Orthodox Christian Mission Center (OCMC) Agape Canister:

Thanks to your generosity, the Agape Canister posted at the candle counter brought in \$23.00 last week! Your Agape funds purchased an electric generator for the Holy Cross Hospital in Uganda, helped provide breakfast for 150 children daily in the slums of Calcutta, India, assisted in providing a refuge for 11 abandoned infants in Romania and supported a clinic in Kenya that provides medical care for over 2,500 people annually. Your compassion and commitment makes a difference around the world; to learn more of the work of the OCMC or to volunteer your time as a missionary, please visit <http://www.ocmc.org> or contact Betty Slanta, slanta@erols.com.

Please join us for the 14th Annual Lenten Retreat
The Orthodox Perspective on Bioethics
Panelists:
Rev. Stanley S Harakas and Dr. Gayle Woloschak
Saturday, 5 April, 2008
9 AM to 4:30 PM
Greek Orthodox Cathedral of the Annunciation
24 W. Preston St., Baltimore, Maryland

Coffee Hour hosts by week:

Date	Restrictions	Name
16 March 2008	Fast	Irina Burgener
23 March 2008	Fast	Michael and Karen Rossler
30 March 2008	Fast	Susan Rudy

UPCOMING EVENTS & SERVICES

- ❖ 20 March, Thursday 7 PM, Parish Council meeting in the annex
- ❖ 22 March, Saturday 12 noon – 3PM, St. Stephen OCF, Philadelphia, Pa 2008 Colonial District FOCA Bowling Tournament*
- ❖ 5 April, Saturday 9:00 AM to 4:30 PM Lenten Retreat “Orthodox Perspective on Bioethics” *
- ❖ 6 April, Sunday, IOCC representative at both Liturgies
*See Bulletin Board

...those who have given their lives for their homeland...
 Memory Eternal.

St. Nicholas Cathedral – the National War Memorial Shrine
 3500 Massachusetts Avenue NW, Washington, DC 20007
 Phone: 202-333-5060 FAX: 202-965-3788
www.stnicholasdc.org office@stnicholasdc.org

Troparion (Tone 1): When the stone had been sealed by the Jews; while the soldiers were guarding Thy most pure Body; Thou didst rise on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to Thee, O Giver of Life: Glory to Thy Resurrection, O Christ! Glory to Thy Kingdom! Glory to Thy dispensation, O Thou who lovest mankind.

Sunday of Orthodoxy (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.

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Sunday of Orthodoxy (Tone 8): No one could describe the Word of the Father; but when He took flesh from you, 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 word and images.

Prokeimenon Tone 4: Blessed art Thou, O Lord God of our Fathers and praised and glorified is Thy name forever! Verse: For Thou art just in all that Thou hast done for us!

Epistle: Hebrews 11:24 – 26, 32 – 12:2: Brethren, by faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward. And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets: who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they may obtain better resurrection. Still others had trial of mockings and scourging, yes, and of chains and imprisonment. They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented – of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth... And all these, having obtained a good testimony through faith, did not receive the promise. God having provided something better for us, that they should not be made perfect apart from us. Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and let the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking into Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Alleluia Tone 4: Moses and Aaron were among His priests; Samuel also was among those who called on His name. Verse: They cried to the Lord and He heard them.

Gospel: John 1:43 – 51: At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathaniel, and said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathaniel said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathaniel coming to him, and said of him, "Behold an Israelite indeed, in whom is no guile!" Nathaniel said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathaniel answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

Hymn to the Theotokos: All of creation rejoices in you, O Full of Grace, the assembly of angels and the race of men. O sanctified temple and spiritual paradise, the glory of virgins, from whom God was incarnate and became a child – our God before the ages. He made your body into a throne, and your womb He made more spacious than the heavens. All of creation rejoices in you, O Full of Grace. Glory to you!

Communion Hymn: Praise the Lord from the heavens. Praise him in the highest. Rejoice in the Lord, O you righteous! Praise befits the just. Alleluia. Alleluia. Alleluia.

Prayer of St. Ephraim

O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power and idle talk. But give rather the spirit of chastity, humility, patience and love to Thy servant. Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother, for blessed art Thou, unto ages of ages. Amen.

This should be said morning and evening each weekday

(Monday through Friday) throughout Lent.

Bulletin Messages

We congratulate Father Maximus Urbanowicz who was ordained to the Holy Priesthood today and Michael Shandor who was ordained to the Sub-diaconate! We also congratulate Michael Rossler and Timothy Keefer who were tonsured as readers. Many Years to all of them!



Pussy Willows – Attention all Parishioners! For some this may sound a bit premature since the Great Fast is just beginning, but please remember to start collecting pussy willows for Palm Sunday services as soon as the trees break bud.

Reminder: Today we are hosting the St. Tikhon's Seminary Choir at Liturgy on Sunday. Please plan to attend both services. Enclosed in today's bulletin is an envelope which may be used to make a donation to the seminary. You can mail the envelope directly to the seminary or return in today's special collection for the seminary. Please make checks placed in those envelopes out to St. Tikhon's Seminary. Thank you for your prayerful consideration and donations to the seminary.

Sixth Annual Ladies Fashion Show and Luncheon
Luncheon is sponsored by the Ladies Auxiliary of Saints Peter & Paul Orthodox Church, 10620 River Road, Potomac, MD 20854, will be held on Saturday, May 10, 2008, from 11:30 am to 2:30 pm. The cost of the luncheon and fashion show is \$40.00. Contact Mrs. Rida Boulos at 703-319-3415 or Email: frita18@aol.com, to reserve a seat! The fashions are provided by Helias of 1338 Wisconsin Avenue, NW, Washington, D.C. A portion of the proceeds will benefit a local women's shelter.

Attention Parents: First Confession Class is Planned

A class will form during Sunday School hours, which will take registered Sunday School students into a special First Confession class for four Sundays during Great Lent. Those children 7 years and older who are enrolled by their parents will receive special instruction on the Sacrament of Repentance and preparation for receiving it. Classes will meet March 23, 30, April 6, & 13. The next Saturday (April 19) is Lazarus Saturday, when we customarily have Liturgy with special participation by the children of the parish. Following Liturgy we will have our traditional Pascha Preparation Craft Day with luncheon. Clergy will be available during the afternoon to hear the children's confessions. Please see Marina or Marty McGuigan in the Sunday School to enroll.

NEW ORTHODOX STUDY BIBLE RETREAT: Fr. Peter Gillquist will lead a retreat on Saturday, April 12th, 2008, from 10:00 am to 3:30 pm. at St. Katherine Greek Orthodox Church, 3149 Glen Clarlyn Road Falls Church, VA 22041. His visit is timed to coincide with the release of the new Orthodox Study Bible which will include the Old Testament and the Apocrypha. Fr. Gillquist is one of a group of Orthodox clergy and laymen that has produced the Orthodox Study Bible. The retreat will focus on Orthodox Study Bible: how it is used in the liturgical life of the Church and how it can be used in our personal lives- with special emphasis on the Old Testament and the prophecies concerning Jesus. The new Orthodox Study Bible will be available for purchase at the retreat. Join us for this inspirational experience. Lunch and refreshments will be served. Although the retreat is free, please register to reserve a seat. To register for the retreat, please Email: John Demakis at jgd11@erols.com, Antonia Chelpon at achelpon@aol.com, or Betty Slanta at slanta@verizon.net.

Attention R Club Members: The next meeting of the Nation's Capital R Club will be on Saturday March 29th at 2 PM. Don't forget the bowling tournament in Philadelphia on this coming Saturday at 12 noon. Please let Walter know if you will be able to attend the tournament so registration and carpooling can be arranged.

Celebration of Faith

Calling all Orthodox youth to celebrate your faith and participate in the F.O.C.A.'s creative arts contest

2008 Theme: "Our Environment: God's Gift to Us"

Create and submit art projects in the following areas

- Literature
- Musical Composition
- Photography
- Visual Arts

A detailed list of rules for each category and entry forms may be found on the FOCA website or through your Jr. Advisor or your Youth Coordinator

Mail to: FOCA Celebration of Faith c/o Cheryl Morse 4746 137th St. W., Apple Valley, MN. 55124

Deadline for entries is April 4, 2008

Entries will be displayed and awards presented at the National F.O.C.A. Basketball Tournament in New Jersey and posted on the OCA and F.O.C.A. websites.

The Diocese of Washington and New York is looking for volunteers in the following areas: Missions/Evangelization; Investment/Stewardship; Seminarian Scholarships; Youth; Music; College Chaplaincies; St. Andrew's Camp; and Communications. Each department works independently but under the auspices of the Diocesan Council. Please call, email or write before April 1 if you are interested in helping in one of these areas. (contact information is available at www.dcnyc.org)

LENTEN RETREAT
"HOLY WEEK – our journey to Pascha"

Retreat Speaker:

Very Reverend Paul Lazor

John and Paraskeva Skvir Lecturer in Practical Theology

Saint Vladimir Orthodox Theological Seminary

on Saturday, 12 April 2008, 1:00 PM – 6:00 PM

Great Vespers at 6:00 PM

At Saint Andrew Orthodox Church

2028 East Lombard Street Baltimore, Maryland 21231

Registration \$5.00 begins at 12:30 PM Includes a light snack

To register: please email: James Magruder at jlmagruder@verizon.net or call church office 410-276-3422 not later than 6 April 2008