

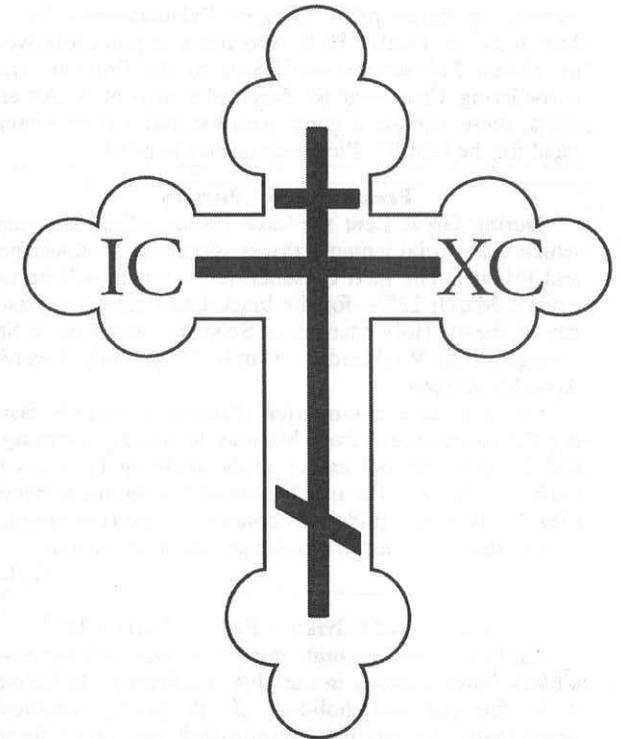
<p align="center">Health Donations</p> <p>For the health of Mitzi Zigich: from Mary Petrich, Sava and Niki Kovich</p>
<p align="center">Memorial Donations</p> <p>In memory of †Protinica Milica Zbiljic: from Randy and Natalie Birdseye In memory of †Bob Zernich: from Joseph Abbott</p>
<p align="center">Kolo Meeting</p> <p>The Kolo will have its monthly meeting on Sunday, March 24th, after Liturgy.</p>
<p align="center">Board Meeting</p> <p>The board will have its monthly meeting on Sunday, March 31st, after Liturgy.</p>
<p align="center">Choir Thank You!</p> <p>The choir wishes to thank all those dedicated workers who helped make our pasty sale a huge success! Whether you helped by taking orders, peeling veggies, working on the floor, making dinners, or helping with bagging and deliveries, we appreciate each of you. Hvala!</p>
<p align="center">Fr. Kristijan's Office Hours</p> <p>Fr. Kristijan will be in his office on Tuesdays and Wednesdays from 9-11:30. Parishioners should schedule appointments in advance if they cannot come on office days.</p>
<p align="center">Family Night</p> <p>Mondays are Family Nights. They begin with vespers (communal prayer) at 5:30 p.m. followed by a meal in the hall. We hope you can join us for worship, a good meal and wonderful fellowship!</p>
<p align="center">Calendar Reminders</p> <ul style="list-style-type: none"> •Mar. 22, Fri.—Holy 40 Martyrs of Sebaste (Mladenci) —Presanctified Liturgy at St. George's at 9 a.m.; Salutations to the Mother of God at 5 p.m.; Adult Catechism class at 6 p.m. •Mar. 24, Sun.—Divine Liturgy at 10 a.m. (St. Gregory Palamas Sunday)—Kolo meeting after the service; Pan-Orthodox Lenten Vespers service at Twelve Apostles at 5 p.m. •Mar. 25, Mon.—Lenten Vespers at 5:30 p.m. followed by Family Night •Mar. 27, Wed.—Presanctified Liturgy at St. George's at 6 p.m. •Mar. 29, Fri.—Salutations to the Mother of God at 5 p.m.; Adult Catechism class at 6 p.m. •Mar. 31, Sun.—Divine Liturgy at 10 a.m. (Sunday of the Cross); Board meeting after the service; Pan-Orthodox Lenten Vespers service at St. Michael's-Hibbing at 5 p.m.

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ST. GEORGE'S BULLETIN



March 16-31st, 2019
 St. George
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**Great Lent Pan-Orthodox Lenten Service
Sundays of March 24th & 31st**

Every Sunday evening during Great Lent there will be a special lenten vespers service held within the different Orthodox churches in the Northland. The next service—in honor of St. Gregory Palamas—will be on March 24th at Twelve Holy Apostles at 5 p.m., followed by March 31st service—in honor of the Precious and Life-Giving Cross—at St. Michael's also at 5. As always, there will be a guest homilist and a light lenten meal for the faithful. Please come and join us!

Presanctified Liturgies

During Great Lent we have Presanctified Liturgies which are special lenten services served on Wednesdays and Fridays. The next Presanctified services will be on Friday, March 22nd—for the black-letter calendar feast-day of the 40 Holy Martyrs of Sebaste—at 9 a.m. at St. George's and Wednesday, March 27th at Holy Twelve Apostles at 6 p.m.

One may take communion if one is 1) already fasting the entire week (from Monday to Sunday morning) and 2) one does not eat or drink anything from noon until communion for the Wednesday evening service. Please follow the guidelines concerning the rule of confession that apply to St. George parishioners as well.

—Fr. K.

40 Martyrs of Sebaste—Friday, March 22nd

On Friday, we celebrate the 40 Martyrs of Sebaste—a black-letter feastday in our church calendar. In Serbia it is the patronal holiday of all young couples—newlyweds. St. Nikolai Velimirovich says about these young martyrs, "All of them were soldiers in the Roman army and steadfastly believed in the Lord Jesus.

"When the persecution of Christians began during the reign of Licinius, they were brought to trial before the commander. When he threatened to strip them of their honor as soldiers, one of them, St. Candidus, responded, 'Not only the honor of being a soldier, but take away our bodies, for nothing is more dear or honorable, to us than Christ our God.' After that, the commander ordered his servants to stone the holy martyrs.

"While the servants were hurling stones at the Christians, the stones turned and fell back on the servants, severely striking them. One of the stones struck the commander's face and knocked out his teeth. The torturers, angry as wild beasts, bound all of the holy martyrs



Holy 40 Martyrs of Sebaste
Patronal Feastday of All Newlyweds

40 Martyrs of Sebaste cont'd.

and tossed them into the lake and stationed a guard around it so as to prevent any of them from escaping.

"There was a terrible frost and the lake froze around the bodies of the martyrs. So that their pain and suffering would be worsened, and in order to persuade one of them to deny Christ and acknowledge the idols of Rome, the torturers heated a bath by the side of the lake in sight of the frozen martyrs. Indeed, one of them was persuaded. He came out of the water and entered the bath.

"And behold, an extraordinary light appeared from heaven which warmed the water in the lake and the bodies of the martyrs. With that light, thirty-nine wreaths descended from heaven over their heads. Upon seeing this, a guard on the shore removed all his clothes, confessed the Name of the Lord Jesus and entered the lake so that he could become worthy of the fortieth wreath in place of the betrayer. Indeed, the last wreath descended upon him.

"The next day the entire town was astonished when they saw that the martyrs were still alive. Then, the wicked judges ordered that the lower part of their legs be broken and their bodies thrown into the water so Christians could not recover them. On the third day the martyrs appeared to Peter, the local bishop, and summoned him to gather their relics and remove them from the water. The bishop with his clergy went out into the dark of night and beheld the relics of the martyrs shining brightly in the water.

"Every bone which was separated from their bodies floated to the top and glowed like a candle. Bishop Peter gathered and honorably buried them. The souls of these martyrs, who suffered for all of us, went to the Lord Jesus, resurrected with glory. They suffered honorably and were crowned with unfading glory in the year 320 A.D."

The Rules for Fasting during Great Lent

During Great Lent we fast according to the following *official* rule:

- 1) On weekdays we prepare lenten food without oil (no fish).
- 2) On Saturdays and Sundays, we prepare lenten food with oil (still no fish).
- 3) Fish is eaten only two times during this Great Lent—on the Annunciation, April 7th, and Palm Sunday, April 21st.

—Fr. K.

**A Note from Fr. Kristijan about Fasting
for Great Lent**

It is my dear wish to see children ages 7-12 fast at least one week in order to receive communion during this 40 day lenten period.

Those who are thirteen and older (from adolescence to adulthood), who are not fasting the entire 40 days but would still like to take communion, should fast according to the current prevalent (albeit *unofficial*) rule held for adults in the Serbian Orthodox Church, which presently are:

1. To fast one week before communion (starting on Monday). For the first half of the week—Monday through Wednesday—one can have fish and oil.

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2. For the second half of the week—Thursday through Saturday—one fasts more strictly, "na vodi," without fish and oil.

Those who fast the entire 40 days of Lent may take communion every Sunday after coming to confession.

Confession during Great Lent

We remind the faithful that the practice of Confession before Communion is just as important as fasting in our preparation for communing. Confessions will be heard starting at 9:15 a.m. on Sunday mornings. Please be in church early, no later than 9:45 a.m., so that we can preserve church order and start the service on time. Additional opportunities for confession will be before Presanctified Services on Wednesdays as well as before and after Saturday evening vespers services. If one cannot make it for these times, please contact Fr Kristijan for an appointment.

House Blessings

Fr. Kristijan is blessing homes with Theophany holy water. If you are interested in having him bless your home, please contact him by emailing fr.kristijan@gmail.com or calling/texting him at 218-576-4720.