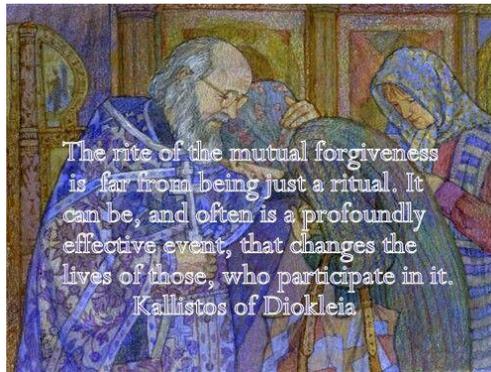




Saint Barbara Greek Orthodox Church
 8306 NC HWY 751,
 Durham NC 27713 919-484-1600
 fatherstavroforos2012@gmail.com,
 www.stbarbarachurchnc.org
 News & Announcements,
 February 26, 2017

Cheese fare Sunday of Forgiveness
Κυριακή της Τυρινής



Porphyrius, Bishop of Gaza ☩

The Holy Great Martyr Photine, the Samaritan Women ☩

Holy Martyr Theocletus ☩

John Claphas the new Martyr

NEWCOMERS AND VISITORS ARE ALWAYS WELCOME !

Sunday Worship Schedule: Matins 9:00 am & Divine Liturgy 10:00 am

To Our Visitors and Guests

We welcome you to worship with us today, whether you are an Orthodox Christian or this is your first visit to an Orthodox Church, we are pleased to have you with us. Although Holy Communion and other Sacraments are offered only to baptized and chrismated (confirmed) Orthodox Christians in good standing with the Church, all are invited to receive the Antidoron (blessed bread) from the priest at the conclusion of the Divine Liturgy. The Antidoron is not a sacrament, but it is reminiscent of the agape feast that followed worship in the ancient Christian Church. After the Divine Liturgy this morning please join us in the Church hall for fellowship and refreshments. Please complete a Visitor's Card before you leave today and drop it in the offering tray, or give it to one of the parishioners after the service, or mail it to the church Office.

Today's Readings:

St. Paul's Letter to the Romans 13:11-14; 14:1-4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.



As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him.

Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

Πρὸς Ῥωμαίους 13:11-14, 14:1-4

Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἡ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νύξ προέκοψεν, ἡ δὲ ἡμέρα ἤγγικεν· ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους, καὶ ἐνδυσώμεθα τὰ ὄπλα τοῦ φωτός. Ὡς ἐν ἡμέρᾳ, εὐσχημόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ. Ἄλλ' ἐνδύσασθε τὸν κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιεῖσθε, εἰς ἐπιθυμίας. Τὸν δὲ ἀσθενοῦντα τῆ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὅς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθίοντα μὴ ἐξουθενεῖτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ κρίνων ἀλλότριον οἰκέτην; Τῷ ἰδίῳ κυρίῳ στήκει ἢ πίπτει. Σταθήσεται δέ· δυνατὸς γάρ ἐστιν ὁ θεὸς στήσαι αὐτόν.

The Gospel according to Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.



"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

Κατὰ Ματθαῖον 6:14-21

Εἶπεν ὁ Κύριος· Ἐὰν γὰρ ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατὴρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατὴρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. Ὅταν δὲ νηστεύητε, μὴ γίνεσθε ὡσπερ οἱ ὑποκριταὶ σκυθρωποὶ· ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως μὴ φανῆς τοῖς ἀνθρώποις νηστεύων, ἀλλὰ τῷ πατρὶ σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ πατήρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερωῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σῆς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσι καὶ κλέπτουσι· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε σῆς οὔτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γὰρ ἐστιν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδιά ὑμῶν.

Today's Events:

Memorials

40 days - Fr. Peter (Panagiotis) Murtos

1 year - Ernie (Anastasios) Sunas

**PARISH GENERAL ASSEMBLY
TODAY AFTER SERVICES**



SAINT BARBARA PHILOPTOCHOS

CHEESEFARE SUNDAY LUNCHEON

***Spanakopita, Chickpea Salad, Beverage and
Desserts***

Today Sunday, February 26, 2017

Following Services

Donation \$12.00

Proceeds to benefit St. Barbara Church

Religious Calendar for the Month of March

- 1 - Pre-Sanctified Liturgy for the 1st Wednesday of Lent - 6:30 pm
- 3 - Friday - 1st Salutation to the Theotokos - 6:30 pm
- 4 - 3rd Saturday of Souls - 9 am
- 5 - Sunday of Orthodoxy - 9 am
- 8 - Pre-Sanctified for the 2nd Wednesday of Lent - 6:30 pm
- 10 - 2nd Salutation to the Theotokos - 6:30 pm
- 12 - Sunday of Saint Gregory of Palamas - 9 am
- 15 - Pre-Sanctified for the 3rd Wednesday of Lent - 6:30 pm
- 17 - 3rd Salutation to the Theotokos - 6:30 pm
- 19 - Sunday of the Veneration of the Holy Cross - 9 am
- 22 - Pre-Sanctified Liturgy for the 4th Wednesday of Lent - 6:30 pm
- 24 - Friday - Great Vespers of the Annunciation at Winston Salem
- 25 - Saturday - Feast of the Annunciation - 9 am
- 26 - Sunday of St. John Climacus - 9 am
- 29 - Pre-Sanctified Liturgy for the 5th Wednesday of Lent - 6:30 pm
- 31 - The Akathyst Service - 6:30 pm



AHEPA CHAPTER # 277 NEWS

AHEPA SCHOLARSHIP INFORMATION

The time to apply for AHEPA SCHOLARSHIPS has arrived – on the AHEPA table at St. Barbara's you will find DISTRICT 3 SCHOLARSHIP applications, available to undergraduate students, who are accepted into the first to fourth year of a US college or university. Must apply by April 15th, 2017. Also AHEPA NATIONAL SCHOLARSHIP applications are available to undergraduate, graduate, and post-graduate students. The submission deadline is March 31, 2017.

PLEASE NOTE: for both District and National scholarships, the student needs to be sponsored by a parent who is an AHEPA member in good standing [whose 2017 dues are paid], or the applicant must be an AHEPA member in good standing.

In addition, a local AHEPA SCHOLARSHIP is available to a qualified high school graduate who is an active member of our St. Barbara Greek Orthodox Church parish. The applications for this scholarship will also be at the AHEPA table and the submission deadline is April 15th 2017.

SERVICES FOR THE VIRGIN MARY DURING GREAT LENT

Services of Salutations to the Theotokos on Friday Evenings

- Friday, March 3rd at 6:30 pm
- Friday, March 10th at 6:30 pm
- Friday, March 17th at 6:30 pm

The Akathyst to the Theotokos
Friday, March 31st at 6:30 p.m.

- Οι Χαιρετισμοί της Υπεραγίας Θεοτοκού
- 1η Στασις – Παρασκευή 3 Μαρτίου – 6:30 μ.μ.
- 2η Στασις – Παρασκευή 10 Μαρτίου – 6:30 μ.μ.
- 3η Στασις – Παρασκευή 17 Μαρτίου – 6:30 μ.μ.

Ο Ακαθιστος Ύμνος της Υπεραγίας Θεοτοκού
Παρασκευή 31 Μαρτίου – 6:30 μ.μ.



PROJECTS TO DATE:

2016



- January 16 Evening of Music
- January 30 Spaghetti Event
- February 20 Gyro Event
- June 4-5 Greek Festival
- July 23 Gyro Event
- September 24 Evening of Jazz
- October 1 Greek Style Chicken Dinner & Pastry
- November 18-19 Athenian Grill and Pastry
- December 2 Christmas Concert
- December 10 Holiday Greek Pastries

2017

- May 6-7 Greek Festival
- April 22 Easter Concert

THANK YOU TO ALL OUR STEWARD FAMILIES!

Our goal for the year 2016 was to increase the number of our active Steward families to 150! We are pleased to report that this ambitious effort has been practically achieved by noting that as of December 31, 2016, we had 145 Steward families contributing generously their time, talents and treasure to assist their church community of St. Barbara in meeting its mission. A big Thank You to ALL for your commitment to total STEWARDSHIP!

St. Barbara Greek Dance Troupe

If your children are interested in dancing at this year's festival and have not already registered please contact Keith and Alexia Rheinhardt (keithalexia@gmail.com or [919-435-6689](tel:919-435-6689)). We welcome experienced and new dancers ages 5 and up.

With the exception of the final dress rehearsal, practices will be after Sunday school and will last no longer than one hour.

The main responsibility for the families is to bring their children to all the practices, be available for both days of the festival and to let the instructors know of any scheduling conflicts that cannot be avoided.

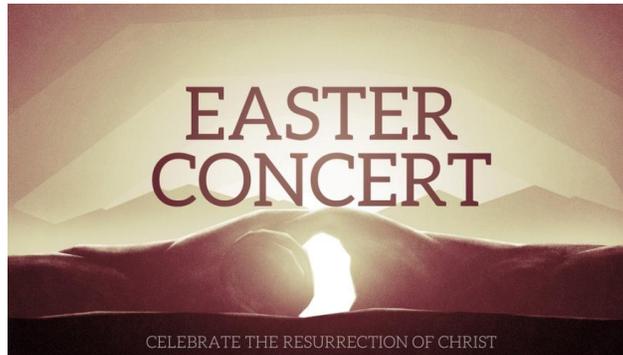
This is a great opportunity for the kids to join in fellowship, keep the greek dance tradition alive and have fun!

Dance Practice & Festival Performance Schedule

February	March	April	May
Sunday, February 12	Sunday, March 5	Sunday, April 2	Friday, May 5 - "Dress Rehearsal"
Sunday, February 19	Sunday, March 12	Sunday, April 23	Saturday, May 6 - Festival Performances
Sunday, February 26	Sunday, March 19	Sunday, April 30	Sunday, May 7 - Festival Performances
	Sunday, March 26		

Keith and Alexia Rheinhardt

Τρίτο και τελευταίο Ψυχοσαββατο – 4 Μαρτίου – 9 πμ
Third and Last Saturday of Souls - March 4 - 9 am



Dear St. Barbara Singers,

Thank you for your patience while I worked out when the church is available for rehearsals. Here is the rehearsal schedule. Please, singers, make every effort to attend as many rehearsals as possible.

Saturday, March 11: Rehearsal 1-4pm

Sunday, March 26: Rehearsal 2-5pm

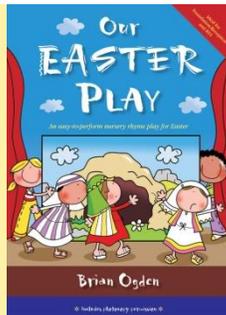
Saturday, April 8: Rehearsal 2-5pm

Saturday, April 15 (Pascha is that night): Dress Rehearsal 2-4pm

Saturday, April 22: Performance 5:30pm call 7-9pm concert

Thank you! I look forward to singing with you again.

In Christ,
Summer Kinard



Childrens Easter play rehearsals on the following dates/times:

Saturday, 2/25: 10am-12noon or 11am-1pm

Sunday, 3/5: 2pm-4pm

Sunday, 3/12: 2pm-4pm

Sunday, 3/19: 2pm-4pm

Saturday, 3/25: 1:00 pm

Saturday, 4/1: 10am-12noon or 11am-1pm Wednesday, 4/5

OR Thursday, 4/6: 5:30pm-7:30pm

Dress rehearsal

Michelle Claypoole

PRE-SANCTIFIED LITURGIES DURING GREAT LENT

Pre-Sanctified Liturgies offered on Wednesday Evenings throughout Great Lent at 6:30 p.m.

1st Wednesday of Lent - March 1
2nd Wednesday of Lent - March 8
3rd Wednesday of Lent - March 15
4th Wednesday of Lent - March 22
5th Wednesday of Lent - March 29
Wednesday before Holy Week - April 5

Προηγιασμενες καθε Τεταρτη στις 6:30 μ.μ.

1η Τεταρτη της Σαρακοστης – 1 Μαρτιου
2η Τεταρτη της Σαρακοστης – 8 Μαρτιου
3η Τεταρτη της Σαρακοστης – 15 Μαρτιου
4η Τεταρτη της Σαρακοστης – 22 Μαρτιου
5η Τεταρτη της Σαρακοστης – 29 Μαρτιου
Τεταρτη πριν της Μεγαλης Εβδομαδας – 5 Απριλιου

Explanation of the Service: The Eucharistic Divine Liturgy is not celebrated in the Orthodox Church on Lenten weekdays because of its celebratory nature. In order for the faithful to sustain their Lenten effort by participation in Holy Communion, the Liturgy of the Pre-sanctified Gifts is served.

The Liturgy of the Pre-sanctified Gifts is usually an evening service. It is the solemn Lenten Vespers with the administration of Holy Communion added to it. There is no consecration of the Eucharistic gifts at the Pre-sanctified Liturgy. Holy Communion is given from the Eucharistic gifts sanctified on the previous Sunday at the celebration of the Divine Liturgy.

Fasting Guidelines for Receiving Holy Communion at the Evening Service: So that the Body and Blood of our Lord may be the first thing to pass our lips on the day of communion, we abstain from all food and drink from the time that we retire (or midnight, whichever comes first) the night before. Married couples should abstain from sexual relations the night before communion.

When communion is in the evening, as with Presanctified Liturgies during Lent, this fast should if possible be extended throughout the day until after communion. For those who cannot keep this discipline, a total fast beginning at noon is sometimes prescribed.



Dear Choristers,

I have put together a schedule of rehearsals for these services and hope that all/many of you will be able to attend. Please mark these dates on your calendars for future reference.

On Sunday, Feb. 26th, is the 40 day memorial for Fr. Murtos. He so lovingly transcribed the Byzantine "Doxology" for our choir to learn and I am hopeful that we can sing this "Doxology" on that Sunday to honor Fr. Murtos.

Now to the coming rehearsal for the Sunday of Orthodoxy (March 5), the Veneration of the Cross (March 19,) Palm Sunday, Holy week including the Lamentations and Good Friday service, and Pascha. I have listed those below but we may need to add additional ones as needed.

- Rehearsals:**
1. Saturday Feb. 18 from 11:30 - 1:00
 2. Saturday, March 4 from 11:30 - 1:00
 3. Saturday, March 18 from 11:30 - 1:00
 4. Sunday, April 2 after the Divine Liturgy
 5. An additional rehearsal will probably be in the evening during the week of April 3 - 7. More later on this one.

Looking ahead
Blessings,
Donna

Hi Ladies,

The 2017 St. Barbara Greek Festival is the first weekend in May. (May 6 & 7). We need to prepare the Koulourakia and Kourambiethes for the Pastry Booth. The koulourakia will be prepared on Tuesday, February 28 and Saturday, March 4, 2017 at the church. The schedule is attached for your convenience. The kourambiethes will be prepared at a later date.

We will serve a light luncheon. We hope you can assist us with this project. Please let us know as soon as possible.

In Christ,

Joan Marinos and Catherine Mariakakis

Hello everyone,

I hope my note finds you all well. As I'm sure you've heard, preparations are getting under way for the St. Barbara's Greek Festival on May 6th & 7th.

We will be assembling spanakopitas on Saturday, April 1st starting at 10am at the church hall. We're aiming to make about 75 large pans, so we could use all the help we can get. I know everyone's schedules are busy, and your time is valuable, but even if you can only spare an hour or two, please come by.

If you can make it, please bring a small bowl or sauce pan to hold melted butter, and a pastry brush. That will help ensure we have enough equipment for all the workers.

Finally, if you can please let either Evelyn Panos (mamapan@aol.com), Theky Pappas (tedthekey@aol.com), or me know if you're able to come, so we'll have some idea of how many helpers to expect, that would be much appreciated. Or just drop in, we're flexible, and we'll definitely put you to work.

Hope to see you on Saturday April 1st!

Many thanks,

Cindy

Cindy Paliouras cindy.paliouras@gmail.com or cindy.paliouras@progress.com

Theky Pappas tedthekey@aol.com

Evelyn Panos mamapan@aol.com

THE SACRAMENT OF HOLY UNCTION ON HOLY WEDNESDAY EVENING

All Parishioners should attempt to attend the service and be anointed with the blessed oil of Holy Unction. As the Priest anoints the forehead, cheeks, chin, palm and back of hands, we should ask God's forgiveness.

Therefore, family members will no longer be permitted to take Holy Unction home, however the Priest may anoint those unable to attend the service of Holy Unction on Holy Wednesday on another day of Holy Week.

For those who are shut-ins, homebound, or infirm, please contact Fr. Stavroforos before Holy Week for visitation and the offering of healing prayers and the Holy Sacraments.

(new Metropolis Directive)

Contemporary Orthodox Practice in terms of the Compline Service

Compline takes two distinct forms: Small Compline and Great Compline. The two versions are quite different in length.

At Compline (whether Small or Great), a [Canon](#) to the [Theotokos](#) in the Tone of the Week will normally be read (these Canons will be found in the [Octoechos](#)). Services to [saints](#) in the [Menaion](#) that, for one reason or another, cannot be celebrated on the day assigned to them, may be chanted on the nearest convenient day at Compline. In such cases, the Canon for the Saint would be read together with the Canon to the [Theotokos](#), followed by the [Stichera](#) to the saint from [Vespers](#). There are also particular days (such as certain [Forefeasts](#), [Afterfeasts](#), and days during the [Pentecostarion](#)) that have special Canons for Compline composed for them.

The Office always ends with a mutual asking of forgiveness. In some traditions, most notably among the Russians, Evening Prayers (i.e., Prayers Before Sleep) will be read near the end of Compline. It is an ancient custom, practiced to this day on the [Holy Mountain](#) and in other monasteries, for everyone present at the end of Compline to venerate the [Relics](#) and [Icons](#) in the church, and receive the priest's blessing.

Small Compline

Small Compline is served on most nights of the year (i.e., those nights on which Great Compline is not served). On the eves of Sundays and feasts with [All-Night Vigil](#), Compline may be either read privately or suppressed altogether. Among the Greeks, who do not normally hold an All-Night Vigil on Saturday evenings, Compline is said as normal.

The service is composed of three Psalms (50, 69, 142), the [Small Doxology](#), the [Nicene Creed](#), the Canon followed by *It is Truly Meet*,^[1] the [Trisagion](#), [Troparia](#) for the day, *Lord, have mercy* (40 times), the Prayer of the Hours, the Supplicatory Prayer of Paul the Monk, and the Prayer to Jesus Christ of Antiochus the Monk.^[2] Then the mutual forgiveness and final blessing by the Priest. After this, there is a [Litany](#) and the veneration of Icons and Relics.

Great Compline this Monday February 27 th at 6:30 pm

Great Compline is a penitential office which is served on the following occasions:

- Tuesday and Thursday nights of Cheesefare Week (the week before [Great Lent](#))
- Monday through Thursday nights of Great Lent ^[3]
- Friday nights of Great Lent ^[4]
- Monday and Tuesday of [Holy Week](#)
- Monday through Friday during the lesser Lenten seasons: the [Nativity Fast](#), the [Apostles' Fast](#), and the [Dormition Fast](#) ^[5]
- The Eves of certain [Great Feasts](#), as a part of the All-Night Vigil:
 - [Nativity](#)
 - [Theophany](#)
 - [Annunciation](#)

Unlike Small Compline, Great Compline has portions of the service which are chanted by the Choir ^[6] and during Lent the [Prayer of Saint Ephraim](#) is said with prostrations. During the First Week of Great Lent, the Great Canon of Saint [Andrew of Crete](#) is divided into four portions and read on Monday through Thursday nights.

In Greek Prayer Books, a modified form of the Midnight Office is used for morning prayers for laymen, while a modified form of Small Compline is used for evening prayers.

Great Compline is composed of three sections, each beginning with the call to prayer, "O come, let us worship...":

First Part

Psalms^[7] 4, 6, and 12; Glory..., etc.; Psalms 24, 30, 90; then the hymn "God is With Us" and troparia, the Creed, the hymn "O Most holy Lady Theotokos", the Trisagion and Troparia of the Day, *Lord, have mercy* (40 times), "More honorable than the cherubim..." and the Prayer of St. [Basil the Great](#).

Second Part

Psalms 50, 101, and the [Prayer of Manasseh](#); the Trisagion, and Troparia of Repentance,^[8] *Lord, have mercy* (40 times), "More honorable than the cherubim..." and the Prayer of St. Mardarius.

Third Part

Psalms 69, 142, and the Small Doxology,^[9] then the Canon followed by *It is Truly Meet*, the [Trisagion](#), the hymn "O Lord of Hosts, be with us...", *Kyrie eleison* (40 times), the Prayer of the Hours, "More honorable than the cherubim....", the [Prayer of Saint Ephraim](#), Trisagion, the Supplicatory Prayer of Paul the Monk, and the Prayer to Jesus Christ of Antiochus the Monk.^[2] Then the mutual forgiveness. Instead of the normal final blessing by the Priest, all prostrate themselves while the priest reads a special prayer intercessory prayer. Then the Litany and the veneration of Icons and Relics

PARENTING
toward the
KINGDOM
ORTHODOX CHRISTIAN
*Principles
of Child-Rearing*
PHILIP MAMALAKIS, PHD

LENTEN RETREAT
FOR PARENTS,
GRANDPARENTS
AND GODPARENTS
Sponsored by the
Holy Trinity MOLO Ministry
Led by
Presvytera
Mary Christy
SATURDAY, MARCH 4TH
2:30 PM - 4:30 PM
Holy Trinity Multi-Purpose Room
Book available at Amazon & Kindle
Reading the book is encouraged but not required
Champagne Punch & Light Lenten Refreshments
Catering provided courtesy of Zeina Hanna
Babysitting Provided
ALL ARE WELCOME!
RSVP by 2/26 to Anna Kouba at annakouba@yahoo.com



Philoptochos Easter Lilies Order Form

To Decorate Our Church

Deadline for Orders: **March 26, 2017**

\$15.00 x _____ = _____

Name: _____

Phone #: _____

Please return forms to Eve Kantner

Make payment to: Saint Barbara Philoptochos Society

Please Print Names

In Memory of:

For the Health of:

The Lenten Covenant



Check as many as apply under each topic. You should (but need not) answer every topic. This is a matter of your own conscience and areas where you want to grow spiritually.

1. Concerning my prayer life, I commit to:

- One five minute period a day of un-interrupted prayer
- One five minute period every morning of un-interrupted prayer
- One five minute period every evening of un-interrupted prayer
- One five minute period each morning AND evening of un-interrupted prayer

Other: Write in here

2. Concerning Worship:

- I'll commit to attending Divine Liturgy each Sunday
- I'll commit to attending ONE additional service each week during each week of Lent
- I'll commit to attending AT LEAST ONE Compline, One Pre-Sanctified Liturgy and One Salutation Service
- I'll commit to attending AT LEAST ONE Saturday of the Souls
- I'll commit to attending the Forgiveness Service on Strict Monday Evening at 6:00
- I'll commit to preparing and receiving Holy Communion at least one a week during Lent

Concerning Holy Week, I'll commit to:

- Every Service
- Every Evening Service
- One service each Day
- Specifically Holy Thursday - the Passion of Christ
- Other (write in here)

3. Concerning Fasting, I'll commit to:

- Level One Fast from meat on Wednesday and Fridays and during Holy Week
- Level Two Fast from meat and fish on Wednesdays and Fridays and during Holy Week
- Level Three Fast from meat the entirety of Lent and Holy Week
- Level Four Fast from meat and fish the entirety of Lent and Holy Week
- Level Five Level Four and eliminate dairy products during Holy Week
- Level Six Level Four and eliminate dairy products on Wednesdays and Fridays and during Holy Week
- Level Seven Level Four plus eliminate dairy products during all Lent and Holy Week
- Level Eight Level Seven plus eliminate oil and wine during Holy Week
- Level Nine Strict Fast-no meat, fish, dairy products, wine or oil during the entirety of Lent
- I can't fast from food for health reasons. I will give up the following: (Write answer here)

Note- alcohol should be consumed at a very minimum during Lent, and abstain from totally if possible. Also, activities should be curtailed, socializing a little more sedate, no dancing and or loud music. During Holy Week, all unnecessary activities aside from work and children should be curtailed, so that we can focus on the Holy Days of the Passion of Christ.

4. Concerning reading the Bible, I'll commit to:

- Reading one chapter a day from some book
- Reading the four Gospels
- Reading the Psalms
- Other (Write in)

5. Concerning reading a theology book, I'll commit to reading

- One Orthodox theology book

6. Concerning confession:

- I'll commit to going once during the Lenten period either to Fr. Stavroforos or another Priest
- I've been recently to confession and don't feel the need to go at this time
- I don't believe in going to confession
- I'll get more information on this sacrament and then make a decision

7. Concerning Holy Communion, I will try to be prepared to receive

- Every Sunday
- Every Sunday and at Wednesday Pre-Sanctified
- At least every other Sunday

8. Concerning bad habits, here are one or two or a few bad habits I'll watch and change this Lent

- Gossip
- Self-aggrandizement
- impatience
- Greed
- Lust
- Disobedience
- Wasting time
- Self-pitying
- not giving good effort at work/school/marriage/children

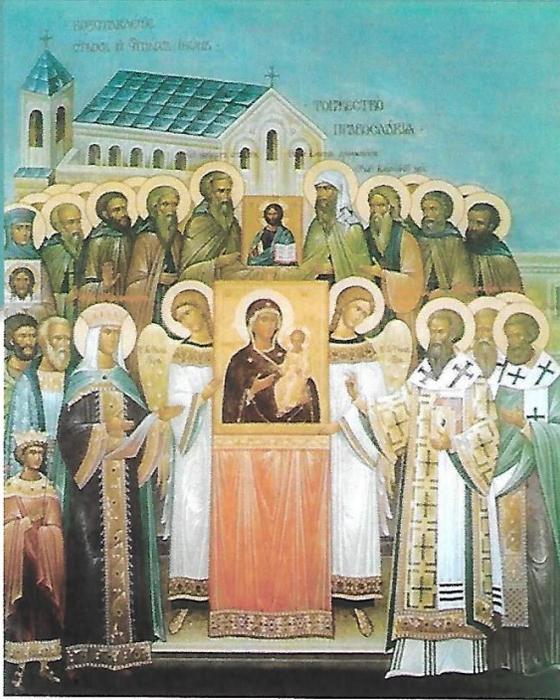
Others: Write in here

9. One spiritual goal I want to commit to once Pascha is passed is:

Prayer: Lord help me to be successful in this task I am about to undertake. May it be for the growth of my soul and the improvement of my spiritual life. Help me to keep all the commitments I have made. Amen.

_____ Sign your name

Make a copy for yourself, place your covenant in a sealed envelope, write your name and address on front of envelope. Bring covenant to church and place it in locked box on the so



Sunday of Orthodoxy



PAN-ORTHODOX VESPERS

March 5, 2017 • 6:30 pm

HOSTED BY

St. Barbara Greek Orthodox Church
8306 NC Highway 751 • Durham, NC 27713

Join us for evening services and a special presentation
by IOCC Development Officer Lou Zagami. A Lenten
meal will be provided for a free-will offering to IOCC.



Learn how you can help those in need, both
here in the United States and places like Syria,
Lebanon, and Ethiopia.

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