

# Holy Trinity Hellenic Orthodox Church

Lowell, Massachusetts

Rev. Fr. Nikolaos D. Pelekoudas, Presbyter

February 18, 2018

## *Forgiveness Sunday (Cheese-fare)*

### SUNDAY READINGS

Epistle Reading	Romans 13:11-14; 14:1-4	Page 134
Gospel Reading	Matthew 6:14-21	Page 135
Creed		Pamphlet
The Lord's Prayer		Page 26
Communion Prayers (Before receiving)		Pages 29-30
Thanksgiving Prayers (After receiving)		Pages 33-34
Memorial Service		Page 164

**Note: All are welcome to receive the Blessed Bread (Antidoron), but only practicing Orthodox Christians can receive Holy Communion.**

### Today's Calendar

- **Memorial: 6-month for Maria Meimarides**
- **Pan Laconian Meeting – 1:00 pm – Olympia Restaurant**
- **Nashoba Valley Snow Tubing Family Outing – 2:00 pm**
- **Parish Council members on duty: Gregory Curtis, John Grillakis, Charles Hondros, Tina Themeles**

### This Week

**Monday, February 19** – Great Lent begins.

**Friday, February 23** – Salutations to the Theotokos – 6:00 pm

**Saturday, February 24** – 3<sup>rd</sup> Saturday of Souls – 9:00 am Orthros; 10:00 am Divine Liturgy

### For Our Edification

#### **Spaghetti Luncheon Update**

The Philoptochos Ladies wish to thank everyone for making the Meat Fare Spaghetti Luncheon last Sunday a successful endeavor. The ladies are to be commended for a job well done.

### **Annual General Assembly Next Sunday**

The February Annual General Assembly will convene next Sunday, February 25, 12:30 pm, at the Hellenic Cultural Center. Participants must have paid their 2017 dues in full. Dues may be paid the day of the Assembly.

A Church Hall Renovation Report will be given and there will be an election of Auditors, two for two years and one for one year.

### **Sunday Lenten Vespers Schedule**

On Sunday, February 25, Sunday Lenten Vespers will be held at the Transfiguration Church at 6:00 pm.

The remaining schedule is as follows: Sunday, March 4, 6:00 pm, Holy Trinity Church; Sunday, March 11, 6:00 pm, St. George Antiochian; Sunday, March 18, 6:00 pm, St. George Greek; Sunday, March 25, 6:00 pm, Assumption of the Virgin Mary Church.

### **Great Lent**

The Orthodox faithful observe Great Lent more widely than the other three Lenten Periods. Great Lent precedes the most important event in the Church, Christ's Resurrection.

Great Lent is a tremendous spiritual challenge for each individual. Three basic components are emphasized: fasting of body and soul, prayer, and philanthropy. Through self-examination, fasting, and giving to charity, the old way of life can be shed. Just as Christ received new life after His death, a new life is given at Easter to those who have prepared themselves. The soul must be cleansed by genuine repentance, the breaking of sinful habits, forgiveness, and reconciliation. The challenge is to recover the image of God within oneself (Theosis).

### **The Salutations to the Theotokos**

On the first five Friday evenings of Lent, the small Compline Service and the Akathist Hymn honor the Virgin Mary. This Compline is a worship service with prayers and psalms. The Akathist Hymn, one of the most beautiful and beloved hymns of Orthodoxy, is an ecclesiastical poem about the Annunciation of the Mother of God and Nativity of Jesus Christ. Parishioners stand during the Hymn. The word "akathistos" means "not seated." The hymn contains 24 stanzas. A different one is sung on the first four Friday evenings. On the fifth Friday, the hymn is sung entirely.