



SAINT ELIAS

ANTIOCHIAN ORTHODOX CHURCH

408 E. 11TH STREET • AUSTIN, TX 78701

(512) 476-2314

www.sainteliaschurch.org

VERY REVEREND FATHER DAVID G. BARR, PASTOR
REVEREND FATHER DAVID LEWIS, ASSISTANT PASTOR
VERY REVEREND FATHER TRAIAN BUICAN
REVEREND DEACON NIKETAS SANDERS
SUBDEACON JOHN SEABOLT-DOTY

SUNDAY, MARCH 1, 2009

FORGIVENESS OR CHEESE FARE SUNDAY

Venerable-martyr Eudokia of Heliopolis; Venerable Domnina of Syria; Martyrs Markellos and Anthony of Pamphylia; Venerable Agapios of Vatopedi monastery on Athos; Venerable David of Wales, bishop of Menevia

Tone 4

Eothinon 4

WELCOME...to all our visitors worshipping with us!

Please be sure to fill out a Visitor's Card and drop it in the collection plate (or give it to a greeter). And we would like you to be our guest downstairs in the Fellowship Hall for coffee and refreshments after the service is over this morning. We look forward to meeting you and welcoming you personally to Saint Elias. *We're glad you're here!*

Parish Office Hours:

Tuesday–Friday	10:00 AM–3:00 PM
Church Office email:	stelias_austin@sbcglobal.net
Bulletin Deadline:	Thursday at 10:00 AM
Fr. David Barr's email:	frdavidbarr@sbcglobal.net
Fr. Dave Lewis' email:	frdavelewis@sbcglobal.net

Check out www.sainteliaschurch.org for information!

Our web page has updated messages and calendars as well as downloadable versions of current and past Sunday bulletins. Check it out!

Sacraments: Baptism, Matrimony, Adult Initiation

Contact the Church Office and set up an appointment with the Pastor to discuss the arrangements for these sacraments.

Become a Member of St. Elias

We would love to have you be a part of our community! Please talk to the Pastor or call the Church Office to get an information packet on becoming a member of the parish.

Pastoral Care of the Sick

Please call the Parish Office with names of the sick and hospitalized of the parish so they can receive proper pastoral care.

Times for Confession:

Confessions are heard on Sunday mornings at least 15 minutes prior to the Sunday morning Divine Liturgies, before or after Vespers on Wednesday evenings, on Saturday evenings following Great Vespers and by appointment during the week. To indicate your desire to go to Confession on Sunday morning before liturgy, come to the front right pew and wait for the priest

THE DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

8:30 AM Liturgy: Congregational Singing

We will be using the Congregational Liturgy books found in the pews this morning for the 8:30 AM Divine Liturgy. Check the Early Liturgy supplement for music for the Troparia of the day.

10:30 AM Liturgy: St. Elias Choir

The Divine Liturgy begins in the red Service Book on page 91. When we reach the point in the service for Antiphons and hymns, the ones for today's service are listed below and on the next page.

1st Antiphon — page 94

It is good to give praise unto the Lord, and to chant unto Thy name, O Most High.

Through the intercessions of the Theotokos, O Saviour, save us.

To proclaim in the morning Thy mercy, and Thy truth by night.

Through the intercessions of the Theotokos, O Saviour, save us.

Upright is the Lord our God, and there is no unrighteousness in Him.

Through the intercessions of the Theotokos, O Saviour, save us.

Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

Through the intercessions of the Theotokos, O Saviour, save us.

2nd Antiphon — page 95

The Lord is King, He is clothed with majesty; the Lord is clothed with strength and He hath girt Himself.

O Son of God who art risen from the dead, save us who sing to Thee: Alleluia!
For He established the world which shall not be shaken.

O Son of God who art risen from the dead, save us who sing to Thee: Alleluia!
Holiness becometh Thy house, O Lord, unto length of days.

O Son of God who art risen from the dead, save us who sing to Thee: Alleluia!
Glory to the Father and to the Son and to the Holy Spirit, both now and ever, and unto ages of ages. Amen.

and “Only-begotten Son...” — page 95

3rd Antiphon: Troparion of the Resurrection, Tone 4 – page 96:

Having learned the joyful proclamation of the resurrection from the angel, the women disciples of the Lord cast from them the ancestral

condemnation, and gladly told the news to the disciples, saying: Death hath been spoiled. Christ God is risen, granting the world great mercy.

The Daily Hymns — page 98:

Troparion of the Resurrection (Tone 4)

Having learned the joyful proclamation of the resurrection from the angel, the women disciples of the Lord cast from them the ancestral condemnation, and gladly told the news to the disciples, saying: Death hath been spoiled. Christ God is risen, granting the world great mercy.

Troparion of the Prophet Elias (Tone 4)

O angelic of body, pillar of the Prophets and their cornerstone, the forerunner of the Second Coming of Christ, the venerable and glorious Elias, thou didst send grace from on high to Elisha to dispel sicknesses and to purify lepers. Wherefore, he ever overfloweth with healing to those who honor him.

Kontakion for the Sunday of Cheese Fare (Tone 6):

Teacher of wisdom, Bestower of virtue, who teachest the thoughtless and protectest the poor: Strengthen and enlighten my heart, O Master. Give me word, O Word of the Father, for behold my lips will not be restrained from crying to thee: Have mercy on me, the transgressor, O merciful Lord.

Prokeimenon in Tone 3 (from Psalm 47)

Sing praises to our God, sing praises; sing praises to our King, sing praises.

Clap your hands, all ye nations; shout unto God with a voice of rejoicing.

The Reading is from the Epistle of the Holy Apostle Paul to the Romans 13:11—14:4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are

you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

Alleluia Verses (from Psalm 91)

It is good to give praise unto the Lord, and to chant unto Thy name, O Most High.

To proclaim in the morning Thy mercy, and Thy truth by night.

The Holy Gospel — St. Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you openly.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasure in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

The Sermon: Fr. David Lewis

Today's Commemorations

Holy Bread is offered today by Vasiliki Oldziej in memory of her mother and father, Nicholas' grandparents, Katherine and Nicholas. May their memory be eternal!

Departed remembered from the Parish Dyptichs: for the repose of Ed A. Towell (+3/2/1956), Bertha John Balagia (+3/3/1966), Jack Nik Couravallos (+3/7/1970). These names come from the parish dyptichs—the record of those who have been buried from St. Elias. May their memory be eternal!

At the Divine Liturgy during the Great Entrance, we normally commemorate only Orthodox Christians by name among the living and departed since this is the Church praying for the Church. Non-Orthodox are remembered liturgically in prayers at Vespers and other intercessory services of the Church.

On Receiving Holy Communion in the Orthodox Church:

Only Orthodox Christians who are prepared through prayer, fasting, and a recent sacramental confession should approach the Chalice for the Eucharist. The Orthodox Church does not practice "open communion" and has no intercommunion with other churches (non-Orthodox). If you have any questions concerning this, please talk to one of the priests before taking communion.

And Remember...

...to receive Holy Communion, one should be present at the Divine Liturgy no later than the time for the Epistle and Gospel readings. We must feed our minds and our hearts as part of the Orthodox Christian life.

Trisagion Prayers for the Departed...

Prayers are requested for Vasiliki Oldziej's mother and father, Nicholas' Grandparents, Katherine (40 days) and her Father Nicholas (19 years). May their memory be eternal!

ANNOUNCEMENTS FOR SUNDAY, MARCH 1

March is Ladies Month at St. Elias

During the month of March, the ladies will read the epistle readings and serve as ushers and greeters. Thanks to the women of our parish who are active in ministry throughout the year! Today's Epistle is read by Geri Farman at the 8:30 Liturgy and by Tatiana and Tanya Nikolova-Houston at the 10:30 Liturgy.

Our Greeters this morning are...

... Martha Dent at 8:30 and Terri Ross at 10:30 AM. Thanks for performing this vital ministry in the church.

Please Join us for Lunch!

...in the Church Hall after the Liturgy. Today's luncheon is provided by the Church School. All proceeds will go to Food for Hungry People.

Last Day to Eat Dairy Products!!!

This is Cheesefare Sunday—the last day to eat dairy products as we prepare for the Great Fast of Lent (last Sunday we said farewell to meat). So, finish cleaning out your refrigerator from dairy products today as we prepare for Great Lent and Christ's Holy Resurrection.

Lenten Services This Week:

Tonight at 6:00 PM — Forgiveness Vespers

We will have Forgiveness Vespers with the Rite of Forgiveness at 6:00 PM this evening as we begin the Lenten Fast and our journey to Christ's Resurrection.

Monday—Pure Monday Retreat

10:00 AM — Orthros at Transfiguration Greek Orthodox Church, followed by remarks by Fr. David Barr.

7:00 PM — Great Compline at St. Elias followed by remarks by Fr. Jordan Brown.

Wednesday at 6:30 PM — Presanctified at St. Elias

Every Wednesday evening during Great Lent we celebrate the Presanctified Liturgy. These Liturgies will begin at 6:30 PM, followed by a Lenten Pot Luck dinner after each service.

Friday at 7:00 PM — Akathist (Madayeh)

During the first five weeks of Great Lent, we will have the Akathist (Madayeh) Service (Supplications to the Theotokos) on Friday nights.

Bring Your Icons Next Sunday for the Procession

Bring icons for your children to carry in the procession around the inside of the church for the Sunday of Orthodoxy on next Sunday morning. The children will follow the clergy in procession around the church as we proclaim the victory of Orthodoxy over iconoclasm.

How Will You Keep the Lenten Fast?

Read the pamphlet on the table in the Narthex which offers you the guidelines for fasting. If you have questions about the fast, or find it difficult to keep, talk to Fr. David. He will help you come up with something that keeps the spirit of

the fast and will “work for you”. Remember, the Lenten Fast is an important part of Orthodox spirituality—and should be a part of your Great Lent!

Food at Lenten Coffee Hour & Lenten Pot Luck Dinners

During the Great Fast, all food offered at the Church must meet Orthodox fasting regulations. That means no meat, fish, or dairy in foods on any day of the week and no oil or wine at Wednesday Pot Lucks. We want to be sure that whatever we serve at the Church during Great Lent doesn't scandalize anyone or cause any confusion in our community (*see Rom. 13:11-14:14*). Thanks for your help.

LOOKING TO GREAT LENT:

2009 Alms Boxes

This year, we will have both the Food for Hungry People and the Orthodox Christian Missions Center Alms Boxes for Great Lent. Take one or both and fill with your Lenten alms to help do the work of the Church throughout the world. The OCMC Alms boxes are a great aid in helping spread the good news in Africa and other places throughout the world.

Confessions as a part of Great Lent

Every member of St. Elias is expected to participate in the sacrament of Confession at least once during the Great Fast. Confession is the beginning of repentance, and repentance is the lifestyle we embrace as Orthodox Christians. Please let the parish priest (Fr. David) know if you have a confessor outside of the parish. *You should go to Confession during Lent if you plan to receive Holy Unction on Holy Wednesday and Holy Communion at Pascha.*

Great Lent 2009 Schedules Available

Pick up a Schedule for Great Lent 2009 from the table in the Narthex this morning so that you can plan to fully participate in the liturgical life of the Church during the holy season of Great Lent.

Great Lent Fasting Guide!

There is a Guide to Fasting and Abstinence in the Orthodox Church in the pamphlet rack in the Narthex of the Church. This is an aid for you in your preparation for the Great Fast. If you have any questions on fasting or how to keep the fast in your home, please talk to Father David.

Sack lunch project

Sponsored by the Fellowship of St. John the Divine

Donations are needed to re-furbish our supply of sack lunches for the homeless. Here's what we need: Brown paper bags, Non-perishable snacks such as: Granola bars, energy bars, Vienna sausage or other canned meat, fruit cups, small bottled and canned juice/juice boxes (cans must not require can opener). Please bring your items and place them in the social hall with a note attached that they are for this project. Many of these items can be purchased in large quantities at very low prices at Wal-Mart, Sam's or Costco. We'd like to get the donations in this month and set up a date for assembly as soon as we can.

Clean Monday Retreat

The Transfiguration and St. Elias church will
celebrate together

the first day of Lent, known as *Clean Monday*.

Fr. Jordan Brown and Fr. David Barr will offer
reflections both

in the morning and evening of Clean Monday,
March 2nd.

The morning reflection will be given by Fr. David
at Transfiguration Church

at 10:00 am., and the evening reflection will be
given by Fr. Jordan at St. Elias at 7:00 pm

2008-09 Inquirer's & Catechism Classes

Each fall and winter, St. Elias holds a series of Inquirer's Classes twice a month on Saturday afternoons in the Parish Library at 4:30 PM. These classes are for those interested in learning more about the Orthodox Church and are designed to introduce people to the basic beliefs of the Orthodox Faith. There will be 12 sessions to the class. We hope to have catechumens ready to enter the church by Holy Saturday.

<u>Session</u>	<u>Date*</u>	<u>Topic**</u>
10	2/28	The Divine Liturgy
11	3/14	Prayer and Spirituality
12	3/28	Confession and Entering the Church

**Dates are subject to change. **Topics may be adjusted as needed for the specific class.*

This class would also be great for anyone (teens, young adults, adults, etc.) who would like to learn more about the Orthodox Church and its beliefs.

Are You Interested in Becoming Orthodox?

If you are interested in becoming a member of the Orthodox Church either through baptism or chrismation, please talk to Father David in the next few weeks. He would like to begin enrolling people as catechumens in the Church by next month. If you aren't ready to make a decision now, that's OK, we can enroll catechumens at any time during the year. We have started the Inquirer's Classes for those interested in joining the Orthodox Church.

Become a Sponsor!

We have large group of catechumens here at St. Elias, and will be in need of sponsors for them to come into the Church. Would you be willing to be a sponsor for someone coming into the Church? Talk to Father David or Father Dave if you are interested in sponsoring someone into the church. It is at this point in the process that it is best to find sponsors.

49th Antiochian Archdiocesan Convention

For information about the 2009 Archdiocese Convention in Palm Desert, California, July 19-26, visit www.archdioceseconvention2009.org.

2009 Stewardship Appeal

*Orthodox Christian Stewardship:
Strengthening our relationship with God.*

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By now, our members should have received a 2009 stewardship appeal package from St. Elias Orthodox Church. This is the time of year that we make our commitments to Christ and His Holy Church for the coming year. Our weekly offering to God is first and foremost an offering of love. **One can give without loving but one cannot love without giving. Christian giving asks us to put God first and to let our giving be an expression of God's importance in our lives.** We give, not because the church has a budget, but because our love for God needs to be expressed. Please be generous in your giving, knowing that our giving truly reflects our love for God and His Church.

Didn't Get a Stewardship Packet?

If you didn't get a Stewardship Packet, we want to apologize to you and get one to you this week. Call the church office at 476-2314, or send us an e-mail and we will send you one.

We now have an address...

...for Subdeacon Jason Falcone, who is serving our Country in Iraq. He will receive mail sent to the following address:

Falcone, Jason LT
HHC 1-8 CAV
JSS McHenry
APO AE 09338

News from our Parish Organizations:

Church School

The Church School will be sponsoring a Cheesefare luncheon today after the 10:30 Liturgy. Donations from the luncheon will be given to Food for Hungry People. Please see Barbara Kounelias for more information about Church School.

Teen SOYO

Enchanted Rock was awesome! We will have a teen SOYO Meeting on Saturday, March 7, at 4:00 before Great Vigil. Please plan to attend.

OCF

Our next meeting will be Monday night, March 9, 6:00pm at the UT Episcopal Student Center.

Orthodox Young Adults (OYA)

OYA will meet after the Pre-Sanctified Liturgy and pot-luck at St. Elias on Wednesday night, March 4, to discuss and plan our involvement with International Orthodox Christian Charities (IOCC). Bring a lenten dish to share, and let's figure out how we can gear up for service!

Parish Council

The next Parish Council Meeting will be on Tuesday, March 17 at 7:00 P.M.

Ladies Guild

For more information see Ladies Guild President Martha Dent.

AMEN (*Antiochian Men Eating at Noon [or 1:00 PM]*)

The men of the parish are invited to a no-host lunch on **Tuesday, March 3, at 1:00 PM** at Central Market on Lamar. We have lunch and a great time of fellowship. If you have any questions or suggestions, give Fr. David a call.

Choir

The Choir rehearses at 7:00 PM on Wednesday evenings. The Choir is always looking for new members. If you are interested in singing in the choir, talk to Director Bill Attal.

Fellowship of St. John the Divine (Adult Fellowship)

See the notice about Sack Lunch preparation. For more information on the Adult Fellowship activities, see Fellowship President Sara Cook.

Camp St. Raphael Applications Available

The Camp St. Raphael Applications were due today. Session One is full, but it is still possible to apply for Session Two. Fr. Dave will be one of the priests at Session Two, and we will be renting a van to travel to this session. Make your plans now! **Applications are available online** at www.campstraphael.org Please, if you want to go to camp, tell Fr. Dave so we can be organized and get everybody there who wants to go!

Diocese of Wichita and Mid-America

PARISH LIFE CONFERENCE

June 10-13, 2009

St. Mary Orthodox Christian Church

Wichita, Kansas

Worship, Fellowship, Friends & Family

Keynote Speaker

His Eminence Metropolitan SABA, Archbishop of Bosra-Hauran, will discuss The Hauran Connection: A Sister Diocese Program between the Archdiocese of Bosra-Hauran and the Diocese of Wichita and Mid-America.

NOTICE! The 2009 Parish Life Conference Registration Form has a new look! There is one great price for all registrations postmarked by May 22. We strongly encourage you to pre-register. For the past 2 years, over a third of the conference attendees have registered at the door. Precise attendance numbers are necessary because the meal count is not flexible and your hosts cannot guarantee meals that are not pre-registered.

For Reservations Call 800-247-4458:

Ask for the Group/Convention Code: DOW

www.wichitaairport.hilton.com

Additional Information is available on the PLC website at
www.DOWAMAPLC.org

Sunday of Cheesefare and Mission Sunday - March 1, 2009

March 1, 2009

Sunday of Cheesefare and Mission Sunday

The Lord has commanded us: I have set you as a light to the Nations, that you should be for salvation unto the ends of the earth. (Acts 13:47)

To the Most Reverend Clergy, Venerable Monastics and
The Devout Faithful of the Holy Orthodox Churches in the Americas

Dearly Beloved in the Lord,

We greet you in the name of our Lord Jesus Christ, as we set our eyes on the coming celebration of Christ's glorious Resurrection through our joyful participation in the Great and Holy Lent. The Sunday preceding our Lenten journey has been designated by the Hierarchs of SCOBA as Mission Sunday. For 2000 years, Christians have worked to share Christ's message of hope and His promise of salvation with the world by serving as living lights and witnesses to His truth among all nations, even *unto the ends of the earth*.

In 1994, the Hierarchs of SCOBA sanctioned the Orthodox Christian Mission Center to provide the Orthodox Faithful in the Americas with the resources and opportunities they needed to answer the call to mission. Orthodox Christians have served in 34 countries by preaching, baptizing, and teaching the newly illumined; supporting and educating priests, and helping the Church to minister to the spiritual and physical needs of Her people through the many ministries of the OCMC. Through this work, guided by the Holy Spirit, thousands of people who were once in darkness are now embraced by the eternal light of Christ.

This year the doors of the new **Archbishop Anastasios and Archbishop Demetrios Missionary Training and Administration Building** will open. This building, the first permanent building of a SCOBA agency, will facilitate the continued growth of our Holy Churches' worldwide missionary efforts. It will be a resource for the training up of new missionaries and the coordination of international mission ministries, and it will allow the Orthodox Faithful of North America to share the light of Christ with even more people.

This Mission Sunday, and throughout the Lenten season, let us embrace our call to shine as lights in the darkness. Let us re-commit to pray for those who have yet to hear the Gospel. Let us soften our hearts, that the Holy Spirit may guide our response to the command to be *light to the Nations*, to be *for salvation unto the ends of the earth*. Let us, as God's children, shine brightly with the light of Christ before others.

May our hearts be filled with hope and love as we prayerfully anticipate the triumphant Resurrection of Christ our God; and may we be given the strength and courage to share this glorious promise with our brothers and sisters around the world.

With paternal blessings and love in Christ,

+Archbishop DEMETRIOS, Chairman
Greek Orthodox Archdiocese of America

+Metropolitan PHILIP, Vice Chairman
Antiochian Orthodox Christian Archdiocese of North America

+Metropolitan CHRISTOPHER, Secretary
Serbian Orthodox Church in North and South America

+Metropolitan NICHOLAS of Amissos, Treasurer
American Carpatho-Russian Orthodox Diocese in the USA

+Archbishop NICOLAE
Romanian Orthodox Archdiocese in the Americas

+Metropolitan JOSEPH
Bulgarian Eastern Orthodox Church

+Metropolitan JONAH
Orthodox Church in America

+Metropolitan CONSTANTINE
Ukrainian Orthodox Church of the USA

+Bishop MERCURIUS of Zaraisk
Representation of the Moscow Patriarchate in the USA

+Bishop ILIA of Philomelion
Albanian Orthodox Diocese of America

This Week at St. Elias

Sunday, March 1	6:00 PM — Forgiveness Vespers
Monday, March 2	<i>Pure Monday: Beginning of Great Lent</i>
	10:00 AM—Orthros and lecture at Transfiguration
	7:00 PM — Great Compline and Lecture
Wednesday, March 4	6:30 PM — Presanctified Liturgy followed by Lenten Pot Luck Supper
Friday, March 6	7:00 PM — Akathist to the Theotokos
Saturday, March 7	6:00 PM — Great Vigil and Confessions
Sunday, March 8	<u>Sunday of Orthodoxy</u>
	8:30 AM — Divine Liturgy
	9:45 AM — Church School
	10:30 AM — Divine Liturgy
	11:45 AM — Church School