

Holy Apostles Newsletter

DIOCESE OF THE WEST

ORTHODOX CHURCH IN AMERICA



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From the Holy Fathers

“Pascha, the Pascha of the Lord!” By His Resurrection, the Lord has brought us from death to life, and that Resurrection the “Angels in Heaven cry,” [for they have] seen the light of deified human nature in fore-ordained glory in the person of our Lord and Redeemer, in Whose Image and through the power of Whose Resurrection, all true believers in Him, all who have united with Him with all their souls, are transformed. Glory, O Lord, to Thy Most-glorious Resurrection! The Angels sing, rejoicing together with us and foreseeing the swelling of their ranks. O Lord, make us worthy, to hymn Thee, the Resurrected One, with pure hearts, seeing in Thy Resurrection the cessation of our corruption, the seeds of a new resplendent life and the dawn of coming eternal glory whose forerunner Thou becamest, being resurrected for our sake. The tongues of neither men nor angels are capable of expressing Thy ineffable mercy toward us, O most-gloriously Resurrected Lord!
St. Theophan the Recluse

Preparing for Holy Week and Pascha.

Dear Brothers and Sisters as we all prepare for Holy Week and Pascha, if you have not already done so, try to make arrangements so that you can attend as many of the Passion Week and Paschal services as possible... Perhaps time will have to be taken off from work or schedules altered in other ways, and it is best to plan for this ahead. The services of Passion Week and Pascha are the most important in the Christian Year and every conscientious Orthodox should try his or her best to prepare for them, participate in them, to confess, and to receive the Holy Mysteries.

Breaking a Fast

TRY to remember to keep Pascha holy. This might seem an odd and unnecessary tip, but it happens that at all the greater festivals, and particularly at Christmas and Pascha, one finds that after the fast, there is a temptation simply to let go. True, we can start eating non-lenten products again, but this does not mean that we should plunge into gluttony or drunkenness. The church services are shorter and the typicon less demanding, but very often one notices that there is a veritable apostasy after a major feast. If we have gained anything spiritually in the course of the fast, let us try to hold it fast and not to lose it heedlessly. In this way, step by small step, with each fast and each feast we shall be able to make some little progress spiritually, using each as the rungs of a ladder.

Changes for Pentecost & Kneeling in Church

REMEMBER that during Pente-

cost—the fifty days between Pascha (Easter) and Pentecost or Trinity Sunday—we do not kneel in church at all, nor do we make prostrations. It is as if every day was a Sunday. This is a very ancient practice of the Church dating back at least to the second century, and a canon of the First Ecumenical Council (Nicea, 325 A.D) confirmed the practice. Our not kneeling indicates that we have risen with Christ and is a proclamation that we look forward to the future Resurrection and the life of the Age to come, when our bodies will be resurrected and stand in the Kingdom.

Excerpts from The Shepherd

As we prepare ourselves for Christ’s Passion, Death, and Resurrection, let us remember, with God’s help, to focus on the true meaning of this Season. Let us enter into this feast of feasts the most significant day in the life of the Church with a prepared heart and a joyful countenance. “Let no one be fearful of death, for the death of the Savior has set us free . . . O Death, where is thy sting? O Hades, where is Thy victory? Christ is Risen and Thou art overthrown. To Him be glory and power from all ages to all ages.”

In Christ,
Fr. Dimitri

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Community Forum

UPCOMING EVENTS

LENTEN FOOD DRIVE

As a reminder, if you are planning on participating in the Lenten Food Drive (filling the paper grocery bags with canned foods, etc.) please make sure to have your bag filled and dropped off at the Fellowship hall no later than Holy Thursday at Noon. We will be taking them to the Oregon Food Bank that afternoon. Thank you.

TRANSITIONS PROJECT

The Transitions Project is scheduled for this Monday, April 2nd. Each sandwich maker should make 25 sandwiches. We still need more sandwich makers, so if anyone is interested in making sandwiches for this ministry, please contact Matushka Mary.

OUT OF TOWN

Fr. Dimitri and Matushka Mary will be out of town Tuesday, April 17-Monday, April 23. Fr. Dimitri has been asked to serve a wedding on the East Coast for a good friend from seminary. There will be Great Vespers served Saturday evening and Divine Liturgy on Sunday, April 22nd (Myrrh-Bearers Sunday) by a visiting priest. Father Dimitri will have his cell phone with him if you need to reach him while he is gone.

OUR NEWEST CATECHUMEN

Congratulations to Doug Topness our newest member of the Catechumenate. Please pray for him that God would protect him during this time and keep him by His grace.

GLORIOUS PASCHA!

Following the Resurrection Matins and Liturgy it is traditional among the Slavic peoples (and now Holy Apostles) to bring a Pascha Basket. As we did last year, please bring your own Pascha Basket filled with whatever you would like to eat. After the service, we will all gather together in the fellowship hall, where the baskets have been placed before the service, and Fr. Dimitri will bless the baskets. After the blessing, we will all sit down together and eat what is in our baskets, breaking the fast together.

As a reminder, traditional items for your basket may include Pascha or Kulich, cheeses, various meats, eggs, chocolate milk, or even Pepperoni Pizza! It is nice also to share what you have in your baskets with others. In the fellowship hall will be provided plates and silverware.

For more ideas on how to build a traditional Pascha basket, visit the following website:
http://thepetrovics.net/sts_peter_paul/EasterBasket.html

After our rest on Sunday morning, we will have Paschal Vespers at 12:00 (Noon), followed by a community BBQ and children's egg hunt on Sunday afternoon at the Kojenov home. The Church will provide hamburgers and chicken to Barbecue, drinks (soda and water) and utensils/paper goods. Please bring the side dish you've been assigned (see insert) and any other special foods you might want for yourself. Parents should bring 1 (one) dozen plastic eggs filled with goodies per child and children should bring a basket for the egg hunt.

BABY SHOWER FOR VIROSTECKS

On Sunday, April 29th, ALL are invited to a baby shower for Mike & Laura Virosteck at the Perez home (outside if the weather permits), after the Agape meal. Laura and Mike are registered at Target and Babies-R-U's (on-line & in stores) and their colors are neutrals and light greens. They do not know the sex of the baby, and the tentative due date is May 24th.

MEN'S GROUP

There will be no men's group for the month of April. ♦

Kitchen Corner

Sirnaia Paskah (Russian Pascha Cheese)

This dish is traditionally served with kulich (a sweet egg bread) to break the fast after the Paschal Liturgy:

1-1/2 lb. cream cheese
1-1/2 lb. ricotta cheese
1/2 lb. sweet unsalted butter
1 cup sugar
1-3/4 tsp. vanilla

To mold the cheese, you will need either a wooden paskha mold or a large flower pot with a hole in the bottom and a bowl or lid that fits closely inside the top.

Place all the ingredients in mixer for 20 minutes. Put 2 layers of wet cheesecloth in mold. Put cheese in mold and let drain in the refrigerator for 24 hours. You can put a heavy can on top to weigh down the lid.

After unmolding, the paskha may be decorated with almonds or candied cherries if you like. Traditional decorations include a cross, the initials XB (for Khristos Voskrese, "Christ is Risen"), or the Chi-Rho (XP). It will keep for 2 weeks in the refrigerator, or it may be frozen. ♦

Holy Apostles Schedule

DATE	COFFEE HOUR AGAPE MEAL	COFFEE HOUR CLEAN UP	CHURCH CLEANING TEAM	FLOWERS
APR 1 (Palm Sunday)	Joanna Donnor & team	Meinhardt & Perez		Matushka Mary
APR 8 (Holy Pascha)	Pascha Baskets	Phillips & Schmitt	George & Joanna	Fr. Dimitri Perez
APR 15	Thomaida Hudanish & team	Story & Virosteck		Laura Virosteck
APR 22	Elena Kojenov & team	Watt & Aiello	George & Joanna	Justina Goakey
APR 29	Justina Goakey & team	Beckel & Donnor		Matushka Mary
MAY 6	Joanna Donnor & team	Campbell & Dingman	George & Joanna	Laura Virosteck

IMPORTANT!! COFFEE-HOUR CLEAN UP

We're going to try something new with clean-up on Sundays. We've been running short on volunteers for clean-up after the coffee hour on Sundays, and thus, we need a schedule that works better than the model we currently have. In order to take the strain off a few individuals, we have decided to adopt a clean-up model that is working for other parishes. Beginning in March, two families will be assigned to clean-up, starting alphabetically and cycling through the phone list. Every family will be assigned to clean-up. If you are unable to clean-up on your day or know you will not be at service, PLEASE TRADE WITH ANOTHER FAMILY. **It will be up to each family to make sure they clean on their day or trade with someone** This is the only way to ensure that clean-up happens, AND, if we all do our part, each family will only be on clean-up about once every 2-3 months. Questions? Talk to Father Dimitri or Matushka Mary!

GOD GRANT YOU MANY YEARS!

Happy Feast Day to the following people who celebrate their names day in April:

March 19/April 1, M Daria
Daria Kojenov

March 20/April 2, M Victor (son of Samaritan woman)
Victor Kojenov

March 26/April 8, Synaxis of the Archangel Gabriel
Gabriel Dingman

April 1/April 14, Saint Mary of Egypt
Maria Dingman

April 14/27, Saint Thomais of Alexandria
Thomaida Hudanish 

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