



**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 31, 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.

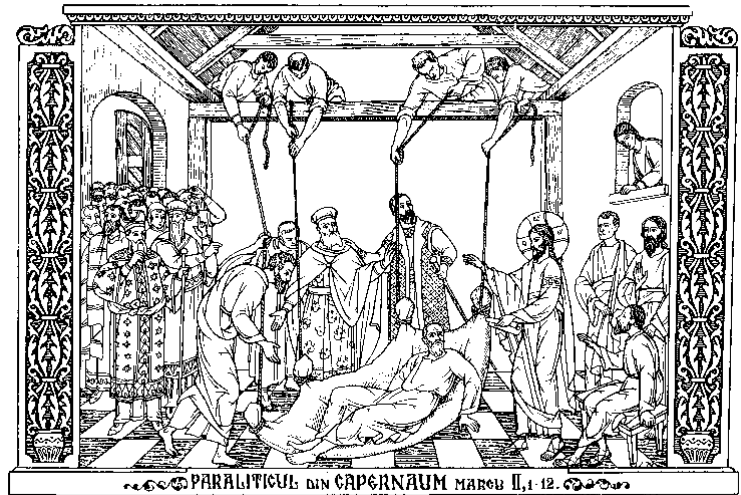
**CATHEDRAL OF ROMANIANS EVERYWHERE.**

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.

**MEMORY ETERNAL!** Memorial Service for Mariana Heletea, mother of Gheorghina Shaheen who fell asleep in the Lord on April 3, 2022. May our Loving Lord comfort Gheorghina, and all of her family and may Mariana rest among the Saints!

**MUSTARD SEED MEAL** - Looking ahead - our next meal for the Mustard Seed is scheduled for Friday, April 19th. A sponsor is needed to underwrite the \$450. cost of the meal. This is a beautiful way to honor the life of a loved one who has fallen asleep. If you have it in your heart to contribute, please contact Betty Anderson (508) 353-9449.

**PITA DOUGH MAKING** - Looking for volunteers for our Pita Dough Making on April 06. If you wish to participate, please contact Betty Anderson by email ([bettya16@verizon.net](mailto:bettya16@verizon.net)) or by phone 508-353-9449.



***The Second Sunday of Great Lent - St. Gregory Palamas***

***Apostolic Reading: Hebrews 1:10-14, 2:1-3***

***Gospel: Mark 2:1-12***

***(Jesus Heals the Paralytic in Capernaum)***

***Tone 2 † Resurrection Gospel 10***

***RESURRECTIONAL APOLYTIKION***

*When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.*

***APOLYTIKION FOR ST. GREGORY PALAMAS***

*O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonderworker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.*

***KONTAKION FOR SUNDAYS IN GREAT LENT***

*To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.*

**MARK YOUR CALENDAR**

**JUNE 23<sup>RD</sup> 2024**

**ST. NICHOLAS 75<sup>TH</sup> ANNIVERSARY**



"Hard, hard! Yes, it's hard for you, but otherwise what would you have to endure? And without patience there is no salvation. Here is the Lord, who arranges your salvation, and gives you opportunities to show patience and advance on the path of salvation. A piece of advice for you: when it's hard for you, you must turn to God both with speech and with feeling, saying: "Glory to you, Lord!"

Saint Theophan the Latter  
1815 - 1891



### 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 75<sup>th</sup> 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! O Lord and master of our lives: Educate us, your ignorant servants, during these lenten days, by letting your wisdom enlighten our minds and hearts. Make us alert, lest the deceits of this world seduce us. Teach us how to distinguish between substance and appearance, how to discern what is of the Holy Spirit and what is not. Do not leave us to fight the enemy of our life by ourselves, for he is constantly striving to silence the word of life within us. Rather, be with us today, and every day, through your loving mercy. For you are good and full of love for us, O 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 Cheese-Fare Sunday (Second General Assembly Meeting - One item Agenda)
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	27-Mar	6:00 PM	Pre-Sanctified Liturgy at St. George Cathedral
Saturday	30-Mar	9:00 AM	Akstist
		10:00 AM	Divine Liturgy. Memorial Sevice. Confession by appointment.
Sunday	31-Mar	9:00 AM	Matins
		10:00 AM	The Second Sunday of Great Lent St. Gregory Palamas

## 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

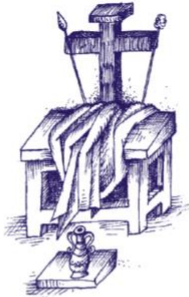
## PRE-SANCTIFIED LITURGIES

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

# SPIRITUAL RETREAT AT ST. NICHOLAS



## “PAPA” EPHRAIM OF ALASKA

† **REPENTANCE AND CONFESSION**  
† **THE UNKNOWN VIRTUES**

**Wednesday, April 10<sup>th</sup>: 6 pm – Pre-Sanctified Liturgy**  
**7 pm – Conference**

**Thursday, April 11<sup>th</sup>: 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.

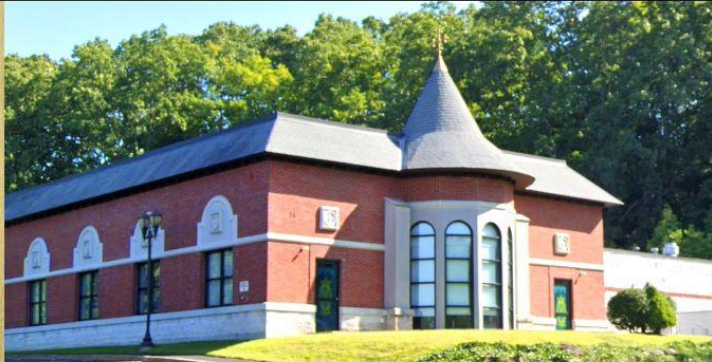
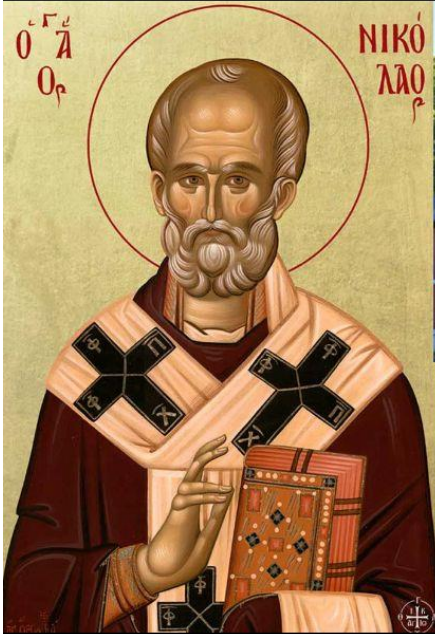
At St. Anthony’s Monastery, Papa Ephraim was the choir director and taught the other monks and novices Byzantine chant, as well as Modern and Ancient Greek. He also translated and published several books on the spiritual life, including Monastic Wisdom, Counsels from the Holy Mountain, and My Elder Joseph 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

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Flowers for Epitaphion . . . . .	\$600.00
Decorations/Plants for Pascha . . . . .	\$250.00
Easter Candy/Gifts for Children . . . . .	\$100.00

## HOLY TRINITY NEWS

March 31, 2024

### Happy Easter Season:

May this day bring you renewed hope, faith, and joy. Many blessings to you during this time of renewal. I hope you feel loved throughout this Easter Season and beyond. May our hearts be filled with hope, peace, and love as we remember Jesus' sacrifice.

### A Special Thank you:

We would like to thank a very generous donor Bessie Capsalis, Mike Dionis's aunt has made it possible for our residents to have a certified fitness instructor every Tuesday and Friday! Health and Wellness is very important here at Holy Trinity through their generosity we will greatly enhance our resident's recreational experience.

### Fundraising: Spread the Love!

Holy Trinity is teaming up with The Boys and Girls Club of Worcester for a Food Drive

Worcester's Boys and Girls Club helps a minimum of 150 children per week, sending them home with essential items needed. We are collecting donations March 25<sup>th</sup> through April 30<sup>th</sup>. Drop off location Holy Trinity 300 Barber Ave. Items in need: condiments, canned goods, canned tuna/chicken, kids drinks and snacks, deodorant & bodywash, shampoo & conditioner, baby wipes to name a few. For more info contact Holy Trinity 508-852-1000

### You still have time: Celebrate Mom & Support 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 9<sup>th</sup>.

**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  
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508-845-0088 | e-mail: [info@StNicholasChurch.org](mailto:info@StNicholasChurch.org)  
[www.StNicholasChurch.org](http://www.StNicholasChurch.org)

*Sunday Services: Matins at 9:00 am and Divine Liturgy at 10:00 am*