

# Holy Trinity Hellenic Orthodox Church

Lowell, Massachusetts

Rev. Fr. Nikolaos D. Pelekoudas, Presbyter

March 10, 2019

## *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

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

Memorial Service	Page 164
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### Today's Calendar

- **HAA Comedy Night with Basile – 6:30 pm – Hellenic Cultural Center**
- **Parish Council members on duty: George Christopoulos, Gregory Curtis, Lewis Demetroulakos, John Grillakis**

### This Week

**Monday, March 11** – Great Lent begins.

**Thursday, March 14** – Parish Council Meeting – 6:30 pm – Church Hall

**Friday, March 15** – Salutations to the Theotokos – 6:00 pm

**Saturday, March 16** – 3<sup>rd</sup> Saturday of Souls – 9:00 am Orthros; 10:00 am Divine Liturgy

### For Our Edification

#### **Spaghetti Luncheon Update**

Many thanks to all parishioners and friends from other Greater Lowell parishes who supported the Philoptochos Spaghetti Luncheon Fundraiser last Sunday. There was great food and wonderful fellowship.

The goal to fund Holy Trinity Philoptochos Scholarships for 2019 high school grads was met and beyond!

### **Sunday Lenten Vespers Schedule**

On Sunday, March 17, Sunday Lenten Vespers will be held at Holy Trinity at 6:00 pm.

The remaining schedule is as follows: Sunday, March 24, 6:00 pm, Great Vespers at Holy Transfiguration; Sunday, March 31, 6:00 pm, St. George Antiochian; Sunday, April 7, 6:00 pm, St. George Greek; Sunday, April 14, 6:00 pm, Assumption of the Virgin Mary Church.

### **Pan-Messinian Fundraiser**

The Pan-Messinian Federation will be holding a dance to benefit the Hellenic American Academy on Saturday, March 23, at the Four Oaks Country Club in Dracut. Please contact Kosta Cocalis at [cocalis@gmail.com](mailto:cocalis@gmail.com) or John Tripodis at [jtripodis@comcast.net](mailto:jtripodis@comcast.net) if you need more information or to reserve a table.

### **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.