



Saint Nicholas Romanian Orthodox Church Shrewsbury Massachusetts
Biserica Ortodoxă Română Sfântul Nicolae Shrewsbury Massachusetts

34 Gold Street, Shrewsbury, MA, 01545

Parish Priest Vasile Aileni

<http://www.stnicholaschurch.org/> || tell (508) 320 0645



WEEKLY BULLETIN
Sunday March 24, 2024



This Week's News

“PAPA” EPHRAIM OF ALASKA

- **REPENTANCE AND CONFESSION**
- **THE UNKNOWN VIRTUES**

SPIRITUAL RETREAT AT ST. NICHOLAS -

On April 10-11 St. Nicholas Church organizes a spiritual retreat having an important guest, Father “Papa” Ephraim, a well-known spiritual Father in the USA and not only. We will serve the Pre-Sanctified Liturgy and then we will hear a word of wisdom from the Father. Please see the flyer below.

CATHEDRAL OF ROMANIANS EVERYWHERE.

Painting the Cathedral, namely to contribute to painting at least one mosaic icon at the National Cathedral in Bucharest. The proposal is to contribute to the painting of the icon of St. Nicholas in the north apse, register 4, price 75,000.00 Euro.

Retreat with Mother/Gerontissa/ Staretsa Gabriella (Ursache) from Holy Dormition Monastery, MI. at St. Michael Church in Southbridge. See info in bellow flyers. March 29-31, 2024

YOUNG ADULT "CONNECT" RETREAT - March 29-30, 2024 Hosted by the CEOC at the Metropolis of Boston Retreat Center/ Camp in Contoocook, NH with guest speaker Fr. George Parsenios. Please see the flyer for all details!



First Sunday of Great Lent - The Sunday of Orthodoxy

Apostolic Reading: Hebrews 11:24-26; 32-40

Gospel: John 1:43-51

(Jesus Calls Philip and Nathanael)

Tone 1 † Resurrection Gospel 9

RRESURRECTIONAL APOLYTIKION

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

APOLYTIKION - FIRST SUNDAY OF GREAT LENT

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

MARK YOUR CALENDAR

JUNE 23RD 2024

ST. NICHOLAS 75TH ANNIVERSARY



"Look, my brothers, and see: the only people who truly enjoy life are those who have received this commandment of Christ and live according to it. But those people who are determined to do all things, to provide all the means, to reach all their ways, to fulfill all their plans and fulfill all their desires without God's help are red with worry. They build, but an unseen hand destroys. They gather, but an unseen wind scatters. They run, but the wonder-worker lengthens their way more and more and removes their aim and purpose."

Saint Nicholas Velimirovici

1881 - 1956



Happy Birthday! God Grant You Many More Years!

March 06 – Ornela Belishta
March 16 – Lolo Vangjush
March 20 – Michael Keimig
March 27 – Dan Cebotari
March 27 – Andreea Popa
March 29 – Morris Dimitri
March 30 – Deborah Saffron

Let us Pray for the good health of:

Andrei, Mark, Irene - Ekaterina, Psa
Aza, Betty Ekaterina, Psa Ileana,
Luiza, Andrew, Margareta, Marius-
Nicolae, Loredana-Anca, Teodora,
Joanne, Deborah-Ann, Rebeka, Fr.
George, Fr. Stefan and his son Andrei,
Elena, Anca, Marius Nicolae for their
helath and for their salvation!
Amin!

Dates to remember: June 23th 2024

St. Nicholas 75th Anniversary

March 18 - GREAT LENT BEGINS
Wed, Mar 20 – Pre-Sanctified Lit - St.
Nicholas 6 PM
Mon, Mar 25 – Annunciation
Sun, April 28 - Palm Sunday
Sun, May 5 - GREAT AND HOLY
PASCHA

A Prayer of Fr. Laurence

LET US PRAY TO THE LORD! Glory to you, O Father, for sending us your only Son to be our salvation! Glory to you, O Christ, for dying on the cross to give us life! Glory to you, O Holy Spirit, for initiating and perfecting the mystery of our salvation! We again ask you to bring our lenten observances to fruition. Enable us to internalize our external practices, and convert us to the truth in spite of us, showing us how to think and live correctly. Help us to hold onto confidence and endurance, so that, by doing your will, we may reap the rewards you promise. And, as we rejoice in this season of grace, enable us to remain focused on the paschal mysteries, so that our joy may be completed by seeing them fulfilled in our lives. For you are indeed our God, and we give you glory, Father, Son, and Holy Spirit: now and forever, and unto ages of ages. Amen!



LITURGICAL SCHEDULE

Day	Date	Time	Service Type
March			
Sunday	3-Mar	9:00 AM	Matins
		10:00 AM	The Thirty Fourth Sunday after Pentecost (Sunday of the Prodigal Son)
Sunday	10-Mar	9:00 AM	Matins
		10:00 AM	The Thirty Fifth Sunday after Pentecost (Sunday of the Last Judgment) - Meatfare Sunday
Sunday	17-Mar	9:00 AM	Matins
		10:00 AM	Sunday of Forgiveness — The Casting out of Adam & Eve from Paradise
Monday	18-Mar	6:00 PM	THE GREAT CANON OF SAINT ANDREW OF CRETE
Tuesday	19-Mar	6:00 PM	THE GREAT CANON OF SAINT ANDREW OF CRETE
Wednesday	20-Mar	6:00 PM	Pre-Sanctified Liturgy at St. Nicholas
Thursday	21-Mar	6:00 PM	THE GREAT CANON OF SAINT ANDREW OF CRETE
Sunday	24-Mar	9:00 AM	Matins
		10:00 AM	First Sunday of Great Lent (The Sunday of Orthodoxy) Divine Liturgy of St. Basil the Great
Monday	25-Mar	7:30 AM	Akatist
		8:00 AM	(†)Annunciation of the Theotokos
Wednesday	22-Mar	6:00 PM	Pre-Sanctified Liturgy at St. George Cathedral

2024 Pre-Sanctified Liturgy and HOLY TRINITY Schedule

Date	Day	Holy Trinity	Pre-Sanctified Rotation	Comment
3/20/2024	Wednesday	Fr. Milad	St. Nicholas	
3/24/2024	Sunday	Concelebration	St. Spyridon	Sunday of Orthodoxy
3/27/2024	Wednesday	Fr. Vasile	St. George	
4/3/2024	Wednesday	Fr. Chris	St. Mary	
4/10/2024	Wednesday	Fr. Milad	St. Nicholas	
4/17/2024	Wednesday	Fr. Mark	St. Spyridon	
4/24/2024	Wednesday	Fr. Vasile	St. Mary	
5/1/2024	Wednesday	Concelebration		(Unction)
5/2/2024	Thursday	???		Holy Thursday

2024

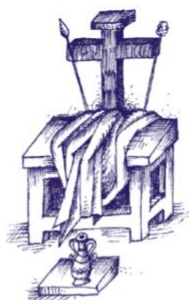
PRE-SANCTIFIED LITURGIES

6:00 pm on the Wednesdays of Lent

March 20
St. Nicholas Church

March 27
St. George Cathedral

April 3
St. Mary's Church



April 10
St. Nicholas Church

April 17
St. Spyridon Cathedral

April 24
St. Mary's Church

LENTEN WEDNESDAY LITURGY and SUPPER
Please bring a Lenten dish to serve to our guests
in attendance from other Orthodox churches



**Council of
Eastern
Orthodox
Churches**

Young Adult Overnight Retreat



March 29-30, 2024

A CONNECT event for Orthodox young adults ages 18-35.

Join us in the mountains of New Hampshire for a special overnight retreat at the Metropolis of Boston Camp where fellowship, faith and fun are the showcase!

Friday 7pm - Saturday 3pm

329 Camp Merrimac Rd.
Contoocook, NH 03229

Rooms are on a first come, first serve basis.

\$120 fee which includes: 3 meals and a shared room, breakout sessions, keynote speaker, and some free time*

Saturday only option for \$70

*For a single occupancy room, fee is \$190; limited availability

- Keynote Speaker Father George Parsenios: "What does Jesus & the Church have to offer to young adults today?"

Scan the QR code to RSVP today!



SCAN HERE



Stella Scaramangos



www.spyridoncathedral.org



spyridonyouthworc@gmail.com

Women Retreat

Friday, March 29th

5:00 pm - 5:30 pm - Registration
5:30 pm - 6:15 pm - Dinner
6:15 pm - 7:15 pm - The image of the Mother of God in the Church and family
7:15 pm - 7:30 pm - Break
7:30 pm - 8:30 pm - Q&A Session

Open Retreat

Saturday, March 30th

8:30 am - 9:30 am - Divine Liturgy
9:30 am - 10:30 am - Breakfast
10:30 am - 11:30 am - 1st Conference: "Home as church - Prayer as the door to Joy"
Break: 15 minutes
11:45 am - 12:30 pm - Q&A Session
12:30 pm - 1:30 pm - Lunch
1:30 pm - 2:30 pm - 2nd Conference: "Climbing the Ladder of the Virtues"
Break: 15 minutes
2:45 pm - 3:45 pm - Q&A Session
5:00 pm - Vespers

Open Retreat

Sunday, March 31st

9:00 am - Matins
10:00 am - Divine Liturgy (Mother Gabriella will deliver an encouraging sermon after Liturgy.)

Financial help will be available on request

Pricing for Retreat

Friday, March 29th - Sunday, March 31st

Friday only:

- **\$45** - One Conference, one Q&A session, and one meal

Friday & Saturday:

- **\$100** - 3 Conferences, 3 Q&A sessions, and 3 meals

Saturday only:

- **\$65** - includes two conferences, two Q&A sessions, and 2 meals

Family Package:

- **\$125**
 - Women and Open Retreat for husband, wife, and children between 0-12 years old.
 - Each teenager (13-18 years old) - **\$25**
 - 3 Conferences, 3 Q&A sessions, and 3 meals
 - Men and children only Saturday

Early registration:

January 22nd - February 29th - 10% discount!

Holy Archangel Michael Romanian Orthodox Church
16 Romanian Ave, Southbridge MA 01550

SPIRITUAL RETREAT AT ST. NICHOLAS



“PAPA” EPHRAIM OF ALASKA

✠ REPENTANCE AND CONFESSION
✠ THE UNKNOWN VIRTUES

Wednesday, April 10th: 6 pm – Pre-Sanctified Liturgy
7 pm – Conference

Thursday, April 11th: 6pm - Conference

Both nights light refreshments will be served

Hieromonk “Papa” Ephraim was born in 1970 in Boston. He converted to Orthodoxy when he was 18. After graduating with a degree in Mechanical Engineering from MIT, he went to Mount Athos. He became a monk there at Philotheou Monastery on Mount Athos in 1994.

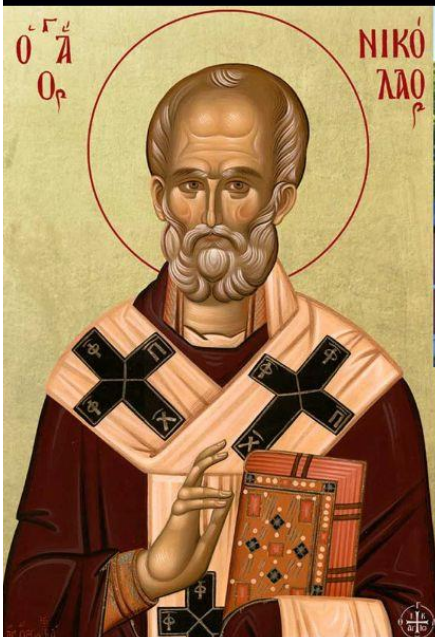
In 1995 Elder Ephraim asked him and 4 other monks to come to Arizona in order to help him establish St. Anthony’s Monastery. The same year Elder Ephraim selected Papa Ephraim to be his personal cell-attendant, which he was until 2017. In 1998 he was ordained to the diaconate, and the following year he became a priest and began hearing confessions.

At St. Anthony’s Monastery, Papa Ephraim was the choir director and taught the other monks and novices Byzantine chant, as well as Modern and Ancient Greek. He also translated and published several books on the spiritual life, including Monastic Wisdom, Counsels from the Holy Mountain, and My Elder Joseph the Hesychast. He also composed several thousand pages of Byzantine chant in English, in both staff and Byzantine notation. In order to minister better to the needs of the many Romanian pilgrims, he learned Romanian in 2015.

In 2018, Elder Ephraim gave him his blessing to continue his monastic life at St. Nilus Skete in Alaska. There he was the chaplain and spiritual father of the nuns living on that remote island. He also published a book on the spiritual life of monastics entitled The Angelic Life.

In 2019, Papa Ephraim accompanied Fr. Athanasius Kone on two missionary trips to India, where they baptized 350 people. In 2023, he relocated to Chicago in order to serve at the Monastery Dependency of Sts. Athanasios and John, where he currently lives.

Join us in celebrating
75 Years of
St. Nicholas Orthodox Church



Save the date
Sunday June 23 2024

THIS WEEK IN IMAGES





CHURCH & FACILITY NEEDS

The list below contains **ongoing needs for the Church as well as special needs that may arise**. Any and every offering is most appreciated. If you have any questions, or would like to donate for or towards one of these items, please speak with [Fr. Vasile](#), any member of the Parish Council, or use the [online giving](#) site.

\$25 - Box of Three Kings Charcoal (100 pieces)

\$50 - 2 Beeswax Candles for the Holy Altar

HOLY WEEK DONATIONS

General donations in any amount to defray the cost of decorations for the Paschal Feast are most appreciated. Some specific needs are:

Flowers for Palm Sunday Icon	50.00
Palms	\$100.00
Flowers for Bridegroom Icon	\$50.00
Holy Thursday Gospel Candles	\$60.00
Wreaths for Cross (Great Friday)	\$75.00
(Resurrection)	\$75.00
Resurrection Icon	\$50.00
Bay Leaves for Holy Saturday	\$100.00
1 Gallon of Olive Oil	\$25.00
1/2 lb Incense	\$40.00
Priest's Paschal Candle	\$50.00

Rose Oil for Epitaphion	\$25.00
Flowers for Epitaphion	\$600.00
Decorations/Plants for Pascha	\$250.00
Easter Candy/Gifts for Children	\$100.0

HOLY TRINITY NEWS

MARCH 24, 2024

THIS WEEK AT HOLY TRINITY:

- Monday: Employee Soup cook off contest (Prizes) Residents Vote 2:00pm
- Wednesday: Wine & Cheese Social 2:30pm
- Thursday: WPS Cosmetology Trade School Resident Manicure's 9am-12pm
- Thursday: March Birthday Party with Joey C. Entertainment 3:15pm
- Friday: Croissants/Coffee Bar 10am-1pm
- Friday: Wine & Cheese Social 2:30pm
- Sunday: HAPPY EASTER! Easter Egg Hunt 2:00pm

Check out our exciting weekly events happening right here! We'd love to have you join us. For any questions or to RSVP for an activity, just give Isabelle Bouchard in our activities department a call at 508-852-1000.

Spring Has Sprung: Time to Savor the Season!

Ah, spring! After a long winter, the days are finally getting longer, the sun is feeling warmer, and the world around us is bursting back to life. It's a time for renewal, a chance to shake off the winter blues and embrace the beauty of nature's awakening.

Here are some ways you can savor the season as a senior:

- Sunshine is a natural mood booster. Take a leisurely walk in a park or simply sit on your porch and enjoy the fresh air. The extra Vitamin D can also be beneficial for your health.
- Spring is a great time to try something new! Take a gentle yoga class outdoors, join a book club that meets in a park, or finally try that birdwatching app you've been curious about.

Spring is a season of joy and new beginnings. By incorporating some of these ideas into your routine, you can make the most of this beautiful time of year and feel energized and connected to the world around you.

REMINDER: Celebrate Mom & Support Lions Club!

Now through May 6th Partner with Holy Trinity and the Petersham Lions Club! For just \$15, you can give your loved one a beautiful potted plant with a handmade note, support a worthy cause, and make a difference in someone's life. Order online today: [Petersham Lions Club Potted Plant Sale](#) Deliveries will be made to Holy Trinity Thursday May 9th. Please make sure to add the name of the recipient and the drop off location Holy Trinity.

Divine Liturgy: Every Wednesday at 9:30 am. All are welcome to attend and visit with the residents!

STAY CONNECTED: Like our Facebook page for frequent updates and photos [Facebook page](#).

St. Nicholas Orthodox Church
34 Gold St | Shrewsbury, MA 01545-6238
508-845-0088 | e-mail: info@StNicholasChurch.org
www.StNicholasChurch.org
Sunday Services: Matins at 9:00 am and Divine Liturgy at 10:00 am