

St. Mary Protection of the Theotokos Parish

Pokrova-allentown.org 1031 Fullerton Ave, Allentown PA 18102
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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

- 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 Parish Vigil (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
- Saturday** 3/26 *** NO MORNING LITURGY ***
6:00PM Parish Vigil (CHAPEL)
- Sunday (Palamas)** 3/27 9:00AM Divine Liturgy; Coffee, Church School.
4:00PM Pan-Orthodox Service (UOC, Northampton)
- Wednesday** 3/30 9:00AM Liturgy of the Presanctified Gifts
- Friday** 4/1 7:00PM Liturgy of the Presanctified Gifts
- Saturday** 4/2 *** NO SERVICES AT ST MARY’S ***
UOL RETREAT IN BETHLEHEM

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 13th ; Tone 8, Expulsion from Paradise

Tone 8 Troparion (Resurrection)

You descended from on high, O Merciful One! / You accepted the three day burial to free us from our sufferings! // O Lord, our Life and Resurrection, glory to You!

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 6 Kontakion (Lenten Triodion)

O Master, Teacher of wisdom, / Bestower of virtue, / Who teaches the thoughtless and protects the poor, / strengthen and enlighten my heart! / O Word of the Father, / let me not restrain my mouth from crying to You: / "Have mercy on me, a transgressor, // O merciful Lord!"

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 8 (Psalm 75:11,1)

Pray and make your vows before the Lord, our God!

v: In Judah God is known; His name is great in Israel. (Ps 75/76:1)

Epistle: Romans 13:11-14:4. Let's get busy being good (and stop nitpicking others).

Alleluia, Alleluia, Alleluia! (Ps. 91:1,2)

v. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High.

v. to declare Your mercy in the morning, and Your truth by night.

Gospel: St. Matthew 6:14-21. Summary: It's really important to forgive other people. Give your heart over to things that are good and eternal (like God and love).

Forgiveness for All the Sundays to Come

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

I do not pray for these alone, but also for those who will believe in Me through their word; (John17:20-21)

The Elder Sophrony, together with St. Silouan, wrote about the "whole Adam." By this, they meant all the human beings who have ever existed and those yet to come. They were, for them, something known in the present tense, a "hypostatic" (the term Sophrony preferred) knowledge of the fundamental unity of the human race. He described it as a necessary component in the Christian life of prayer. We have not been taught to pray, "My Father," but "Our."

This primal unity is completely present in Christ. His death on the Cross is not His alone – He dies the death of every single human being – bearing the sins of all. The insight of the saints tells us that this same reality must be ours as well. Christ has not done something for us in our absence. The Cross He endured is the same Cross He invites us to take up. And that Cross is also a universal Cross (the Cross of the whole Adam). We do not go there only for our own death, but for the death of everyone (and thus the resurrection of all).

The privatization of our religious faith has obscured this fundamental reality. We hear the command of Christ as directed solely to ourselves as a private matter. But the nature of that Cross includes its universal aspect. The Cross cannot bear my sins if it does not bear the sins of all. It is one of the primary meanings of Christ's title, the "Second Adam." For He is not a mere repeat of the First, but the recapitulation of all, just as the First Adam was the head of all. (Romans 5:18-19)

I am often aware of the burden of sin that we inherit (ancestral sin). Most of the problems that infect the world are not of this generations' making (as is always true). We do not enter the world as a blank slate. Our DNA, our cultural inheritance, the vast sum of what will be our existence is given to us in a deck that has already been stacked. As Fr. Alexander Schmemmann once said the spiritual life consists in "how we deal with what we've been dealt." And it is even more complex than that. We are sitting at a table in which every hand in play has this same givenness. We are all playing in a game that we might not have chosen for ourselves.

I am also growing ever more aware of those who will come after me. As a grandfather, I observe the inevitable inheritance within my own family, to say nothing of the world they will inherit. When I think of the generations to come my mind is also drawn to the vast multitude of the unborn who have been willfully destroyed. It is blood spilt that staggers our ability to comprehend. Worldwide, the number is between 25-40 million per year. It is nearly the same number of deaths per year as Stalin managed to accrue in a lifetime. This is a bitter planet, and one that does not give much thought to such things.

But when we pray as the whole Adam, then we must give thought to all of these things. Is it any wonder that the Church teaches us to cry out, "Lord, have mercy!" over and over again? I think of the advice given to Raskolnikov, the axe-murderer in Crime and Punishment. After confessing his crime to Sonya the prostitute we read:

"Well, what to do now, tell me!" he said, suddenly raising his head and looking at her, his face hideously distorted by despair.

"What to do!" she exclaimed, suddenly jumping up from her place, and her eyes, still full of tears, suddenly flashed. "Stand up!" (She seized him by the shoulder; he rose, looking at her almost in amazement.) "Go now, this minute, stand in the crossroads, bow down, and first kiss the earth you've defiled, then bow to the whole world, on all four sides, and say aloud to everyone: 'I have killed!' Then God will send you life again. Will you go? Will you go?" she kept asking him, all trembling as if in a fit, seizing both his hands, squeezing them tightly in her own, and looking at him with fiery eyes.

He was amazed and even struck by her sudden ecstasy. "So it's hard labor, is it, Sonya? I must go and denounce myself?" he asked gloomily.

"Accept suffering and redeem yourself by it, that's what you must do."

We take a burden far greater than Raskolnikov's into Great Lent. Bow down, kiss the earth you have defiled, then bow to the whole world, on all four sides, and say aloud: "Forgive me!"

Parish News and Events

ANNUAL MEETING: 4/3 AFTER DIVINE LITURGY

St. Mary's is sponsoring a Grief Support Group. Tuesdays. 6:30PM – 8:00PM in the Library. The cost is free. For more information or registration, please call Joe Truchan at 610-262-3251. **We ask for your prayers for this important ministry.** Please spread the word!

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 this afternoon. Fr. Anthony will speak on "The Spirituality of the Book of Revelation". Retreat 2-4PM; Forgiveness Vespers 5PM; Repentance 6PM.

We've scheduled morning and evening services throughout Great Lent, Holy Week, and for Pascha in hopes of giving everyone an 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 Philly) 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):
3/20 "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: Richard Bodner; Next Week: Robin Bodner

Today's Greeters: Judy Miller & Vera Muzychka;

Next Week: Richard & Carolyn Rosko

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