

# Holy Apostles Newsletter

DIOCESE OF THE WEST

ORTHODOX CHURCH IN AMERICA



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## From the Holy Fathers

For Lazarus also, whom the Lord raised up, exuded so fetid an odor that no one could approach his tomb, as a symbol of Adam whose soul exuded such a great stench and was full of blackness and darkness. But you, when you hear about Adam & Lazarus, do not let your mind wander as it were into the mountains, but remain inside within your soul, because you also carry the same wounds, the same smell, the same darkness. Therefore, the passions that he suffered, all of us, who are of Adam's seed, suffer also. For such a suffering has hit us, as Isaiah says: "It is not a wound, nor a bruise, nor an inflamed sore. It is impossible to apply a soothing salve or oil or to make bandages" (Is 1:6). Thus we were wounded with an incurable wound. Only the Lord could heal it. For this he came in his own person because no one of the ancients nor the Law itself nor the prophets were able to heal it. He alone, when he came, healed that sore, the incurable sore of the soul.

Saint Macarius the Great. ✠

## Preparing for His Grace's Visit

**W**here the Bishop is, so is the Church. *St. Ignatius of Antioch.*  
In preparation for Bishop Benjamin's visit, as your pastor, I would like to use this opportunity to inform you about clergy etiquette. When we address clergy in person (Deacons or Priests), we should use the title "Father." Bishops we should address as "Your Grace." Though all Bishops (including Patriarchs) are equal in the Orthodox Church, they do have different administrative duties and honors that accrue to their rank in this sense. Thus, "Your Eminence" is the proper title for Bishops with suffragans or assistant Bishops, Metropolitan, and most Archbishops (among the exceptions to this rule is the Archbishop of Athens, who is addressed as "Your Beatitude"). "Your Beatitude" is the proper title for Patriarchs (except for the Ecumenical Patriarch in Constantinople, who is addressed as "Your All—Holiness"). When we approach an Orthodox Presbyter or Bishop (but not a Deacon), we make a bow by reaching down and touching the floor with our right hand, place our right hand over the left (palms upward), and say: "Bless, Father" (or "Bless, Your Grace," or "Bless, Your Eminence," etc.). The Priest or Bishop then answers, "May the Lord bless you," blesses us with the Sign of the Cross, and places his right hand in our hands. We kiss then his hand.

We should understand that when the Priest or Bishop blesses us, he forms his fingers to represent the Christogram "ICXC" a traditional abbreviation of the Greek words for "Jesus Christ" (i.e., the first and last letters of each of the words "IHC OYC XRICTOC"). Thus, the Priest's blessing is in the Name of Christ, as he emphasizes in his response to the believer's request for a blessing. Other responses to this request are used by many clergy, but the antiquity and symbolism of the tradition which we have presented are compelling arguments for its

use. We should also note that the reason that a lay person kisses the hand of a Priest or Bishop is to show respect to his Apostolic office. More importantly, however, since both hold the Holy Mysteries in their hands during the Divine Liturgy, we show respect to the Holy Eucharist when we kiss their hands. In fact, Saint John Chrysostomos once said that if one were to meet an Orthodox Priest walking along with an Angel, that he should greet the Priest first and kiss his hand, since that hand has touched the Body and Blood of our Lord. For this latter reason, we do not normally kiss the hand of a Deacon. While a Deacon in the Orthodox Church holds the first level of the Priesthood (Deacon, Presbyter, Bishop), his service does not entail blessing the Mysteries. When we take leave of a Priest or Bishop, we should again ask for a blessing, just as we did when we first greeted him...

From Father David Cownie and Presbyter Julia Cownie, *A Guide to Orthodox Life* (Etna, CA: Center for Traditionalist Orthodox Studies, 1996), pp. 90-96.

Dear Brothers and Sisters in Christ, it is a tremendous honor and a great spiritual blessing to be visited by the Bishop. Let us strive to do and be our very best as we prepare to greet His Grace.

P.S. Though clergy are not just "one of the boys," I want to tell you that when the Bishop is here, be yourself, take a deep breath. The Bishop is a real person, quite humorous, and totally approachable.

God be with you,  
Fr. Dimitri ✠

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# Community Forum

## UPCOMING EVENTS

### HIS GRACE'S VISIT

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His Grace, Bishop Benjamin will be visiting the Portland area in March and will be visiting Holy Apostles on March 24th. We will have 7:45 a.m. Matins, followed by the Hierarchical Divine Liturgy of St. John Chrysostom at 9:30 a.m.. After the Liturgy, we will host a special meal for His Grace up in the fellowship hall. Please make every effort to attend! He will be celebrating the Feast of the Annunciation with Holy Annunciation Orthodox Church on the 25th. If you can help in any way with his visit, e.g., buying or preparing food, arranging flowers, or cleaning up after the meal, see Matushka Mary.

In order to properly prepare for His Grace's visit, we will have a 2-hour choir practice on the Monday before (3/19 at 7:00 pm). Please don't miss it if you are a part of the choir.

### OUR NEWEST CATECHUMEN

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Congratulations to Scott (Silouan) Story, our newest member of the Catechumenate who was made a Catechumen on January 28th, 2007 on the Sunday of the Publican and the Pharisee. We pray that our Lord would have mercy upon him, that He may teach him the word of truth; That He may reveal to him the Gospel of righteousness. And in time that He would unite him unto His Holy, Universal, and Apostolic Church. Please pray for Scott that God would protect him during this time and keep him by His grace.

### FRIDAY SOUP SUPPERS

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On Friday evenings during Lent, we will be hosting soup suppers for the parish. Here is the schedule:

Feb. 23 - Perez - soup; Aiello - bread; Meinhardt - fruit OR veggies  
March 2 - No soup supper due to men's retreat  
March 9 - Aiello - soup; Harmon - bread, Watt - fruit OR veggies  
March 16 - Dingman - soup; Harmon - bread; Perez - veggies OR fruit  
March 23 - No soup supper due to His Grace's visit  
March 30 - Donnor - soup; Harmon - bread; Kojenov - fruit OR veggies

### HOLY WEEK SCHEDULE

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**Holy Monday** (4/2): Bridegroom Matins @6:30 a.m.; Presanctified Liturgy @6 p.m.  
**Holy Tuesday** (4/3): Bridegroom Matins @6:30 a.m.; Presanctified Liturgy @6 p.m.  
**Holy Wednesday** (4/4): Bridegroom Matins @6:30 a.m.; Presanctified Liturgy @6 p.m., followed by Unction  
**Holy Thursday** (4/5): Vespers Liturgy of St. Basil w/ foot washing @9 a.m.; Matins/ Twelve Gospels @7p.m.  
**Great & Holy Friday**: Royal Hours @9 a.m.; Vespers @4 p.m., Holy Saturday Matins @7 p.m.  
**Great & Holy Saturday**: Vespers Liturgy of St. Basil @9a.m; Resurrection Vigil @11 p.m., followed by Pascha baskets in fellowship hall.  
**Great & Holy PASCHA**: Agape Vespers @Noon, followed by BBQ/Egg hunt @Kojenov home.

### MEN'S GROUP

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The men will meet after Vespers on Thursday, March 8th. Please make every effort to come to Vespers so that we can begin our fellowship with prayer. ✠

## Kitchen Corner

### Garbanzo-Oat Burgers

Makes 6 small-medium sized burgers

2 tsp. oil (coconut oil is a good one for frying)  
1/2 c. chopped onion  
2 c. rolled oats  
1/2 c. ground nuts  
1 cup canned or cooked garbanzo beans  
3/4 c. water  
3/4 tsp. salt  
2 cloves garlic  
1/4 tsp. celery seed (optional)  
2 leaves sage or 1/4 tsp. dried sage

Heat oil in large skillet over med-high heat. When oil is hot, saute onion for 10 min. or so until tender and browned. Place oats and nuts in a large mixing bowl. Mix and set aside. Process remaining ingredients in blender until creamy. Pour mixture into oat and nut mixture. Add cooked onions and mix. The mixture will be fairly stiff. Allow mixture to rest for 5 minutes so oats absorb liquid. Form into 6 thick patties. Brown in a large oiled skillet, slowly, about 5-7 minutes on each side. Serve on hamburger buns if desired. ✠

# Holy Apostles Schedule

DATE	COFFEE HOUR AGAPE MEAL	COFFEE HOUR CLEAN UP	CHURCH CLEANING TEAM	FLOWERS
<b>MAR 4</b>	Joanna Donnor & team	Aiello & Beckel		Matushka Mary
<b>MAR 11</b>	Beverly Aiello & team	Campbell & Dingman	George & Joanna	Justina Goakey
<b>MAR 18</b>	Thomaida Hudanish & team	Donnor & Farmer		Laura Virosteck
<b>MAR 25</b>	Elena Kojenov & team	Goakey & Harmon	George & Joanna	Matushka Mary
<b>APR 1 (Palm Sunday)</b>	Joanna Donnor & team	Hudanish & Kojenov		Justina Goakey

## **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 March:

March 17/30 St. Patrick, Enlightener of Ireland  
Patrick Phillips

If you do not see your names day listed or if it is listed incorrectly, please contact Joanna Donnor so she can update the list. ❖

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