

St. Mary Protection of the Theotokos Parish

Pokrova-allentown.org 1031 Fullerton Ave, Allentown PA 18102
V. Rev. Anthony Perkins; father.anthony@yahoo.com | 484-232-9423

GLORY TO JESUS CHRIST!

GLORY FOREVER TO GOD!

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СЛАВА ІСУСУ ХРИСТУ!

СЛАВА НАВІКИ БОГУ!



Welcome to the God-loving and God-protected Orthodox Christian parish of *Pokrova* (Protection of the Holy Theotokos or “St. Mary’s”)!

It is a blessing to have you with us today and we encourage you to come back as often as you are able. Like us, you may find that you have found your spiritual home here!

We are a parish of the Ukrainian Orthodox Church of the USA under the Ecumenical Patriarch of Constantinople and our doors and hearts are open to you and your family!

Please visit our website: pokrova-allentown.org and help yourself to the many pamphlets located on the literature racks outside the church. Fr. Anthony would love answering your questions; you can reach him at 484-232-9423, father.anthony@yahoo.com, on Facebook (Douglas Anthony Perkins or facebook.com/pokrova.allentown), or face to face after services.

Handicap parking is available behind the church; regular parking is available on the street and (on Sundays) at Kohut Funeral Home.

Upcoming Services

- Sun of LJ** 3/6 9:00AM Divine Liturgy; Coffee, Church School Spiritually Speaking
***** Last Week of Cheese (Dairy & Eggs every day!) *****
- Wednesday** 3/9 *****NO SERVICE*****
- Saturday** 3/12 9:00AM *****NO DIVINE LITURGY AT ST. MARY’S*****
10:00AM Hierarchical Liturgy & Ordination (SBB, NJ)
6:00PM Great Vespers (CHAPEL)
- Forg. Sunday** 3/13 9:00AM Divine Liturgy; Forgiveness Service
Coffee, Church School
5:00PM Forgiveness Vespers (Northampton)
***** Clean Week (simple Lenten food) *****
- Monday** 3/14 7:00PM Great Canon of St. Andrew
- Tuesday** 3/15 6:15PM Great Canon (at St Nicholas GOC, Bethlehem)
- Wednesday** 3/16 9:00AM Liturgy of the Presanctified Gifts
7:00PM Great Canon of St. Andrew
- Thursday** 3/17 7:00 PM Great Canon of St. Andrew
- Friday** 3/18 7:00 PM Liturgy of the Presanctified Gifts
- Saturday** 3/19 9:00AM Divine Liturgy (CHAPEL)
6:00PM Great Vespers (CHAPEL)
- Sunday of Orthodoxy** 3/20 9:00AM Divine Liturgy; ,Coffee & Church School.
4:00PM Pan-Orthodox Service (GOC in Bethlehem)
- Wednesday** 3/23 5:00PM Liturgy of the Presanctified Gifts
- Friday** 3/25 7:00PM Liturgy of the Presanctified Gifts

Check our website for the full listing of services & activities!!

In Orthodoxy, communion is reserved for those who are members in good standing of an Orthodox parish and who have prepared themselves through prayer and fasting. We would love to have you as a member and communicant here at St. Mary’s - See Fr. Anthony if you would like to join our parish!

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March 4th ; Tone 7, Prodigal (and Elder) Son

Tone 7 Troparion (Resurrection)

By Your Cross You destroyed death. / To the thief You opened Paradise. / For the Myrrhbearers You changed weeping into joy. / And You commanded Your disciples, O Christ God, / to proclaim that You are risen, //granting the world great mercy.

Tone 4 Troparion (Parish Patron/Pokrova)

O Mother of God, sheltered by thy coming / we faithful people today keep feast in joy, / and looking at thy most pure image, / moved to the depths. Of our hearts, we say: / “Protect us with thy precious veil / and deliver us from every ill, / by entreating Christ, thy Son and our God, // to save our souls.

Tone 1 Kontakion (Lenten Triodion)

When You, O God, shall come to earth with glory, / all things shall tremble, / and the river of fire shall flow before Your judgment seat; / the books shall be opened, and the hidden things disclosed; / then deliver me from the unquenchable fire, // and make me worthy to stand at Your right hand, O Righteous Judge!

Tone 2 Kontakion (Parish Patron/Pokrova)

The Choirs of Saints and the Virgin / stand in church praying to God for us. / Angels and hierarchs bow in adoration, / Apostles and Prophets all rejoice / in thee, O Mother of God, // who for us prays to God Eternal.

Prokeimenon Tone 3 (Psalm 146:5,1)

Great is our Lord, and abundant in power, His understanding is beyond measure.
v: Praise the Lord! For it is good to sing praises to our God! (Ps 146/147:1)

Epistle: 1 Corinthians 8:8-9:2. Summary: life is about serving others, not ourselves.

Alleluia, Alleluia, Alleluia! (Ps. 94:1,3)

v: Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior!

v: For the Lord is a great God and a great King over all the earth.

Gospel: St. Luke 15:11-32. Summary: Minister to Christ by serving the needs of the poor and needy around you.

On Next Week's Service of Mutual Forgiveness

Fr. Stephen Freeman (Glory to God for All Things blog)

Orthodox Christians make a beginning of their Lenten discipline with the forgiving of everyone for everything (theoretically). This is expressed in the rite of forgiveness which is part of Vespers on the Sunday of Cheesefare. The ritual expression of forgiveness can easily and often be little more than a ritual. It reminds us of the need to forgive, but does not, on its own, achieve what it expresses. This should not be surprising – forgiveness is perhaps the most difficult spiritual undertaking. I believe the reason for this is clear: to forgive is to endure shame.

The experience of shame (how I feel about who I am) is easily the most vulnerable point of encounter in our lives. Generally, we cover our shame with any number of layers of protective identity. How we dress, how we speak, how we engage our emotions, how we use our bodies and especially our faces: all of these have a primary purpose of shielding the most vulnerable aspect of our existence. It is only in the safest places with the safest people that our guard is dropped, and we allow a level of naked vulnerability. Most of this operates on an unconscious level. We are armed at all times to shield ourselves from any assault on that vulnerability.

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Every time I have written about forgiveness, particularly forgiving everyone for everything, there is an immediate push back. Our collective vulnerability refuses to allow such an affront. We immediately raise objections and issue caveats. Our shame cries out, “Protect me!” We absolutely want to hide our faces from the spitting and the shame. And, as such, we do not want to take up our Cross and follow Christ. We will give many reasons and plead the extenuating circumstances, but they all revolve around the vulnerability of our shame.

Thus, at the beginning of our Lenten journey, the Church invites us into the shame of the Cross. It can only invite, because the Cross can only be born voluntarily. Christ did not come to crucify humanity, but that through voluntarily sharing in His crucifixion we might have His life. And so, we see the ritualized forgiveness of that first Lenten Vespers. It is indeed “bearing a little shame.” We are made more comfortable and courageous by the crowd who share in the same

action and by the fact that those of whom we ask forgiveness, will themselves ask forgiveness of us as well.

I have seen, over the years of my Orthodox experience, that every year some few persons within a congregation who will clearly avoid participating in this service. They may bear wounds of shame that are too painful to expose. Some simply find the whole thing embarrassing in the extreme and may describe it as "silly." That, of course, is the voice of shame. But this also has to be respected. What we are invited into can only be voluntary. Great Lent is not, and must not be, the Church's efforts to shame us. For this reason, we see in the pre-Lenten Sundays images of those who voluntarily bear their shame (Zacchaeus, the Publican, the Prodigal Son) being welcomed in safety. We are being assured that God will not use our weakness to destroy us.

Forgive me, my brothers and sisters.....

SUNDAY OF ORTHODOXY PAN-ORTHODOX VESPERS 4PM on 3/20

As an expression of our love and unity, the Orthodox Christians of the Lehigh Valley will gather for a Pan-Orthodox Vespers service marking the Sunday of the Triumph of Orthodoxy at St. Nicholas Greek Orthodox Cathedral in Bethlehem. Our special speaker will be the V. Rev. Archpriest Anthony Perkins; "THE TRIUMPH OF ORTHODOXY: ICONS AS THE ANTIDOTE TO ICONOCLASTIC SECULARISM". A Lenten Potluck in the parish hall will follow (please consider bringing a dish to share).

(Choir practice for the service will be held Mar. 6 at 2pm at the same church. All singers are welcome!)

PAN-ORTHODOX LENTEN VESPERS/DIVINE LITURGY SCHEDULE

- 3/27 4PM Assumption of Virgin Mary, 1301 Newport Ave, Northampton, PA
- 4/3 4PM LOCATION TBD
- 4/9 9AM All Souls Divine Liturgy, St. Paul AOC in Emmaus, PA
- 4/10 4PM St Matthew's Greek Orthodox Church, Allentown Pike, Blandon, PA
- 4/17 4PM St Mary's Protection Ukrainian, Fullerton Avenue, Allentown!

Parish News and Events

ANNUAL MEETING: 4/3 AFTER DIVINE LITURGY

Starting in April, **St. Mary's will be sponsoring a Grief Support Group.** More details to follow (see our website if you would like more information now).

There will be NO DIVINE LITURGY next Saturday morning. Instead, everyone is invited to attend the Hierarchical Liturgy & Ordination in South Bound Brook (10AM, St. Andrew's Memorial Church).

Flash Frozen Potato Perohi are available for purchase in our kitchen!

We will have a **KITCHEN SESSION** on March 26th.

Assumption UOC (Northampton) has invited us to their Lenten Retreat on 3/13. Fr. Anthony will speak on "The Spirituality of the Book of Revelation". Retreat 2-4PM; Forgiveness Vespers 5PM; Repentance Service 6PM.

We've scheduled morning and evening services throughout Great Lent, Holy Week, and for Pascha in hopes of giving everyone and opportunity to participate. **UOL Lenten Retreat, Saturday 4/2, 395 Bridle Path Road.** This year Dr. Natalie Bilynsky and Fr. Anthony Perkins will talk about the challenges we all face throughout life and how Orthodoxy can help us respond to them. Fr. Mark Leasure will be bringing the myrrh-streaming Icon of the *Karidiotissa* for participants to venerate. Registration forms are available in the hall.

Wolodymyr Katolik (from Phily) is organizing a **Paschal trip to the Holy Land to experience the miraculous Paschal fire.** 215-531-0538.

Spiritually Speaking (every other Sunday after Coffee Hour in the Social Hall):
3/6 Carrie Frost, PhD "Women and Motherhood in Orthodoxy"
3/20 "The Structure and Beauty of the Presanctified Liturgy"
4/17 "Q & A on Lent, Life, and Everything"

St. Mary's Seniors: Pre-Lenten Lunch; 3/13, 11AM Red Lobster; 3/23 Hoagies
St. Mary's Ukrainian Dance Group: Every Wednesday @6:30 in the Social Hall

Reading and Greeter Schedule

Today's Epistle Reader: Alex Mackiewicz ; Next Week: Richard Bodner
Today's Greeters: Eleanor Fox & Katherine Kramer;
Next Week: Judy Miller & Vera Muzychka

Let Fr. Anthony know if you would like to be added to the schedule!