

From the Fathers (and others):

Fasting is an admirable thing, but it is more admirable to forgive insults. Through fasting a man is preparing for charity, but by forgiving insults, a man shows charity. Fasting precedes forgiveness, but fasting alone doesn't not save without forgiveness.

St. Nicholai of Zica

When fasting is understood in a true, Christian sense and not in a legalistic, pharisaical way, then the forgiving of insults and abstaining from covetousness are a fast, and this the most important fast, or, if you wish, the greatest fruit of fasting. For indeed, there is very little value in abstaining from food without abstinence from the returning of insult for insult and the illusion of earthly riches.

St. Nicholai of Zica on The Forgiveness
Sunday Gospel. (Matt. 6:14-21)

St. Ammon of Nitria came to St. Anthony and asked him, "My labors are greater than yours, yet your name is widespread among people more than mine, why?" St. Anthony replied, "Because I love God more than you do."

Sayings of the Desert Fathers

When the same Abba Anthony thought about the depth of the judgments of God, he asked, 'Lord, how is it that some die when they are young, while others drag on to extreme old age? Why are there those who are poor and those who are rich? Why do wicked men prosper and why are the just in need?' He heard a voice answering him, 'Anthony, keep your attention on yourself; these things are according to the judgment of God, and it is not to your advantage to know anything about them.'

Sayings of the Desert Fathers

A hunter in the desert saw Abba Anthony enjoying himself with the brethren and he was shocked. Wanting to show him that it was necessary sometimes to meet the needs of the brethren, the old man said to him, 'Put an arrow in your bow and shoot it.' So he did. The old man then said, 'Shoot another,' and he did so. Then the old man said, 'Shoot yet again and the hunter replied 'If I bend my bow so much I will break it.' Then the old man said to him, 'It is the same with the work of God. If we stretch the brethren beyond measure they will soon break. Sometimes it is necessary to come down to meet their needs.' When he heard these words "the hunter was pierced by compunction and, greatly edified by the old man, he went away. As for the brethren, they went home strengthened.

Sayings of the Desert Fathers

God rests within gentle hearts. The gentle and merciful shall sit fearless in His regions, and will inherit Heavenly glory.

St John Climacus

Prayer is the place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, a protection against sadness.

St John Chrysostom

St. John Orthodox Church

A Parish of the Antiochian Orthodox Christian Archdiocese of North America



~ March 10, 2019 ~
Forgiveness Sunday
(Cheesefare Sunday)

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

His Eminence Metropolitan JOSEPH
Archbishop of New York and Metropolitan of all 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 Berge, Attached

GREAT VESPERS
Saturday, 6:00 p.m.

ORTHROS and CHURCH SCHOOL
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

Forgiveness Sunday

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

Gospel: Matthew 6:14-21

The Holy Bread for Eucharist is offered by the **Anna Pashchinskaya**.

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 10 - 17 (Great Fast)

- Sunday** -Teen Group – 12:30 p.m.
-Forgiveness Vespers, 6:00 p.m.
- Monday** -First Hour, 6:45 a.m.
-Great Compline with Great Canon, 6:30 p.m.
- Tuesday** -Third Hour, 9:00 a.m.
-Great Compline with Great Canon, 6:30 p.m.
- Wednesday** -Third Hour, 9:00 a.m.
-Presanctified Liturgy, 6:00 p.m.
-Parish meal following liturgy
- Thursday** -Third Hour, 9:00 a.m.
-Great Compline with Great Canon, 6:30 p.m.
- Friday** -First Hour, 6:45 a.m.
-Third Hour, 9:00 a.m.
-Sixth Hour, 12:00 p.m.
-Akathist, 6:30 p.m.
- Saturday** -Ninth Hour and Great Vespers, 5:50 p.m.
- Sunday** **Orthodoxy Sunday at Annunciation Greek Orthodox on Highland**
-Orthros, 8:45 a.m.
-Divine Liturgy, 10:00 a.m.

Upcoming Memorials

Today: Sidney Kraker, 30 years; Henty Kraker, 29 years
(Terry Harter and Kim Boone's father and grandmother)

March 24: Charles Ingram, 1 yr. (3/24); Maria Bellaflores, 1 yr. (3/30); Jill Healy, 5 yrs. (3/30)

Upcoming Baptisms

Callum Knight, March 23

DIVINE LITURGY Sunday of Orthodoxy Sunday, March 17, 10:00 a.m.

PRIEST: ALL

HOLY BREAD: Ben Arthur

COFFEE HOUR: Please leave a fast-friendly contribution to coffee hour in the Annunciation parish hall as you go into liturgy.

COMMEMORATIONS

March 10: Kodratos of Corinth and his five companions; Anastasia the patrician of Alexandria; New-martyr Michael of Thessalonika.

March 11: Sophronios, patriarch of Jerusalem; Martyrs Thallo and Trophimos; Venerable George of Sinai; Theodora the empress; repose of Euthymios, bishop of Novgorod.

March 12: Venerable Theophanes the Confessor of Sigriane; Gregory the Dialogist, pope of Rome; Venerable Simeon the New Theologian; Righteous Phineas.

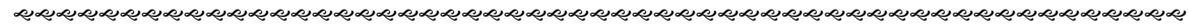
March 13: The translation of the relics of Nikephoros, patriarch of Constantinople; Poplias and Marios the bishops.

March 14: Venerable Benedict of Nursia; Euschemenos, bishop of Lampsakos.

March 15: Martyr Agapios of Palestine and those with him; Apostle Aristoboulos of the Seventy, first bishop of Britain; New-martyrs Manuel of Crete and Parthenios.

March 16: Martyr Sabinos of Egypt; Venerable Christodoulos the wonderworker of Patmos.

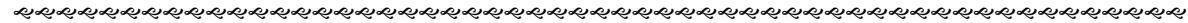
March 17: Venerable Alexios the “Man of God;” Theosteriktos the Confessor; Patrick, bishop of Armagh and enlightener of Ireland; Venerable Makarios of Kalyazin.



DAILY SCRIPTURE READINGS

March 10 - 17

Sunday	Romans	13:11-14:4	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	Hebrews	1:1-12	Mark	2:23-3:5
Sunday	Hebrews	11:24-26, 32-12:2	John	1:43-51



Pray for our catechumen: Frank Pompa

Please remember in your prayers – Mary Clark, Ann Hicks (Dianna Hildebrand’s mother), Nicholas Hill, Leah Shull (pregnant), Ashley Powell (pregnant), Sarah Elliott (pregnant), Ernestine Pruitt (Nicholas Hill’s mother), Dot Lawson (Pam Bowick’s mother & Lawson’s grandmother), Lisa Catlett (Fr. Don & Kh. Martha’s daughter), Chris Hodges, Mickey Hodges, Matthew (Joyce Grossman’s grandson), St. Nicholas Orthodox Church, those suffering in the Middle East, most especially the Christians.



ST. JOHN COMMUNITY



Divine Liturgy at Annunciation Greek Orthodox Church – We will worship **next Sunday, March 17**, at the Greek parish, 573 N. Highland. Orthros will begin at 8:45 a.m. and Divine Liturgy at 10:00 a.m. Remember, at the conclusion of the liturgy, children in all three parishes (St. John, Annunciation, and St. Seraphim) make the procession with the icons. **Have your children bring their favorite icon with them for the procession.**

Orthodox Sunday Coffee Hour – Each year, we assist our host, Annunciation, with coffee hour by contributing fast friendly snacks and desserts. Please consider bringing something and leaving it in their parish hall before liturgy.

St. Brigid Food Pantry – Our food pantry is still very active! Karen Wells hands out many food bags each Wednesday morning from 10-11. There is a large bin where you may leave your donations. Currently, we are in need of grocery bags. If you have

Bishop Nicholas’ visit is scheduled for **March 22-27**. He will first visit Tupelo and Jackson, and will be with St. John March 24 – 27. His Memphis schedule can be found in later pages of the bulletin.

Catechumen/Inquirers Class –Tuesday, March 19 at 7:00 p.m. We will be discussing the Divine Liturgy. Catechumen/Inquirers class is open to anyone interested in learning more about our faith whether you are brand new, catechumen, or long-time member.

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 70-75 people. If you (or a group of your friends) would like to provide one of these meals, the dates are listed downstairs on the white board next to the elevator. We will not have dinner on dates which have no volunteers.

Parish Council Update - At our meeting on Tuesday, the Parish Council were able to see the fruit of the transition to the new financial software. There has been a learning curve, but we are now using the new software and the financials and minutes of the council meetings will once again be available in the Library. The council discussed the need for a new copy machine in the church office because the old one is nearing 1,000,000 copies! We also discussed sprucing up the patio with planters and hope to continue to work towards the proper upkeep of our beloved buildings, old and new. Next meeting, the council will begin to tackle the task of looking ahead to bigger church projects. May the Lord provide discernment!

Birthdays, Anniversaries, & Namedays	
Wednesday, 3/13:	Sarah Finley
Friday, 3/15:	Stephanie Harants, Marissa Kizer, James Elliott

AS WE PREPARE FOR GREAT LENT

Forgiveness Vespers - The opening service of Great Lent is Forgiveness Vespers tonight at 6:00 p.m. which will be followed by the Rite of Forgiveness. Begin today to prepare yourselves for that very important and powerful service which begins our annual school of repentance.

Services – See the insert for a list of services offered during Great Lent. One good practice is to challenge yourself to come to at least one additional service per week. If you already come to Church Sunday and Wednesday, make an effort to come on Monday or Friday. If you are normally only able to come on Sunday, challenge yourself to come to one additional service per week. You will not be disappointed!

Wednesday Lenten Meals – As has been our tradition, each Wednesday following Presanctified Liturgy we enjoy a meal prepared by one or more of our parishioners. If you would like to provide one of these meals, please sign up downstairs in the parish hall.

For those new to St. John, the menu is solely at the discretion of those preparing the meal. Some choose to offer soup, salad and dessert; others enjoy cooking a meal with many dishes. Typically, you can expect to be serving 65 people. Many find a friend to cook with while others prefer to do it on their own...it's up to you! Drinks are provided by the parish. Costs for preparing the meals are reimbursed upon request; please see Trish.

Lenten Handouts - The Lenten booklets are now available downstairs in the parish hall. They include many articles relevant to our Lenten journey including a wonderful bibliography of books available in our library prepared by Judy Terry. These booklets also contain the schedule of all services for our parish from Forgiveness Sunday through Pascha along with pertinent information about the services of Holy Week and information on our parochial practices.

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

Teen Group Calendar

Sunday, Teen Group, 12:30 p.m.

Wednesday, 5:30 – 8:00 p.m.

Friday, 6:00 p.m. – Grizzlies game, meet at the church

Upcoming:

Saturday, April 13 – Spring Cyber Retreat

Friday, March 29 - We will be joining the Annunciation Greek Orthodox Church youth group for their Akathist service followed by dinner and a movie! More info on this to come later.

Young Adults Calendar

(Ages 18 – 40)

Saturday, Apr. 13 – Crawfish Boil, Clark McGee's home

Women of St. John Calendar

***Wed., 3/27 Women's Teaching** - 10:00 a.m., at Kh. Pamela's home. We are studying "Prayer: Encounter with the Living God" by Met. Hilarion.

*Join us for this "special edition" teaching which will be attended by Bishop NICHOLAS .

Mon., 5/6 AWSJ Book Club – 7:00 p.m., Kh. Pamela's home. We will be discussing *Everyday Wonders* by Fr. Michael Oleksa. The 2019 book list can be found on the website for those interested. (Parish – AWSJ – Book Club)

BISHOP NICHOLAS' VISIT, MARCH 24-27

Sunday, March 24

Vespers for the Annunciation, 6:00 p.m.

Clergy & Parish Council dinner following Vespers

Monday, March 25

Vesperal Divine Liturgy for the Annunciation, 6:00 p.m.

Parish meal (F,W,O allowed) following liturgy. Fish will be provided; all sides and desserts will be potluck. (Please sign the board if you are able to set up or clean up.)

Young adult conversation with the bishop following dinner.

Tuesday, March 26

Men's lunch at Dino's with the Bishop, 12:00 p.m.

Parish meal, 5:30 p.m. – Q&A opportunity with His Grace and game night. This evening is geared towards families with children.

Wednesday, March 27

Women's Teaching, 10:00 a.m.

Presanctified Liturgy, 6:00 p.m.

Lenten Meal