

Holy Apostles Newsletter

DIOCESE OF THE WEST

ORTHODOX CHURCH IN AMERICA



Holy Apostles Orthodox Mission

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From The Holy Fathers

He who enjoys bodily pleasures beyond the proper limit will pay for the excess a hundredfold in sufferings.

Saint Kosmas Aitolos

The heart is refined, spiritual, and heavenly by nature - guard it; do not overburden it, do not make it earthly, be temperate to the utmost in food and drink, and in general in bodily pleasures. The heart is the temple of God. 'If any man defile the temple of God, him shall God destroy' (I Cor. 3:17).

Saint John of Kronstadt, My Life in Christ

OUR LENTEN JOURNEY - HERE WE GO!

The first week of Great Lent is a very special time of renewal and re-dedication of our lives to God. It is the most perfect and natural time for a retreat – as individuals and as a community. It is not meant to be a “holy burden” imposed on our already-too-busy schedules. On the contrary, it can be a real gift from God. Reaping the fruits of this gift, however, will require considerable effort on our part. This effort is the seizing of a wonderful spiritual opportunity which goes far beyond merely fulfilling a “religious obligation.” If you have the slightest doubt about this please ask a friend who has but once tasted the fruits of this blessed week.

What can I do during this special week?

If at all possible, attend matins at daybreak at the very least on the first day. At this service you can especially experience the “bright sadness” which we hear and read about in so many lenten sermons and writings. If you are at home during the daytime, there will be services also scheduled at mid-day. In the evenings, make an effort at least once or twice to attend Great Compline with the Canon of St. Andrew of Crete, which sets the whole tone of our lenten effort. Finally, the Liturgy of the Presanctified Gifts with the reception of Holy Communion is the climax of the weekday services.

Remember, services this week are held many times during the morning, daytime and evening. Not everyone can attend all of them, but most of us can attend some of them.

N.B. The “lenten tone” of worship is used only at the weekday services.

If we come only on Saturday or Sunday or even the final days of Holy Week, we will miss that entire experience.

Our Lenten journey is a spiritual quest and our destination is the Cross, Death and Resurrection of our Lord Jesus Christ. This is our end (which brings new beginnings!) and if we receive spiritual fruits or virtue through this journey, which the Holy Fathers tells us we will, then we are all the more blessed. However, we don't go through Lent solely as a means of gaining benefit for ourselves. This inevitably happens, but we put our focus on Christ and His Passion and Resurrection and by doing so we gain the fruits that come from fasting, prayer, and almsgiving - humility, love, patience, self-control, meekness, kindness - which are the gifts given by the Holy Spirit.

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WOMEN'S LENTEN RETREAT

All women are invited to attend a Lenten retreat March 12-14 at the Greek Orthodox Monastery of St. John the Forerunner in Goldendale Washington. Fr. Paul Jaroslaw will give a talk on "St. Innocent of Alaska and The Way of the Cross." A flyer and more details will follow but for now mark your calendars. As we've done in the years past, we can all carpool together.

ADULT EDUCATION NIGHTS

The Adult Education Saturdays continue to be a success with many benefitting from the fruitful teaching given by Michael Foat on our Holy Fathers and Mothers. Our next teaching will be on Saturday, Feb. 6th at 4pm. These nights are a time for the adults in our parish to receive more education about our Orthodox faith and provide a forum for healthy discussion with question and answers.

As we did in November and December, we will begin the evening with a potluck together at the Chapel at the First Presbyterian Church (where we have Great Vespers). Please bring something to share to eat. So far, Svetlana has volunteered to watch the kids for this Saturday. We need one other caretaker. In the future, if you would like to help babysit kiddos, let Mat. Mary know.

POTLUCK COFFEE HOUR

We will continue having coffee hour potluck style. What a joy it is to break our Sunday fast together, and especially to be able to include our guests! First, thank you for continuing to generously bring food to share with guests and Church family. Please continue to bring something to contribute to the coffee hour (no matter how small), so we have enough food for our guests. If you cannot bring something to coffee hour one week, don't fret. You should not feel that you cannot eat because you didn't bring anything to share that Sunday. Maybe we can't all prepare food each week, but instead we can offer to help in other ways: perhaps fix coffee, sweep the floor, or stack chairs! The meal time is especially important during this phase of our parish life; it's a way to stay connected with each other and strengthen our relationships in Christ as well as to reach out to visitors. It's family time!

Clean-up teams have been updated as follows:

Team Blue - Harvey, Story, Perez, Esch, Follestad

Team Green - Donnor, Campbell, Tregub, Vaganova, Foat/Langston, Virosteck, Domico

Team Orange - Van Denend, Harmon, Beckel, Koehn, Semenak, Miminoshvili, Kakorin, Ayzina

Team Yellow - Ivkin, Watt, Kojenov, Harvison, Knop, Boissonneault

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.



Kitchen Corner

Mussels Marinière

1 cup dry white wine
3 shallots, minced
3 Tbs. margarine or Earth Balance
2 Tbs. finely chopped fresh flat-leaf parsley
1/2 bay leaf
Freshly ground pepper, to taste
2 1/2 lb. mussels, well scrubbed and debearded
Baguette slices for serving

Directions:

In a 3-quart casserole or large stockpot over medium-high heat, combine the wine, shallots, margarine, 1 Tbs. of the parsley, the bay leaf and pepper. Bring to a simmer and cook, uncovered, until the broth is aromatic, 4 to 5 minutes.

Add the mussels, discarding any that do not close to the touch. Cover the pan tightly and steam the mussels until they open, about 5 minutes, shaking the pan occasionally so they cook evenly. Discard any mussels that did not open.

To serve, spoon the mussels into large warmed soup bowls, ladle some of the broth over them, and sprinkle with the remaining 1 Tbs. parsley. Serve immediately, with baguette slices for dipping in the broth.

Serves 2 to 4.