

SUNDAY BULLETIN - WEEKLY ANNOUNCEMENTS

March 7, 2010 – March 13, 2010

VOL. 21 NO. 10

SAINTS MARKELLA AND DEMETRIOS GREEK ORTHODOX CHURCH

P.O. BOX 2135, FT WALTON BEACH, FLORIDA 32549

OFFICE: (850) 244-0822

FAX: (850) 243-7995

WEBSITE: www.stmarkella.org

E-Mail: office@stmarkella.org

WE WELCOME OUR VISITORS WHO ARE HERE TODAY AND INVITE YOU TO JOIN US DURING COFFEE HOUR IN THE FELLOWSHIP HALL FOLLOWING DIVINE LITURGY.

TODAY

THIRD SUNDAY OF GREAT LENT

SUNDAY OF THE HOLY CROSS

Philoptochos Meeting

Immediately after Liturgy (in conference room)

REFRESHMENTS PROVIDED BY: Barbra Gunn

Refreshments next week provided by: Potluck

USHERS SERVING IN THE NARTHEX TODAY: Will Dennis & Pam Valakas

Altar Boys Team Serving Today: Saint Markella

(Matthew Boolos, Chris Bastian, Zacharias Fletcher, Alexander Kratsis, Nathan Lloyd)

Altar Boys Team Serving Next Sunday: Saint Demetrios

(Rafael Bulz, Dustin Fitzwilliams, Samuel Fletcher, Justin Hunt, Zack Verzwylvelt)

†LOOK WHAT'S HAPPENING IN OUR PARISH THIS WEEK†

Tuesday, March 9th • 6:00 PM • Festival Meeting

Wednesday, March 10th • 10:00AM • Divine Liturgy of the Presanctified Gifts

• 6:00 PM • Choir Practice

• 6:00PM • Parish Council Meeting

• 7:00PM • Bible Study

Friday, March 12th • 6:00 PM • 4th Salutations to the Theotokos

Lecture & Workshop Retreat

Friday, March 12th (7:00PM - 9:00PM) & Saturday, March 13th (9:00AM – 2:00PM)

†ANNOUNCEMENTS†

CALL FOR VOLUNTEERS

We need volunteers to help make Prosfora. Please contact Katy Kruljac (243-4993) if you are interested.

CHURCH COMMUNITY PASCHA CARD

We are excited to say that the church has decided to now offer participation on a Pascha/Easter Card. The Church will be collecting for the 2010 Church Pascha Card (for \$15.00) until **Friday, March 19, 2010**. Please contact Amanda Reaves after the Liturgy if you are interested.

GUEST AND WORKSHOP

There will be a workshop, "Fit for Life, Fit for War: Renewing Faith, Hope & Love After Surviving Combat and Other Traumatic Experiences" presented by our Guest, Stephen Muse, PhD, on Friday, March 12th & Saturday, March 13th. This workshop is for everyone, military or civilian, in hopes of strengthening an individual's faith in the event of any traumatic experiences that might arise. It is open to the public and Father Gabriel urgently requests all parishioners make every effort to attend.

2010 STEWARDSHIP CARDS

The **2010 Stewardship** cards have been mailed. **PLEASE FILL AND RETURN** your pledge cards as soon as possible to Pam Valakas or to the office.

LENTEN POTLUCK

The Lenten Potluck and Kids Craft Day will be held on March 14th. Please bring Lenten dishes to the church hall before the end of Divine Liturgy. All food must be prepared before bringing it to the church hall.

In addition, Megan Morgan is looking for volunteers to help out with crafts on March 14th for the Saint Patrick of Ireland Kids Craft Day and Lenten Potluck. Please give her a call if you would like to volunteer. She is looking for 4-5 people to help with crafts and 1-2 for face painting. You can contact her at 850-217-5318 or markellakubitzki@yahoo.com.

BOOKSTORE NEWS

There are 5 more 2010 Daily Lives & Fasting Calendars available in the bookmobile for \$18.50/each. Pick your copy up today from Malpa Fuller. In addition, we need our Parishioners to sign up for Diakonia Subscriptions. Please see Malpa Fuller for details.

IN SEARCH FOR NEW BOOKS FOR YOUTH CLASSROOM

Most of the books in our youth classroom are falling apart and are past due for being replaced. A list of acceptable book donations is on our church website (www.stmarkella.org) located under our ministries and church school. Please bring Orthodox/Christian book donations to the office for Megan Morgan's class or leave them in the preschool/kindergarten classroom.

LOST AND FOUND

There are several unclaimed miscellaneous articles on hand. Please inquire at the office.

PRAYER REQUESTS: MAY GOD GRANT THEM HEALTH AND HEALING

Vonni Cobb (health), Hannah Hunt (foot surgery complications), Mary Meyers (Christian Meyer's Aunt, health), Dr. Felix Mamani (surgery), Florence Plett (Sarah Shames' grandmother, health), Jamie Douglas (Katrina Thomas' grandson, health), and Pete Nikolakakos (safety overseas).

LIGHT THE ALTAR VIGIL & PRAY FOR YOUR LOVED ONES: PRAYERS OF THE FAITHFUL ARE EFFECTIVE

We light candles for different reasons. One reason is to seek the intercession of a particular Saint. We might place it in the sand or in front of an icon. On an Orthodox Altar, a vigil candle burns constantly. We give everyone the opportunity to receive a blessing for lighting the Altar Vigil candle (more than one may sign-up for the week). Please include in your personal prayers the names of those for whom the vigil candle is lit. This does not replace the traditional Memorial Service. Altar Vigil Forms are available in the Narthex or the office.

<p>SUNDAY - March 7 <i>Third Sunday of Great Lent</i> <i>Sunday of the Holy Cross</i></p> <p><i>Abstain from meat, meat products, fish, and dairy products.</i></p> <p>Hebrews 4:14-16, 5:1-6; Mark 8:34-38, 9:1</p>	<p>The spiritual embrace that all the worshippers give one another during the liturgy symbolizes in anticipation agreement, concord, unanimity in faith and love. It prefigures ineffable future blessings. By virtue of that embrace, that kiss, those who are worthy receive the gift of union with God and with the incarnate Word.</p> <p>St. Maximus the Confessor</p>
<p>MONDAY - March 8</p> <p><i>Abstain from meat, meat products, fish, dairy products, olive oil, and wine.</i></p> <p>Isaiah 14:24-32; Genesis 8:21-9:7; Proverbs 11:19-12:6</p>	<p>If you yourself are free from attachment to natural things, and give yourself to prayer and fasting, then even in you the Spirit will as it were, swallow up the flesh and you will become spiritual, and behold God the Holy Spirit everywhere in nature; while on the contrary, those who are attached to earthly things, especially to food and drink or to money, become sensual, having not the spirit. And in everything they see only flesh, not beholding the spirit, and even rejecting the spiritual aspects of things.</p> <p>St. John of Kronstadt</p>
<p>TUESDAY - March 9 <i>Forty Holy Martyrs of Sebaste</i> <i>Abstain from meat, meat products, fish, and dairy products.</i></p> <p>Hebrews 12:1-10; Matthew 20:1-16</p>	<p>As the world attract us with its appearance, and abundance and variety, it is not easy to turn away from it unless in the beauty of things visible the Creator rather than the creature is loved; for, when He says, 'you shall love the Lord your God from all your heart, and from all your mind, and from all your strength' (Mt. 22:37), He wishes us in nothing to loosen ourselves from the bonds of His love. And when He links the love of our neighbor also to this command, He enjoins on us the imitation of His own goodness, that we should love what He loves and do what He does.</p> <p>St. Leo the Great</p>
<p>WEDNESDAY - March 10</p> <p><i>Abstain from meat, meat products, fish, dairy products, olive oil and wine.</i></p> <p>Isaiah 26:21-27:9; Genesis 9:18-10:1; Proverbs 12:23-13:9</p>	<p>Even when your body does nothing, sin can be active in your mind. When your soul inwardly repulses the evil one's attack by means of prayer, attention, remembrance of death, godly sorrow and mourning the body, too, takes its share holiness, having acquired freedom from evil actions. This is what the Lord meant by saying that someone who cleans the outside of the cup has not cleansed it inside, but clean the inside and the wholde cup will be clean (cf. Mt. 23:25-26).</p> <p>St. Gregory Palamas</p>
<p>THURSDAY - March 11</p> <p><i>Abstain from meat, meat products, fish, dairy products, olive oil, and wine.</i></p> <p>Isaiah 28:14-22; Genesis 10:32-11:9; Proverbs 13:19-14:6</p>	<p>Blessed is he who can love all men equally.</p> <p>St. Maximos the Confessor</p>
<p>FRIDAY - March 12 <i>Forth Salutations of the Virgin Mary</i></p> <p><i>Abstain from meat, meat products, fish, dairy products, olive oil, and wine.</i></p> <p>Isaiah 29:13-23; Genesis 12:1-7; Proverbs 14:15-26</p>	<p>It is necessary for a Christian to fast, in order to clear his mind, to rouse and develop his feelings, and to stimulate his will to useful activity. These three human capabilities we darken, and cares of this life' (Luke 21:34).</p> <p>St John of Kronstadt</p>
<p>SATURDAY - March 13</p> <p><i>Abstain from meat, meat products, fish, and dairy products.</i></p> <p>Hebrews 6:9-12; Mark 7:31-37</p>	<p>Do not accept any thoughts of pride suggested by Satan, but constantly criticize yourself, for that evil rascal has defiled us with disgraceful passions, so how can we be proud? We need weeping and a river of tears to was away our filth and scores. ...Bear in mind the humility of the crucified Lord: "Learn from Me, for I am gentle and humble heart, and you will find rest for your souls." (Mt. 11:29) Only by achieving true humility shall we find tranquility and peace in the tempestuous state of our soul.</p>

This information is copied from:
The 2009 Daily Lives, Miracles and Wisdom of the Saints and Fasting Calendar
By: Tom and Georgia Mitrakos, Orthodox Calendar Company

Copied from: Orthodox Saints by Fr. George Poulos