

From the Fathers (and others):

I arise today
Through the strength of heaven;
Light of the sun, Splendor of fire,
Speed of lightning, Swiftmess of the wind,
Depth of the sea, Stability of the earth,
Firmness of the rock.

I arise today
Through God's strength to pilot me;
God's might to uphold me, God's wisdom to guide me,
God's eye to look before me, God's ear to hear me,
God's word to speak for me, God's hand to guard me,
God's way to lie before me, God's shield to protect me,
God's hosts to save me, Afar and anear,
Alone or in a multitude.

Christ shield me today
Against wounding,
Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in the eye that sees me,
Christ in the ear that hears me.

I arise today
Through the mighty strength
Of the Lord of creation.
- St. Patrick of Ireland

Speak well of those who speak evil of you. Pray good for evil. Pray for those who cause you various offenses, wrongs, temptations, persecutions. Whatever you do, on no account condemn anyone; do not even try to judge whether a person is good or bad, but keep your eyes on that one evil person for whom you must give an account before God- Yourself.

- St. Ignatius Brianchaninov

Abba Anthony said, 'Whoever hammers a lump of iron, first decides what he is going to make of it, a scythe, a sword, or an axe. Even so we ought to make up our minds what kind of virtue we want to forge or we labor in vain.'

St. John Orthodox Church

A Parish of the Antiochian Orthodox Christian Archdiocese of North America



~ March 17th, 2024 ~
Forgiveness Sunday
Cheesefare

ST. JOHN ORTHODOX CHURCH
1663 TUTWILER AVENUE
MEMPHIS, TN 38107
(901) 274-4119
www.stjohnmemphis.org

His Eminence Metropolitan SABA
Archbishop of New York and Metropolitan of All North America
Antiochian Orthodox Archdiocese of North America

His Grace Bishop NICHOLAS
Auxiliary Bishop of the Diocese of Miami and the Southeast

V. Rev. Fr. Philip Rogers, Pastor

V. Rev. Fr. Basil Cushman, Associate Pastor

V. Rev. Fr. John Troy Mashburn, Jr., Pastor Emeritus

V. Rev. Fr. Donald John Berge, Attached

GREAT VESPERS
Saturday, 6:00 p.m.

ORTHROS
Sunday, 9:00 a.m.

DIVINE LITURGY
Sunday, 10:00 a.m.

Antiochian Orthodox Christian Archdiocese of North America
“...the Disciples were called Christians first in Antioch!”
Acts 11:26

Sunday of Forgiveness

Epistle: Romans 13:11-14; 14:1-4

Gospel: Matthew 6:14-21

The Holy Bread for Eucharist is offered by Dn. Charles McKelroy.

Welcome to all those visiting St. John Orthodox Church. We are honored by your presence.

It is our sincere desire that your participation today in the Divine Liturgy will draw you closer to Christ and His Church.

If you are from a non-Orthodox background, you may see new things such as icons, incense, the sign of the cross, the veneration of saints, and a great deal of standing. These can be perplexing to the uninitiated eye. Rest assured that everything we do has a solid biblical foundation and a long history among Christian people. Please feel free to participate where you feel comfortable and feel equally as free only to observe when you prefer.

The Orthodox Church understands the Eucharist, or Lord's Supper, to be – among other things – the paramount expression of Christian unity. While it is our deepest hope that Christendom will one day fulfill Christ's desire for true unity among all those who claim His name (John 17:21), the unfortunate reality of our day is that the various segments of Christendom are not unified with the historic Orthodox faith. *Since participation in the Eucharist expresses a unity with all the dogma and practice of the Orthodox Church, non-Orthodox guests do not receive Holy Communion.* The Holy Eucharist is reserved for those members of the Orthodox Church who have prepared themselves by prayer, fasting, and recent confession. All visitors and unprepared Orthodox are invited to partake of the blessed bread as they come forward to venerate the cross at the end of the Liturgy. Thank you for your understanding.

ST. JOHN CALENDAR

March 17-24

(Great Fast)

- Sunday** - Orthros, 9:00 am
- Divine Liturgy, 10:00 am
- Forgiveness Vespers, 6:00 pm
- Monday** - First Hour, 6:45 am
- Great Compline w/ Great Canon, 6:00 pm
- Tuesday** - Third Hour, 9:00 am
- Men's Lunch, 12:00 pm
- Great Compline w/ Great Canon, 6:00 pm
- Wednesday** - Third Hour, 9:00 am
- Women's Teaching, 10:00 am
- Presanctified Liturgy, 6:00 pm
- Lenten Meal, following Presanctified Liturgy
- Thursday** - Third Hour, 9:00 am
- Great Compline w/ Great Canon, 6:00 pm
- Friday** - First Hour, 6:45 am
- Third Hour, 9:00 am
- Sixth Hour, 12:00 pm
- Small Compline with the Akathist, 6:00 pm
- Saturday** - Ninth Hour & Vespers, 5:50 pm
- Sunday** **Orthodoxy Sunday**
Morning Services at Annunciation Greek Orthodox Church on Highland
- Orthros, 9:00 am
- Divine Liturgy, 10:00 am
- Great Vespers for the Annunciation, 6:00 pm @ St. John

Birthdays, Anniversaries, Nameday

Sunday, 3/17

Birthday: Will Whiteside

St. Patrick: Patrick Koplín, Will Whiteside

Thursday, 3/21

None

Monday, 3/18

Birthday: Rick Yadron

Friday, 3/22

None

Tuesday, 3/19

None

Saturday, 3/23

Birthday: Glenda Brooks, Laurel Hetrick

Wednesday, 3/20

None

Commemorations

March 17: Venerable Alexios the “Man of God;” Theosteriktos the Confessor; Patrick, bishop of Armagh and enlightener of Ireland; Venerable Makarios of Kalyazin.

March 18: Cyril, patriarch of Jerusalem; Martyrs Trophymos and Eukarpos of Nicomedia and those with them; Nikoai (Velimirovic), bishop of Zica in Serbia.

March 19: Martyrs Chrysanthos, Daria, Jason, Mauros and Diodoros of Rome; Martyr Pancharios of Nicomedia; New-martyr Demetrios of Constantinople; Venerable Innocent of Komel.

March 20: The holy fathers slain at the monastery of Mar Sabbas; New-martyr Myron of Crete.

March 21: Venerable-confessor James the New, bishop of Catania; Thomas, patriarch of Constantinople; New-martyr Michael.

March 22: Hieromartyr Basil of Ancyra; Martyr Kallinika of Rome; Venerable-martyr Euthymios of Prodromou Skete on Athos.

March 23: Venerable-martyr Nikon of Sicily and with him 199 disciples; Venerable-martyr Luke of St. Anne Skete on Athos.

March 24: Venerable Zechariah the recluse and Artemon, bishop of Seleucia; New-hieromartyr Partheios, patriarch of Constantinople.

DAILY SCRIPTURE READINGS

Sunday	Romans	13:11-14; 14:1-4	Matthew	6:14-21
Monday	Genesis	1:1-13	Proverbs	1:1-20
Tuesday	Genesis	1:14-23	Proverbs	1:20-33
Wednesday	Genesis	1:24-2:3	Proverbs	2:1-22
Thursday	Genesis	2:4-19	Proverbs	3:1-18
Friday	Genesis	2:20-3:20	Proverbs	3:19-34
Saturday	2 Timothy	2:1-10	Mark	2:23-28; 3:1-5
Sunday	Hebrews	11:24-26, 32-40	John	1:43-51

Remember in Your Prayers

Our catechumens: Jeff Bennett; Ben Haag; Thomas & Christy Potts; Andrew Potts; Brian, Danielle, Luree, John, & River Pfeister; Billy & Stacey Murray; Leigh Ann Pompa; John & Lisa Weaver; Hannah Gibson; Richard & Lucas Luper; Michael Pritchett; Taylor Tawbush; Kyle, Jane, Isla & Lachlan Esposito; Michael Youngblood; Ronald Coleman; Brandon Daley

Prayer Requests: Mother Raphaela; Schemamonk Paul; Ken Alvis (Dianna Hildebrand's brother); Mary Elliott & family; Chris Hodges; Mickey Hodges; St. Nicholas Orthodox Church; St. Paul Orthodox Mission; Samuel Brownlow; Elizabeth Turner (Jack's mother); Aleksandra Klimkowski & family; Shawn McClenny (Miriam Redmond's brother-in-law); Stephen Hill (Nicholas Hill's brother) & family; those suffering in the Middle East, most especially the Christians.

Expecting: Ioana Rustom, Heather Hetrick, Courtney Hagemeyer

Diocesan Seminarian: Caleb McGee



ST. JOHN COMMUNITY



Forgiveness Vespers – The opening service of Great Lent is Forgiveness Vespers this evening at 6pm. This very important and powerful service begins our annual school of repentance.

Divine Liturgy at Annunciation Greek Orthodox Church – Next Sunday

We, along with St. George, will worship next **Sunday, March 24**, at Annunciation Greek Orthodox Church, located at 573 N. Highland. Orthros will begin at 9am and Divine Liturgy at 10am.

At the conclusion of the liturgy, children in all three parishes make the procession with the icons. Have your children bring their favorite icon with them for the procession.

Lunch at Annunciation: Bring a fast friendly **appetizer** to contribute to the lunch following liturgy. Items may be left in their parish hall as you arrive for services. Lunch will also include a special celebration of Greek Independence Day!

Divine Liturgy for the Annunciation of the Theotokos will take place next week on Monday morning, March 25 (Orthros at 8am and Divine Liturgy at 9am). Great Vespers for the Annunciation will be held at the church next Sunday evening, March 24, at 6pm.

Orthodoxy 101 will next meet on Monday, March 25th, at 7pm. The topic will be *The Sanctification of Time*. All are welcome to attend either in person or via Zoom. ***Please note date change to Monday nights during Lent.**

Parish Council Update – The Parish Council met on Tuesday, March 12. The council discussed a list of updates for the parish website. Lord willing, those will be worked through soon. They also discussed changing the light fixtures in the nursery and teen room to move away from the florescent lights currently in place. May God strengthen our community for the Lenten season ahead!!

Saturday of Souls – Saturday, March 30th, we will celebrate the Liturgy for the departed at 9am. If you have family members that you would like remembered, please send them to Fr. Philip. Please distinguish between Orthodox and non-Orthodox. All of the departed members of St. John will be remembered; you do not need to include those on your list.

Great Lent is here!

Great Lent begins tomorrow, March 18. We will shortly place more material in the parish hall for your use regarding services and other information.

As a reminder, remember the *traditional fasting discipline* is observed during the Great Fast which lasts from Pure Monday through Great and Holy Saturday (with *katalysis* for wine and oil on Saturdays and Sundays [except on Great and Holy Saturday when oil is not permitted], and for fish, wine and oil on the Annunciation [March 25th] and Palm Sunday).

May we all use this season to draw closer to our God through our voluntary ascetical work of prayer, fasting, and almsgiving!

Lenten Meals – During Lent each year, St. John has shared a meal offered by one or more parishioners following each Wednesday Presanctified Liturgy and on Holy Thursday. Typically, one can count on feeding 70-80 people. Meals can be as simple or involved as you would like. If you, your family, or a group of your friends would like to provide one of these meals, please use the link in the weekly emails to sign up. Cost for the meals is reimbursed upon request. Drinks are provided.

Available dates: **March 27; April 3 & 24; and May 2 (Holy Thursday).**

Sermon on the Mount Lenten Retreat in Tupelo – March 30th

St. Paul in Tupelo is hosting a Sermon on the Mount Retreat presented by Paul Finley on Saturday, March 30th, from 9:30am-2pm. For more information, please see the insert and the weekly emails.

St. John Eagles Basketball – Come out to support our men's basketball team on Monday nights at the JCC and join us for fellowship afterwards! The games will begin at 8pm. There is a \$3 spectator fee. We hope to see you in the stands and hear your cheers!

The Sons of Thunder Men's Book Club will meet at the church at 6pm on Sunday, April 7, to discuss *Welcoming Gifts: Sacrifice in the Bible and Christian Life* by Fr. Jeremy Davis. All men are welcome.

Seeking Volunteers for Room in the Inn for March – St. John's is signed up to host Room in the Inn this month on Monday nights, to help families with children who continue to find themselves homeless in Memphis each week. Please use the sign-up link on the weekly parish emails or contact Thea Wallace.

Photos on Bulletin Board – Is your family pictured on the bulletin board leading into St. Raphael Hall? If not, please see Mr. Trent Terry! He will take your picture and add you to our photos. There are so many new people and it is great to have a tool to put a name to a face.

St. John Youth

Today:

Sunday, 3/17 - Forgiveness Exchange & University Park Cleanup (Lunch Provided), 12:45-2:45pm

Next Week:

Sunday, 3/24 - Sunday of Orthodoxy at Annunciation

Looking Ahead:

Sunday, 3/31 - “Man of God” Discussion & Donuts (Lunch Provided), 12:30-3:00pm

Women of St. John Calendar

3/20 (Wed.) AWSJ Teaching, 10am – Women’s Teaching will meet via Zoom this week to discuss *A Voice for Our Time* by Fr. Alexander Schmemmann.



LIBRARY LINES

We know nothing else than our present life in a fallen world, and it is difficult for us to realize how man was meant to live. Today we remember Adam and Eve and their expulsion from the garden. The concept of original sin and its consequences is a subject of disagreement among the Christian traditions. Check *Sin* and *Creation* in the subject catalog in St. John Library to see a list of titles on the wisdom of the Fathers on this subject.

As we pray the Canon of St. Andrew of Crete throughout Great Lent, we encounter many Old and New Testament characters who are models of repentance and rebellion against God. Some are familiar to us and many are not. *First Fruits of Prayer: A Forty-Day Journey Through the Canon of St. Andrew* by Frederica Mathews-Green is a very thorough commentary on this beautiful, great hymn of repentance. Each portion of the canon is printed with accompanying Scripture references and commentary. The book begins with a general introduction and historical background of the canon. I highly recommend it for catechumens and “old-timers” alike.

St. Andrew created the canon which was then an unknown liturgical form. He also wrote canons for the Nativity, Palm Sunday and other feast days. His poetic tradition was followed by Sts. John of Damascus, Cosma of Maium and Joseph the Melodist. He died around 720.

What do St. Patrick (3/17) and St. Nicholas (12/6) have in common? They are both Orthodox Saints who are recognized in the popular culture with secular celebrations. Read about St. Patrick in *Saints of the British Isles* (HAG - - - PET), *Apostles of Medieval Europe* (HAG - - - SPA), *The Life of Saint Patrick* (KID STS PAT), and Tomie de Poalo’s *Patrick, Saint of Ireland* (KID STS PAT). There’s much more to his life than chasing snakes out of Ireland. Check the subject catalog in St. John Library for a list of our titles on Celtic Saints.

St. Nikolai Velimorovich (3/18) is a twentieth century church father. He was born in Serbia but also lived in Russia, England and the United States. During World War II he was arrested and sent to Dachau, a Nazi concentration camp. His last years of his life he taught at St. Tikhon Seminary in Pennsylvania. Check his name in the author and subject sections of the library catalog for books by and about him.

St. Cuthbert (3/20), a Celtic saint, lived in the seventh century. His life is recorded for us by The Venerable Bede (5/26) in 731. Little is known of his childhood, but Bede tells us that he was a monk, a hermit, and a bishop. He was an opponent of the Roman influence in the Celtic Church. Cuthbert was well known for his tireless spread of the Gospel to far-flung regions. He lived an ascetic life and was very generous. Read more about him in *A Staff to the Pilgrim* (HAG- - -ROC), *Saints of the British Isles* (HAG- - -PET), and *Saints of Anglo-Saxon England*, v. 1 (HAG- - -MOS).