

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

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Parish Priest Vasile Aileni
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WEEKLY BULLETIN
Sunday March 2, 2025

Sunday Services

9:00 a.m. - Matins;
10:00 a.m. - Divine Liturgy;
11:30 a.m. - Coffee Hour

This Week's News

ICON AUCTION – February 23th we thank everyone for dedication, support and donation for this wonderful event that we foster in our church!

MUSTARD SEED MEAL – We would like to thank to Jenny Montvitt and Stephen Ellis for generously sponsoring our February Mustard Seed Meal. We would also like to thank to all our volunteers for helping us bagging and deliver the food! May God bless you all!

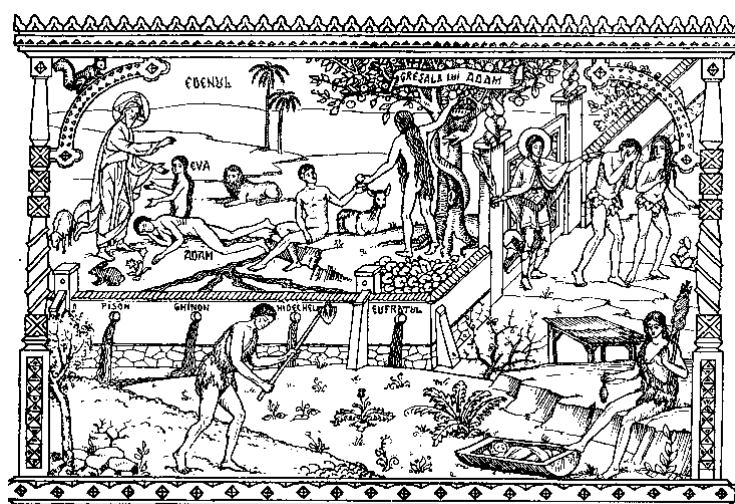
MEMORIAL SERVICE – During lent we will have a memorial service every Saturday morning. If you wish, you can send the names via email and for church donation please the following link:
<https://stnicholasorthodox.chmeetings.com/Giving/93C9B72A1E8DA387>

The Prayer of St. Ephraim the Syrian

Lord and master of my life! Dispel from me the spirit of discouragement and slothfulness, of ambition and vain talk!

Instead, give me the spirit of prudence and humility, of patience and charity.

Yes, my king and Lord let me look at my own sins and refrain from judging others: For you are blessed unto ages of ages. Amen!



Sunday of Forgiveness - Cheese-Fare Sunday

Apostol Reading: Romans 13, 11-14; 14,1-4

Gospel: Matthew 6:14-21

(The Casting out of Adam & Eve from Paradise)

Tone 3 † Resurrection Gospel 3

RESURRECTIONAL APOLYTIKION

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

THE APOLYTIKION OF THE PROTECTION

Today the Virgin stands in the midst of the Church, and with choirs of Saints she invisibly prays to God for us. Angels and Bishops venerate Her, Apostles and prophets rejoice together, since for our sake she prays to the Eternal God!

KONTAKION FOR FORGIVENESS SUNDAY

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.





"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 6 - Belishta, Ornela
- March 12 - Pra, Claudia Aileni
- March 16 – Lolo, Vangjush
- March 20 – Keimig, Michael
- March 27 - Cebotari, Dan
- March 27 – Popa Andreia
- March 29 - Morris, Dimitri

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 for their helath and for their salvation!

Amin!

Dates to remember:

- March 2** - Forgiveness Sunday (Cheesefare)
- March 3** - GREAT LENT BEGINS
- Wed, Mar 5** – Pre-Sanctified Lit - St. Nicholas 6 PM
- Mon, Mar 25** – Annunciation
- Sun, April 13** - Palm Sunday
- Sun, April 20** - **GREAT AND HOLY PASCHA**

A Prayer of Fr. Laurence

LET US PRAY TO THE LORD! At times, O forgiving Lord, it is difficult not to harbor grudges when we have been offended by treacherous speech and hurt by words that bruise our pride. We desire to rid ourselves of such feelings, but our own powers are not up to the task. Nor would we want, in any case, to rely solely on our own strength. You yourself must give us what we need to purify our minds and hearts, to dispel all these negative sentiments, lest we perish for breeding and nurturing them. For blest and glorified is your most honorable and magnificent name, Father, Son, and Holy Spirit: now and forever, and unto ages of ages. Amen!



LITURGICAL SCHEDULE

Day	Date	Time	Service Type
Mar-25			
Sunday	2-Mar	9:00 AM	Matins
		10:00 AM	Sunday of Forgiveness — The Casting out of Adam & Eve from Paradise Cheese-Fare Sunday
Monday	3-Mar	6:00 PM	THE GREAT CANON OF SAINT ANDREW OF CRETE - Great Lent Begines
Tuesday	4-Mar	6:00 PM	THE GREAT CANON OF SAINT ANDREW OF CRETE
Wednesday	5-Mar	6:00 PM	Pre-Sanctified Liturgy at St. Nicholas
Thursday	6-Mar	6:00 PM	THE GREAT CANON OF SAINT ANDREW OF CRETE
		9:00 AM	Matins
Sunday	9-Mar	10:00 AM	First Sunday of Great Lent (The Sunday of Orthodoxy) Divine Liturgy of St. Basil the Great
		6:00 PM	Pre-Sanctified Liturgy at St. Mary
Wednesday	12-Mar	6:00 PM	Pre-Sanctified Liturgy at St. Mary
		9:30 AM	Akatist
Saturday	15-Mar	10:00 AM	Divine Liturgy. Memorial Service. Confession by appointment.
		9:00 AM	Matins
Sunday	16-Mar	10:00 AM	The Second Sunday of Great Lent St. Gregory Palamas
		6:00 PM	Pre-Sanctified Liturgy at St. Spyridon
Wednesday	19-Mar	6:00 PM	Pre-Sanctified Liturgy at St. Spyridon
		9:30 AM	Akatist
Saturday	22-Mar	10:00 AM	Divine Liturgy. Memorial Service. Confession by appointment.
		9:00	Matins
Sunday	23-Mar	10:00	The Third Sunday of Great Lent (The Veneration of the Precious Cross)
		7:30 AM	Akatist
Tuesday	25-Mar	8:00 AM	(†)Annunciation of the Theotokos

Wednesday	26-Mar	6:00 PM	Pre-Sanctified Liturgy at St. George Cathedral
Saturday	29-Mar	9:00 AM	Akstist
		10:00 AM	Divine Liturgy. Memorial Sevice. Confession by appointment.
Sunday	30-Mar	9:00 AM	Matins
		10:00 AM	The Fourth Sunday of Great Lent - St. John of Sinai, Author of the Ladder of Divine Ascent (Healing of the Epileptic Boy)

2025 Pre-Sanctified Liturgy and HOLY TRINITY Schedule

Date	Day	Holy Trinity	Pre-Sanctified Rotation	Comment
3/5/2025	Wednesday	Fr. Mark	St. Nicholas	
3/9/2025	Sunday		St. George	Concelebration-Sunday of Orthodoxy
3/12/2025	Wednesday	Fr. Chris	St. Mary	
3/19/2025	Wednesday	Fr. Milad	St. Spyridon	
3/26/2025	Wednesday	Fr. Vasile	St. George	
4/2/2025	Wednesday	Fr. Chris	St. Mary	
4/9/2025	Wednesday	Fr. Milad	St. Nicholas	
4/16/2025	Wednesday	Concelebration		(Unction)
4/17/2025	Thursday	?		Holy Thursday

Forgiveness Sunday



(Cheesefare Sunday)

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

THE RULES OF FASTING

Within this developed pattern of Lent, what precisely do the rules of fasting demand? Neither in ancient nor in modern times has there ever been exact uniformity, but most Orthodox authorities agree on the following rules:

- (1) During the week between the Sunday of the Publican and the Pharisee and that of the Prodigal Son, there is a general dispensation from all fasting. Meat and animal products may be eaten even on Wednesday and Friday.
- (2) In the following week, often termed the 'Week of Carnival', the usual fast is kept on Wednesday and Friday. Otherwise there is no special fasting.
- (3) In the Week before Lent, meat is forbidden, but eggs, cheese and other dairy products may be eaten on all days, including Wednesday and Friday.
- (4) On weekdays (Monday to Friday inclusive) during the seven weeks of Lent, there are restrictions both on the number of meals taken daily and on the types of food permitted; but when a meal is allowed, there is no fixed limitation on the quantity of food to be eaten.
- (a) On weekdays in the first week, fasting is particularly severe. According to the strict observance, in the course of the five initial days of Lent, only two meals are eaten, one on Wednesday and the other on Friday, in both cases after the Liturgy of the Presanctified. On the other three days, those who have the strength are encouraged to keep an absolute fast; those for whom this proves impracticable may eat on Tuesday and Thursday (but not, if possible, on Monday), in the evening after Vespers, when they may take bread and water, or perhaps tea or fruit-juice, but not a cooked meal. It should be added at once that in practice today these rules are commonly relaxed. At the meals on Wednesday and Friday xerophagy is prescribed. Literally this means 'dry eating'. Strictly interpreted, it signifies that we may eat only vegetables cooked with water and salt, and also such things as fruit, nuts, bread and honey. In practice, octopus and shell-fish are also allowed on days of xerophagy; likewise vegetable margarine and corn or other vegetable

oil, not made from olives. But the following categories of food are definitely excluded:

- (i) meat;
 - (ii) animal products (cheese, milk, butter, eggs, lard, dripping);
 - (iii) fish (i.e. fish with backbones);
 - (iv) oil (i.e. olive oil) and wine (i.e. all alcoholic drinks).
- (b) On weekdays (Monday to Friday inclusive) in the second, third, fourth, fifth and sixth weeks, one meal a day is permitted, to be taken in the afternoon following Vespers, and at this one meal xerophagy is to be observed.
- (c) Holy Week. On the first three days there is one meal each day, with xerophagy; but some try to keep a complete fast on these days, or else they eat only uncooked food, as on the opening days of the first week.

On Holy Thursday one meal is eaten, with wine and oil (i.e. olive oil).

On Great Friday those who have the strength follow the practice of the early Church and keep a total fast. Those unable to do this may eat bread, with a little water, tea or fruit-juice, but not until sunset, or at any rate not until after the veneration of the Epitaphion at Vespers.

On Holy Saturday there is in principle no meal, since according to the ancient practice after the end of the Liturgy of St. Basil the faithful remained in church for the reading of the Acts of the Apostles, and for their sustenance were given a little bread and dried fruit, with a cup of wine. If, as usually happens now, they return home for a meal, they may use wine but not oil; for on this one Saturday, alone among the Saturdays of the year, olive oil is not permitted.

The rule of xerophagy is relaxed on the following days:

- (1) On Saturdays and Sundays in Lent, with the exception of Holy Saturday, two main meals may be taken in the usual way, around mid-day and in the evening, with wine and olive oil; but meat, animal products and fish are not allowed.
- (2) On the Feast of the Annunciation (25 March) and Palm Sunday, fish is permitted as well as wine and oil, but meat and animal products are not allowed. If the Feast of the Annunciation falls on the first four days of Holy Week, wine and oil are permitted but not fish. If it falls on

Great Friday or Holy Saturday, wine is permitted, but not fish or oil.

- (3) Wine and oil are permitted on the following days, if they fall on a weekday in the second, third, fourth, fifth or sixth week:
 - First and Second Finding of the Head of St. John the Baptist (24 February)
 - Holy Forty Martyrs of Sebaste (9 March)
 - Forefeast of the Annunciation (24 March)
 - Synaxis of the Archangel Gabriel (26 March)
 - Patronal festival of the Church or Monastery
- (4) Wine and oil are also allowed on Wednesday and Thursday in the fifth week, because of the vigil for the Great Canon. Wine is allowed—and, according to some authorities, oil as well—on Friday in the same week, because of the vigil for the Akathistos Hymn.

It has always been held that these rules of fasting should be relaxed in the case of anyone elderly or in poor health. In present-day practice, even for those in good health, the full strictness of the fast is usually mitigated. Only a few Orthodox today attempt to keep a total fast on Monday, Tuesday and Thursday in the first week, or on the first three days in Holy Week. On weekdays—except, perhaps, during the first week or Holy Week—it is now common to eat two cooked meals daily instead of one. From the second until the sixth week, many Orthodox use wine, and perhaps oil also, on Tuesdays and Thursdays, and less commonly on Mondays as well. Permission is often given to eat fish in these weeks. Personal factors need to be taken into account, as for example the situation of an isolated Orthodox living in the same household as non-Orthodox, or obliged to take meals in a factory or school canteen. In cases of uncertainty each should seek the advice of his or her spiritual father. At all times it is essential to bear in mind that 'you are not under the law but under grace' (Rom. 6:14), and that 'the letter kills, but the spirit gives life' (2 Cor. 3:6). The rules of fasting, while they need to be taken seriously, are not to be interpreted with dour and pedantic legalism; 'for the kingdom of God is not food and drink, but righteousness and peace and joy in the Holy Spirit' (Rom. 14:17).

K. Ware with Mother Mary (Trans.), *The Lenten Triodion* (pp. 35–37). South Canaan, PA: St. Tikhon's Seminary Press.

**COUNCIL OF EASTERN ORTHODOX CHURCHES
OF CENTRAL MASSACHUSETTS**

SUNDAY OF ORTHODOXY

PAN-ORTHODOX DIVINE LITURGY

March 9, 2025 ♦ 9:30 am Divine Liturgy (8:30 Matins)

HOSTED BY

ST. GEORGE ORTHODOX CATHEDRAL

30 Anna Street, Worcester, Massachusetts

*Join us as we celebrate our unity of faith and the common goal of supporting our
Orthodox Churches and ministries here in Central Massachusetts.*

A free reception will follow the service.



HOLY TRINITY NEWS
March 2, 2025
THIS WEEK AT HOLY TRINITY

Monday: Library Cart Visits/Coffee and Snack Social 10a, Yoga & Mindfulness 2pm, Movie Matinee 2:30p.

Tuesday: Documentary Series 10:30a, Fit USA Exercise 2pm, Short Story/Discussion Book Club 3:15pm

Wednesday: Divine Liturgy 9:30a Coffee talk 10a, Coffee & Tea social 2pm

Thursday: Yoga w Eileen 10a, Armchair Travel 1:30p, Board Games, Cards 3p

Friday: Library cart room visits 9am, Board Games, Word finds 10a, Relaxation & Mindfulness 2pm, Movie matinee 2:30pm.

Anyone is welcome to stop by and take part in our activities. If you have any questions or plan to stop by for an activity, please contact Isabelle Bouchard, at 508-852-1000.

Holy Trinity's Residents are so excited!! The Intergenerational Pen Pal Program!

The Worcester Bravehearts Baseball team and Jake the Lion are heading to schools and senior centers all over Central MA to launch the Pen Pal Club! This special club pairs up senior citizens with middle school students who write letters to each other in old-fashioned journals each month before finally meeting the Bravehearts and students at a planned event.

Dave Peterson, General Manager of the Worcester Bravehearts stopped last week to provide the journals, topics, and match our residents with a pen pal. Holy Trinity's activity department have together sat down with the residents to help write back in the journals sharing their history and life with the youth community. The Bravehearts pick up the journals each month and shuttle them to their pen pal so that he or she can write a letter back.

This is such a great program offering our residents a Pen Pal! They are already really enjoying this program, and we have seen an uptick in participation all around.

In June, our residents get a free trip to Hanover Insurance Park at Fitton Field complete with a game ticket and lunch so that they can finally meet your pen pal! The only thing we provide is transportation. If any of our residents are unable to attend, the Bravehearts will send baseball players and Mascot Jake the Lion to our facility to celebrate! We love seeing our residents so happy and engaged!!

STAY CONNECTED: Like our Facebook.

Cercetează-ți Credința

Vă invităm să participați, prin intermediul Programului educațional „Cercetează-ți Credința!”, la o nouă serie de evenimente dedicate celebrării Anului Omagial al Centenarului Patriarhiei Române și Anului Comemorativ al Duhovnicilor și Mărturisitorilor Ortodocși Români din Secolul al XX-lea.

În fiecare a doua joi a fiecărei luni, începând cu ora 7:00 PM EST | 6:00 PM CST | 4:00 PM PST, catehezele vor fi susținute de către Domnul Profesor Dragoș Ursu, având ca temă principală „O istorie a Ortodoxiei în spațiul românesc. Devenire instituțională și biografii spirituale”.

Prima conferință va avea loc Joi, 9 Ianuarie 2025, și va aborda subiectul: „Introducere în istoria Ortodoxiei românești. O privire teologică asupra trecutului”.

Pentru a participa la conferință, vă rugăm să accesați link-ul de conectare prin portalul ZOOM.

<https://us06web.zoom.us/j/82458482255?pwd=e14Lvw2IbLBcWMlcXwqtS0hCMI6AKa.1>

Vă reamintim că Joi, 27 Februarie, la ora 7.00 pm EDT | 6pm CST | 4pm PST, sunteți invitați la o nouă întâlnire din programul de STUDIU BIBLIC în LIMBA ROMÂNĂ despre Sfânta Evanghelie după Marcu susținut de Dl. Prof. Gheorghe Butuc, profesor la Seminarul Teologic „Sfântul Andrei” din Galați.

Studiul Biblic se va desfășura prin portalul ZOOM: <https://link.mitropolia.us/zCJTZm>

Meeting ID: 819 0536 3350

Passcode: Romania

Găsiți mai multe detalii în acest video:

Bidding of Icons & Luncheon and New PC Members February 23, 2025





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