

Holy Apostles Newsletter

DIOCESE OF THE WEST ORTHODOX CHURCH IN AMERICA



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From The Holy Fathers

The Raising of Lazarus
 (Lazarus Saturday)

Troparion - Tone 1
 By raising Lazarus from the
 dead before Your passion,
 You did confirm the universal
 Resurrection, O Christ God!
 Like the children with the
 palms of victory,
 We cry out to You, O Van-
 quisher of death;
 Hosanna in the Highest!
 Blessed is He that comes in the
 Name of the Lord!

Kontakion - Tone 2
 Christ the Joy, the Truth and
 the Light of all,
 The Life of the World and the
 Resurrection
 Has appeared in His goodness,
 to those on earth.
 He has become the Image of
 our Resurrection,
 Granting divine forgiveness to
 all!

Preparing for Holy Week & 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 Liturgical Year and every conscientious Orthodox should try to do 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 simply a temptation 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 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 the ladder.

Changes for Pentecost & Kneeling in Church

REMEMBER that during Pentecost - the fifty days between Pascha 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 (Nicaea, 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.

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 spiritual feast. Our Lord Jesus Christ, with His great love and joy which fill the souls of the faithful during His holy feast days, exalts us spiritually and truly resurrects us. All we need to do is participate in these feasts and celebrate them with a spiritual appetite; for once we taste the heavenly wine to which the Saints will treat us, we will become drunk in spirit.

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 are overthrown. To Him be glory and power from all ages to all ages.

CHRIST IS RISEN; TRULY HE IS RISEN!

CHRISTOS VOSKRESE! VOISTINO VOSKRESE!

CHRISTOS ANESTI! ALEITHOS ANESTI!

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Community Forum

PALM SUNDAY FISH FEAST

On Palm Sunday, after the Divine Liturgy, we will have a salmon luncheon. Provided will be the fish, utensils, and paper goods. Each family, please bring a fast-appropriate generously-sized side dish to go with the fish. Side dishes may include salads, potatoes, breads, or other vegetables.

PASCHA

Prepare to receive Holy Communion

To truly celebrate Pascha is to partake of Holy communion at the Divine Liturgy that blessed night. Christ Himself is the Paschal Lamb who was slain for the sins of the world. To “eat of the Pascha” then is not to eat of blessed bread or cheese (kulich and synnaya pascha) but to receive the Body and Blood of Jesus Christ. If you have made a sincere confession and repented of your sins during Lent, then abstain from all food and drink from sunset on Holy Saturday, hear the sermon of St. John Chrysostom and prepare to receive.

Pascha Baskets

Following the Resurrection Matins and Liturgy it is traditional 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, Fr. Dimitri will bless the baskets and we will all sit down together and eat what is in our baskets - the foods from which we’ve been fasting from during Great Lent.

If you want to make a traditional basket (you certainly don’t have to), there are several foods traditionally included in the basket. These are: a yeast bread, a bitter herb, wine, cheese, meat, butter, salt, and a red egg. Each has symbolic significance.

Sweet bread is always included, leavened with yeast. This is a symbol of the New Covenant; the Jews made unleavened bread, and we, the Children of the New Covenant, make leavened bread. Kulich is the traditional Russian bread, and Tsourekia is the traditional Greek braided bread. The braided form of this bread is a display of the Trinity.

The bitter herb, often horseradish or garlic, serves as a reminder of the first Passover (horseradish is eaten as a traditional part of the original Passover meal) and of the bitter sufferings which Christ endured for our sake. Sometimes the herb is colored red with beets, symbolizing the Blood of Christ. The bitter herb is also to bring to mind the Jews’ forty years of wandering in the wilderness.

Wine, cheese, and butter are figurative of all the good things of life, and remind us of the earthly gifts that

come from God.

Meat is included in remembrance of the sacrifice of the Old Testament Passover, which has been replaced by Christ, the New Passover and Lamb of God.

Salt serves as a reminder to us that we are “the salt of the earth.”

The red egg is likened to the tomb from which Christ arose. This is because of the miracle of new life which comes from the egg, just as Christ miraculously came forth from the tomb.

Thus each of the foods in the Pascha basket have rich meaning, as does everything in Orthodoxy. Glory to God!

HAVING SAID ALL THAT, your Pascha Basket can contain whatever you want it to! We know a priest who always sticks a pepperoni pizza in his basket every year. Plan to share with others too as this is meant to be a communal experience.

CONGRATULATIONS!

All are invited to the Holy Baptism and Chrismation of Doug Topness on Lazarus Saturday at 9 a.m. The Baptism and Chrismation will precede the Divine Liturgy. Let as many of us be present as possible. After the Divine Liturgy, we will have a simple celebration of cake and coffee/tea for Doug. We wish him many years and good grace to be able to struggle on the path of the Orthodox Life!

Kitchen Corner

Grilled Salmon Filet w/honey mustard sauce - 4 servings

1/4 cup Dijon mustard; 2 Tbs. whole-grain mustard; 3 Tbs. honey
2 Tbs. prepared horseradish, drained; 2 Tbs. finely chopped fresh mint leaves; 2 pound fillet salmon, skin on; 2 Tbs. canola oil; 1 bunch watercress, coarsely chopped; 1 small red onion, halved and thinly sliced; 2 Tbs. sherry vinegar; 2 Tbs. olive oil

Whisk together the mustards, honey, horseradish, mint and 1/4 teaspoon of salt and 1/4 teaspoon of pepper in a small bowl. Let sit for at least 15 minutes before using. Can be made 1 day in advance and refrigerated but do not add the mint until just before using. Bring to room temperature before using.

Heat the grill to high.

Brush the salmon with the oil and season with salt and pepper. Place the salmon on the grill, skin side down, and grill until golden brown and slightly charred, about 3 minutes.

While the salmon is cooking, place the watercress and onion in a medium bowl, add the vinegar and oil and salt and pepper and toss to combine. Transfer the salad to a platter, top with the salmon fillet and drizzle each fillet with the mustard sauce.

PASCHA CON'T

After Agape Vespers on Pascha day, we will all head over to the Harmon house for our Pascha picnic and children's egg hunt.

Meat, soda, water, utensils, and paper goods will be provided. Each family, please bring a *generous* side dish to share as follows:

Families with last names A-F, please bring a cold side dish. Examples include salads - green, pasta, or potato, deviled eggs, sliced cheeses, etc.

Families with last names H-R, please bring a hot side dish, such as scalloped potatoes, vegetables, macaroni & cheese, rice, baked beans, etc.

Families with last names S-Z, please bring a dessert.

Feel free to bring anything else that you'd like to contribute, but at the least bring your side dish.

See the calendar if you volunteered to be on clean-up.

CORRECTION TO CALENDAR

Holy Unction will be served on Holy Wednesday evening instead of Bridegroom Matins at 7 p.m.

PRAYER REQUESTS

In the back of the Church, you will be able to find Prayer Request Sheets and a box to put them in, where you can list both Orthodox and Non-Orthodox, departed and living. Keep in mind that only Orthodox living and departed are commemorated during the Divine Liturgy.

POTLUCK COFFEE HOUR

We will continue having coffee hour potluck style. Please bring something to contribute to the coffee hour (no matter how small), so we have enough food for our guests.

Clean-up teams have been updated as follows:

Team Blue - Aiello, Harvey, Virosteck, Perez, Harvest, Cortez

Team Green - Donnor, Campbell, Story, Tregub, Vaganova, Cable, Foat/Langston

Team Orange - VanDenend, Harmon, Beckel, Koehn, Topness, Semenak, Miminoshvili

Team Yellow - Ivkin, Domico, Watt, Kojenov, Harvison, Sapozhnikova

See the calendar for dates you are on clean-up. If you are unable to clean up on your day, make sure to trade with someone. Clean-up duties are light and include sweeping, cleaning the coffee maker, wiping down tables, stacking chairs, making sure everyone takes their dish home from

coffee hour, etc. We should leave it the same way in which we arrived.

HOLY WEEK & PASCHA SCHEDULE

Sunday, April 12th - Palm Sunday

7:30 a.m. Matins

9:00 a.m. Divine Liturgy w/blessing of Palms followed by fish luncheon

4:00 p.m. Bridegroom Matins

Monday, April 13th - Great and Holy Monday

9:00 a.m. Presanctified Liturgy

7:00 p.m. Bridegroom Matins

Tuesday, April 14th - Great and Holy Tuesday

6:30 a.m. Presanctified Liturgy

7:00 p.m. Bridegroom Matins

Wednesday, April 15th - Great and Holy Wednesday

9:00 a.m. Presanctified Liturgy

7:00 p.m. Holy Unction Service

Thursday, April 16th - Great and Holy Thursday

9:00 a.m. Vespersal Divine Liturgy of St. Basil w/foot washing

7:00 p.m. Matins/12 Passion Gospels

Friday, April 17th - Great and Holy Friday:

9:00 a.m. Royal Hours & Great Vespers

7:00 p.m. Holy Saturday Matins w/Lamentations

Saturday, April 18th - Great and Holy Saturday

9:00 a.m. Vespersal Divine Liturgy of St. Basil the Great, followed by meal of fruit, wine & bread

Sunday, April 19th - Pascha

11:30 p.m. Resurrection Vigil & Divine Liturgy followed by breaking of fast w/Pascha Baskets

1:00 p.m. Agape Vespers w/Gospel in many languages and blessing of the Artos. Feast/Egg Hunt at Harmon home in Vancouver.

MEET OUR NEWEST MEMBERS

We welcome the new members of Holy Apostles. It is our joy to have you as a part of our community as we struggle to serve Jesus Christ and His Holy Church.

Dn. Mark & Anne Story

Michael Cortez

Michael Foat & Amelia Langston

George & Sarah Follestad

Dave Harvison

Roger, Thea, Nino Semenak & Rusudan Miminoshvili

Doug Topness

Tamara Sapozhnikova

Anatoly & Lyudmila Tregub

Emilia Vaganova

