

Holy Apostles Newsletter

DIOCESE OF THE WEST

ORTHODOX CHURCH IN AMERICA



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From the Holy Fathers

Thou hast shown Thy strength in choosing the humble, for it was a sign of poverty For Thee to sit on the ass; but as Glorious, Thou dost shake Zion. The cloaks of the disciples pointed to frugality; But the song of the children and the throng of people was a sign of Thy strength, As they cry out, "Hosanna in the highest," that, Save! Thou Who art on high, save the humbled; Heeding the palm branches, take pity on us, Look upon those who cry out: "Thou art the blessed One Who comest to call up Adam."

St Romanos the Melodist - On The Entry into Jerusalem

O Savior, consider those of us who have appeared at the season Of Thy passion, worthy to worship also Thy Resurrection, O Eye that does not sleep.

St Romanos the Melodist - Vol. I, On Joseph II

HAVE POSITIVE THOUGHTS!

Elder Paisios always urged us to think positively. Our positive thinking, however, should not be our ultimate aim; eventually our soul must be cleansed from our positive thoughts as well, and be left bare having as its sole vestment divine grace granted to us through Holy Baptism. "This is our aim," he used to say, "to totally submit our mind to the grace of God. The only thing Christ is asking from us is our humility. The rest is taken care of by grace."

In the beginning, we should willingly try to develop positive thoughts, which will gradually lead us to the perfect good, God, to whom belongs every glory, honor and worship; on the contrary, to us belongs only the humility of our conceited attitude."

We must always be careful and constantly question the nature of our thoughts. When someone is preoccupied and trusts his own way of thinking, he becomes vulnerable to the devil, who is capable of transforming us into sly persons, even when we are honest by nature.

The older fathers never trusted their own thoughts. Even for minor problems to which they had to give answers, they prayed to God, or fasted, as a way to "force" divine grace to reveal the answer, according to God's will; and after they received the "information", they gave the answer.

In our days, when someone has a serious problem and asks for advice, we tend to interrupt him and provide an answer without letting him finish his question first. In this case, we do not only not seek the assistance of divine grace, but we also misuse our logic, which was granted to us by God. We are ruled by our own thoughts and unhesitatingly rely on them, very often

having to face the disastrous results of our acts.

We must have positive thoughts, otherwise none of the spiritual fathers, not even the saints, can help us. When Jesus was on the Cross, and all the terrible events were taking place, two thieves were also being crucified with Him. Each one of them had a different attitude towards Him, even though they were both placed next to the same God. The thief placed on the left cross had created inside his mind a "factory", which produced only negative thoughts, saying "are you not the Christ? Save yourself and us." (Lk 23:39). Although he could see what was going on around him, he never questioned himself about it. The one on the right, who had a positive way of thinking, reacted as follows: "Do you not fear God, since you are under the same condemnation? And we indeed justly; for we are receiving the due reward of our deeds; but this man has done nothing wrong." And he said: "Jesus, remember me when you come into your kingdom" (Lk 23:40-42). Both thieves had the same almighty God placed between them who could help them. The negative thinking of the one on the left prevented God from helping him, whereas the one on the right who had committed terrible crimes was able to "move" Jesus by his positive attitude. We should keep in mind that God cannot help us, unless we acquire a positive way of thinking.

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Community Forum

SOUP SUPPERS

We will have soup suppers on Friday nights after Presanctified Liturgy at the Perez home. The dates and the person who signed up for the soup suppers are as follows:

Friday, April 4th:

Soup: John Campbell

Bread: Elena Kojenov

Fruit/Veggies: Emmelia Beckel

Friday, April 11th:

Soup: Elena Kojenov

Bread: Mat. Mary

Fruit/Veggies: Juliana VanDenend

Friday, April 18th:

Soup: Bev Aiello

Bread: Macrina Harmon

Fruit/Veggies: Olga Ivkin

UPCOMING DATES/FEASTS

Feast of the Annunciation - Vigil w/Lity, Sunday, Apr. 6th @4pm; Divine Liturgy, Monday, April 7th @6 am.

Great Canon of St. Andrew w/Life of St. Mary of Egypt - Thursday, April 10th @6pm

Akathist to Theotokos - Saturday, April 12th @9am

Vigil for Lazarus Saturday, Friday, April 18th @6pm, followed by soup supper at Perez's; Divine Liturgy for Lazarus Saturday, Sat., April 19th @9am, followed by Pysanky (Ukrainian pascha egg making) at Kojenov home.

Palm Sunday Fish BBQ, following Sunday, Apr. 20th
Divine Liturgy at Perez's

PRESANCTIFIED LITURGIES

We will celebrate the Liturgies of the Presanctified Gifts on Wednesdays & Fridays during Lent at 6:00pm. Following the Liturgy on Fridays, we will share a soup supper at the Perez's. If you intend to receive Holy Communion, please abstain from all food and drink following your noon meal. (This is the minimum Communion fast; those with the strength to abstain from food all day are encouraged to do so.) These are given to the faithful for extra strength during the fast, so all are encouraged to come as often as possible.

PALM SUNDAY FISH FEAST

Mark your calendars for a Palm Sunday Fish BBQ on Palm Sunday, April 20th, immediately after the Divine Liturgy at the Perez's. Fish, paper goods, and utensils will be provided. Each family has been assigned to bring a fast-appropriate side dish or a dessert to share (see list below) and their own drinks. Side dishes may include salads, potatoes, grilled vegis, fruit salads, olives, etc. If you cannot come, please let Mat. Mary know.

Aiello - side dish

Beckel - dessert

Campbell - chips & salsa

Domico - dessert

Donnor - side dish

Goakey - french or garlic bread

Harmon - side dish

Harvey - side dish

Harvest - french or garlic bread

Ivkin - dessert

Kojenov - dessert

Meinhardt - side dish

Perez - purchase fish, supplies

Story - side dish

Van Denend - side dish

Virosteck - dessert

Watt - french or garlic bread

Kitchen Corner

Awesome Vegan Pizza

Pizza crust of your choice

Red pizza sauce or vegan pesto

Saute red onions in EVOO (extra-virgin olive oil)

Chopped crimini or white button mushrooms

1 jar of roasted red/yellow peppers, chopped

(Trader Joes has really good ones)

Finely chopped garlic (2-3 cloves)

1 chopped zucchini

1/2 lb. raw prawns, deveined, peeled, chopped in half

1/2 lb. raw scallops, chopped in half

Optional: canned artichoke hearts chopped, or other veggies of your choice.

Bake pizza crust until partially done. Add either red sauce or pesto, then onions, mushrooms, peppers, basil, garlic, zucchini, and raw seafood. Sprinkle with salt & pepper. Drizzle EVOO over top of seafood/vegetables. Bake until seafood is pink and vegetables/crust are done. Wait a few minutes to cut. Serve! Yummo!

PASCHA FEAST @HARMON HOME

Immediately following the Agape Vespers on Pascha Day, we will have a wonderful Paschal Feast at the Harmon Home in Vancouver. Their address is 903 NE 90th Avenue, Vancouver, WA 98664. Each family has been assigned to bring a side dish or a dessert to share (see list below) and their own drinks. The church will provide the main dish of meat(s) and some Halibut for those who don't eat meat. Please bring a generous portion of whatever you decide to bring. Sky's the limit with your dish of choice - it will be Pascha! Of course, feel free to bring something, in addition to what has been assigned, if you want to make something special.

Aiello - side dish
Beckel - side dish
Campbell - cheese & crackers
Domico - dessert
Donnor - side dish
Goakey - dessert
Harmon - side dish; provide paper goods, utensils
Harvey - side dish
Harvest - chips & dips
Ivkin - side dish
Kojenov - dessert
Meinhardt - side dish
Perez - Main dish of meat(s) & fish
Story - dessert
Van Denend - dessert
Virosteck - side dish
Watt - side dish

HOLY WEEK & PASCHA SERVICES

Holy Monday, Tuesday & Wednesday - Bridegroom Matins @6:30 am
Holy Monday & Tuesday evenings - Presanctified Liturgy @6:30 pm
Holy Wednesday - Holy Unction followed by choir practice at Perez's
Holy Thursday - Vespers Divine Liturgy of St. Basil @8am., followed by foot washing; Matins w/12 Passion Gospels @7pm.
Holy Friday - Royal Hours @9am; Great Vespers at 4pm, Holy Saturday Matins w/Lamentations @7pm
Holy Saturday - Vespers Divine Liturgy of St. Basil the Great, followed by meal of fruit, wine & bread.
Resurrection Vigil & Divine Liturgy followed by breaking of fast w/Pascha Baskets at Perez's.
PASCHA DAY - Agape Vespers w/reading of Gospel in many languages, blessing of Artos, and Paschal Feast /Egg Hunt at Harmon home in Vancouver

A NOTE FROM PATRICK PHILLIPS

Ecuador is a wonderful place. They speak a standardized Spanish that is very easy to understand. I am at my Spanish school right now where we have just finished making a sopa tipica, containing a legume unique to Ecuador, replete with fried plantains on the side. It has rained almost every day since I have been here, but it is not cold. People here do not have very much money but always go out well dressed. Anytime of the day you can see people walking on the streets, even when it is raining. Food and lodgings are very cheap in Quito. For example, mangoes, avocados and the bus are all 25 cence and you can find hotels for 6 dollars, taxi's are 2 dollars. When I wanted to have my hair cut a few days ago, it cost 80 cence. Other things, however, are just as expensive as in the United States. The food is great! Potatoes and corn are staples and one finds ordinary things made with them everywhere. Meat is also ubiquitous and the sight of an intact pig roasting is not uncommon. It seems they don't have the same consciousness about bacteria in South America, which can be good or bad depending on your perspective. I was warned not to drink the water but have drunk it every day and have not been sick. Every neighborhood has its own bakery and small cafe which means you do not have to walk far to get food. The people seem very happy and are always smiling and very generous. Whatever house I am in there are always people coming and going. Family is really important to Ecuadorians. It reminds me that happiness comes from inside rather than from circumstances because Ecuador is obviously a third-world country. One can see everyday a class system based along racial lines. The people with more European blood have better jobs while the indigenous people sell their fruit on the street and beg for a few cence. I get special service when I am out because of my lighter skin. Neighborhoods have their own armed security guards and houses and apartments are fortified by various security barriers. They have servants. If you jump off the bus without paying, they don't call the police: they beat you up....

GOD GRANT YOU MANY YEARS!

Martyr Daria
March 19/April 1 - Daria Kojenov

St. Victor
Mar 20/Apr 2 - Victor Kojenov

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