

# St. Mary Protection of the Theotokos Parish

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**GLORY TO JESUS CHRIST!  
GLORIFY FOREVER!**

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## Science says lasting relationships come down to kindness and generosity.

Contempt, scientists have found, is the number one factor that tears couples apart. People who are focused on criticizing their partners miss a whopping 50 percent of positive things their partners are doing and they see negativity when it's not there. People who give their partner the cold shoulder—deliberately ignoring the partner or responding minimally—damage the relationship by making their partner feel worthless and invisible, as if they're not there, not valued.

Kindness, on the other hand, glues couples together. Other research has shown that kindness (along with emotional stability) is the most important predictor of satisfaction and stability in a marriage. Kindness makes each partner feel cared for, understood, and validated—feel loved. There's [also] a great deal of evidence showing the more someone receives or witnesses kindness, the more they will be kind themselves, which leads to upward spirals of love and generosity in a relationship.

*There are two ways to think about kindness. You can think about it as a fixed trait: either you have it or you don't. Or you could think of kindness as a muscle. In some people, that muscle is naturally stronger than in others, but it can grow stronger in everyone with exercise.*

Neglect, on the other hand, requires little effort, but it creates distance between partners and breeds resentment in the one who is being ignored.

The hardest time to practice kindness is, of course, when we disagree—but this is also the most important time to be kind. Letting contempt and aggression spiral out of control during a conflict can inflict irrevocable damage on a relationship. "Kindness doesn't mean that we don't express our anger," Julie Gottman explained, "but the kindness informs how we choose to express the anger. You can throw spears at your partner. Or you can explain why you're hurt and angry, and that's the kinder path."

From *The Atlantic* (June 12, 2014; <https://www.theatlantic.com/>)

# Upcoming Worship Schedule

<b>Sunday</b>	2/19	9:00AM	Divine Liturgy of Last Judgment Son (Meatfare) *** FASTING FROM MEAT WEEK ***
<b>Saturday</b>	2/25	4:00PM	Cathedral Vigil (Chapel)
<b>Sunday</b>	2/26	9:00AM	Divine Liturgy of Forgiveness (Cheesefare); Service of Forgiveness *** GREAT LENT BEGINS ***
<b>Monday</b>	2/27	7:00PM	Great Canon of St. Andrew
<b>Tuesday</b>	2/28	7:00PM	Great Canon of St. Andrew
<b>Wednesday</b>	3/1		*** NO SERVICES (NOTE CHANGE) ***
<b>Thursday</b>	3/2		*** NO SERVICES (NOTE CHANGE) ***
<b>Friday</b>	3/3	10:00AM	Presanctified Liturgy
<b>Saturday</b>	3/4	4:00PM	Parish Vigil
<b>Sunday</b>	3/5	9:00PM	Divine Liturgy, Sunday of Orthodoxy
		4:00PM	Pan-Orthodox Vespers & Meal (here!)
<b>Wednesday</b>	3/8	7:00PM	Presanctified Liturgy
<b>Friday</b>	3/10	10:00AM	Presanctified Liturgy
<b>Saturday</b>	3/11		NO SERVICE HERE (Building & Altar Consecration in MD)

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

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## Adult Education

**Sundays (11AM).** Our "Spiritually Speaking" series meets the first Sunday of each month after coffee hour. On 3/5 we will have a guest speaker, Daria Pishko!

**Wednesdays (7PM).** We are continuing our journey through the Old Testament. Last week, we some miracles in the desert. This week, we will talk about Jethro's advice on governing and the miracle on Sinai.

**Saturdays (3:30PM).** We are working on basic skills and music for upcoming (non-choir) services (to include Lenten & Holy Week music). Come early (3PM) and you can help prepare the Vigil books and bulletins!

**Thursdays (10AM).** This Thursday our home discussion group will meet at Judy Miller's house (5936 Limeport Pike, Coopersburg) to enjoy a light breakfast, good company, and conversation about the readings for forgiveness Sunday (and whatever else comes up!).

Welcome to the God-loving and God-protected Orthodox Christian parish of *Pokrova* (“St. Mary 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 (and a wonderful home, it is)!

**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, your family, and your friends!**

## February 19<sup>th</sup>; Sunday of the Last Judgment

### The Order of Worship

*(A more complete version is found in the black prayer book in the pews)*

**Blessed is the Kingdom .... Amen.** Heaven and earth are joined in praise of God.

**Great Litany.** Prayers of supplication to God w/ refrain “Lord have mercy!”

**Psalm 102.** The Psalms are the greatest hymns of the Church. It is followed by a Small Litany (“Again and again...”).

**Psalm 145 & “Only Begotten Son”.** This psalm and song remind us why we are here. It is followed by a Small Litany (“Again and again...”)

**The Beatitudes.** The wisdom of the Logos offered in song – beautiful consolation. We take on the virtues of and in Christ to become “blessed.”

**The Little Entrance/Gospel Entrance.** This symbolizes Christ coming from heaven into the world. We can kiss the Gospel (an icon of “The Word”) in celebration saying; “Christ is in our midst” “He is and shall be!” “*Khristos Posered Nas*” “*I Ye I Budet*”

**Hymns for Today.** As with all the music, everyone is encouraged to sing along!

**Tone 2 Tropar** (*Resurrection*)

When You descended to death, O Life Immortal, / You destroyed hell with the splendor of Your Godhead. / And when from the depths You raised the dead, / all the powers of heaven cried out: // “O Giver of life, Christ our God, glory to You!”

**Tone 1 Tropar** (*Meeting of Our Lord*)

Rejoice, O Virgin Theotokos, Full of Grace! / From you shone the Sun of Righteousness, Christ our God, / enlightening those who sat in darkness. / Rejoice and be glad, O righteous Elder, / you accepted in your arms the Redeemer of our souls, // Who grants us the Resurrection!

**Tone 4 Tropar** (*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 Kondak** (*from the 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 1 Kondak** (*Meeting of Our Lord*)

By Your Nativity You sanctified the Virgin’s womb / and blessed Simeon’s hands, ^O Christ God. / Now You have come and saved us through love. / Grant peace to all Orthodox Christians, // O only Lover of Man!

**Tone 2 Kondak** (*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.

**Holy God, Holy Mighty, Holy Immortal.** All creation proclaims God’s glory.

**Prokimen** (*Tone 3; Ps. 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!

**Prokimen** (*Tone 3; Lk 1:46-47*)

My soul magnifies the Lord, and my spirit rejoices in God my Savior.

**Epistle:** 1 Corinthians 8:8-9:2

**Alleluia, Alleluia, Alleluia!** (*Ps 94:1,3; Lk 2:29*)

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.*

v: *Lord, now let Your servant depart in peace, according to Your word, for my eyes have seen Your salvation!*

**Gospel:** Matthew 25:31-46. Children are encouraged to come up front; “Let the little children come unto me.” (Matthew 19:14)

**Litanies for the Faithful and for the Catechumens.** Catechumens are Christians preparing to enter into the Mysteries of the Orthodox Church.

**The Great Entrance.** The priest brings out the bread and wine that will become the Body and Blood of Christ. The children are welcome and encouraged to line the aisle.

**The Last Supper and Consecration of the Gifts.** We either stand or, as is customary among many Ukrainian Orthodox, kneel during this portion of the service.

**Hymn to the Birthgiver of God, Mary.** Along with all the saints, we remember the Mother of God after the *Epiclesis* (calling of the Holy Spirit).

**Litany of Preparation. Lord’s Prayer.** The prayer Jesus Christ taught us to pray.

**Communion of the Faithful.** Communion is reserved for those who are members of an Orthodox parish and have prepared themselves through prayer, fasting, and regular confession. All are invited to join this parish and commune with us!

**Post-Communion Prayers, Dismissal & Distribution of the Blessed Bread.**

## Parish News and Events

**Today the Jr UOL is going bowling!!!**

**Parishioner end of the year statements** of donations/contributions and dues owed are completed for you to pick up from Judy Miller.

The **St. Mary's Seniors** hoagies on 2/22; Red Lobster on 2/26 at 11AM.

**The Grief Support Group** meets at 6:30PM on Tuesdays in the Hall. See Joe Truchan or Vera Muzychka.

**If you are ill and could use some help or a visit** (or know someone else who could), please contact the parish care group leader, Robin Bodnar.

**The St. Michael's Men's Auxiliary is looking for work!** If you have something you could use help with (or know of someone who does), please contact the group leader, Joe Zimmerman. Ditto if you would like a ride to/from church or would like to help get people to/from church.

The next **Parish Board Meeting** will be on 2/20 6:30.

Our **Ukrainian Dance Group** meets on Wednesday evenings from 6:30-8:00PM.

**For your calendar:** we are hosting the **Sunday of Orthodoxy** on 3/5! There will be a **choir practice** for this service today (2PM) at St. Nicholas (OCA; 980 Bridle Path Rd Bethlehem, PA. 18017) on 2/19 (NOTE: the time changed).

**St. Tikhon's Seminary Choir Concert.** Today, 6:30 p.m. St. Nicholas Greek Orthodox Church (Union Blvd, Bethlehem).

We are hosting the **Sunday of Orthodoxy** service on Sunday March 5th at 4PM and hosting a Lenten meal afterwards.

**UOC Lenten Retreat.** April 1st at the St. Francis Center for Renewal (395 Bridal Path Road in Bethlehem). Contact Natalie or Oleh Bilynsky (610-892-7315 or nsufler@aol.com) for more information.

**Hierarchical Liturgy & Miraculous Taylor Icon of the Mother of God.** St. Andrew's Memorial Church in S. Bound Brook. February 25th at 9:45AM

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### Reading and Greeter Schedule

Date	Epistle Schedule	Greeters
2/19	Dennis Ritter	Richard Rosko
2/26	Joseph Truchan	Eleanor Fox

**Please let Fr. Anthony know if you will not be able to greet/read and cannot find a replacement. Also let him know if you would like to be added to the schedule.**

## Today's Scripture Readings

**Epistle:** 1 Corinthians 8:8-9:2 (The Message paraphrase version)

Fortunately God doesn't grade us on our diet. We're neither commended when we clean our plate nor reprimanded when we just can't stomach it. But God does care when you use your freedom carelessly in a way that leads a fellow believer still vulnerable to those old associations to be thrown off track.

For instance, say you flaunt your freedom by going to a banquet thrown in honor of idols, where the main course is meat sacrificed to idols. Isn't there great danger if someone still struggling over this issue, someone who looks up to you as knowledgeable and mature, sees you go into that banquet? The danger is that he will become terribly confused—maybe even to the point of getting mixed up himself in what his conscience tells him is wrong. Christ gave up his life for that person. Wouldn't you at least be willing to give up going to dinner for him—because, as you say, it doesn't really make any difference? But it does make a difference if you hurt your friend terribly, risking his eternal ruin! When you hurt your friend, you hurt Christ. A free meal here and there isn't worth it at the cost of even one of these "weak ones." So, never go to these idol-tainted meals if there's any chance it will trip up one of your brothers or sisters.

And don't tell me that I have no authority to write like this. I'm perfectly free to do this—isn't that obvious? Haven't I been given a job to do? Wasn't I commissioned to this work in a face-to-face meeting with Jesus, our Master? Aren't you yourselves proof of the good work that I've done for the Master? Even if no one else admits the authority of my commission, you can't deny it. Why, my work with you is living proof of my authority!

**Gospel:** Matthew 25:31-46. The Message paraphrase version.

When he finally arrives, blazing in beauty and all his angels with him, the Son of Man will take his place on his glorious throne. Then all the nations will be arranged before him and he will sort the people out, much as a shepherd sorts out sheep and goats, putting sheep to his right and goats to his left.... Then those 'goats' will be herded to their eternal doom, but the 'sheep' to their eternal reward."