

Services and Celebrations This Week in the Parish

Saturday, March 26 / Synaxis of Archangel Gabriel

- Namesday for Gabriel Zamora
- Pan-Orthodox Lenten Retreat w/Fr. Michael Oleksa
- 9am **Matins** followed by Registration
- 10am Session I
- 11:45am Session II
- 1pm Lunch (provided)
- 1:45pm Session III
- 3pm **Great Vespers**
- 3:45pm Confessions

Sunday, March 27 / St. Gregory Palamas

- 9am Sunday School
- 10am **Divine Liturgy**
- 12pm Fellowship Hour (team III)
- 12:30-1:15pm Bread Ministry (team B)
- 6pm HS Girls Group

Monday, March 28

- Happy Anniversary Johnny & Marilyn Watts
- 6:30pm Orthodox Christian Fellowship Meeting at UK

Tuesday, March 29

- 11am Lenten Prayers: **Canon to the Theotokos**

Wednesday, March 30

- 5:55pm **Presanctified Liturgy**
- 7:15pm Soup/Salad Meal w/Readings

Thursday, March 31 / St. Innocent of Alaska

- Namesday for Lisa Powell

Friday, April 1

- 11am **Presanctified Liturgy**

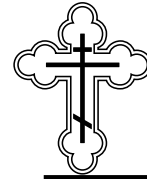
Saturday, April 2

- 6:15pm Memorial Service
- 6:30pm **Vigil**
- 8pm Confessions

Sunday, April 2 / Veneration of Cross

- 9am Sunday School
- 10am **Divine Liturgy**
- 12pm Fellowship Hour (team IV)
- 12:30-1:15pm Bread Ministry (team C)
- 6pm HS Girls Group

Spring Break for Jessamine County Schools is next week, April 4 - 8.



Saint Athanasius

ORTHODOX CHURCH

Sunday, March 27, 2016

2nd Sunday of Great Lent: St. Gregory Palamas

Today's Readings: Hebrews 1:10-2:3 Mark 2:1-12



St. Athanasius Orthodox Church
100 Lime Lane, Nicholasville, Kentucky 40356

www.athanasiusoca.org

**His Beatitude Tikon, Archbishop of Washington,
Metropolitan of All America and Canada**

Locum Tenens of the Diocese of the South

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Many thanks to everyone who attended and helped in any small way for the success of our 2016 Lenten Retreat!

Welcome Guests & Visitors! We are happy you are with us today and will gladly answer any questions you may have about our service. If this is your first time visiting, please let our greeter or doorkeeper know so we can recognize you at the end of the Liturgy. *Holy Communion is open to all baptized Orthodox Christians who have fasted from food and water since midnight, had recent confession, and are at peace with neighbors.*

Lenten Prayers: Canon to the Theotokos on Tuesday at 11am (lasts ~45 minutes).

Presanctified Liturgy begins at 5:55pm on Wednesday followed by soup/salad meal and scripture readings. Please use the online "Signup Genius" to signup to bring either a soup, salad or bread for one of the Wednesday evening services.

Feast of St. Innocent of Alaska is Thursday, March 31.

Friday, April 1, Presanctified Liturgy will be served at 11am.

Schedule Change for April On Wednesday, April 6 there will be a Reader's Service at 6:30pm and no soup/salad meal. Fr. Justin and Deacon Simeon will both be with youth on monastery trip.

A Message from the Child Safety Committee: (Rebecca Wilson, Dcn. Simeon, Mary Cook) It has come to our attention that lately there has been some rowdy activity in the restrooms. Parents, remind your children that the restrooms are NOT playrooms or water parks! Please accompany small children to the restrooms and keep tabs on older children while they are in the restrooms.

Budget Needs (weekly = \$3,265 / monthly = \$14,150)
Offerings Last Week (3/20) \$4,490 Year-to-date \$82,179

General Fasting Guidelines for Great Lent

1. No meat or dairy—essentially vegan diet
2. Wine and olive oil on weekends and on certain feast days
3. Fish, wine, and olive oil on Annunciation and Palm Sunday
4. Shellfish are allowed during Lent, but try to save them for weekends and feasts. Some Orthodox eat canned fish on occasion
5. Increased prayer life and church attendance
6. Increased almsgiving
7. Limiting entertainments (e.g. TV, recreational computer)
8. Intense guarding of heart and tongue

Save the Date - Saturday, April 16 for deep cleaning of the church in preparation for Pascha. A list of "chores" will be posted on the bulletin board in the parish hall, so if you cannot come on that Saturday, you could do a task on another day.

Date	Readers	Handmaidens	Prospora	Bread Ministry	Fellowship	Greeter	Doorkeeper	Counters
Mar. 27	Subdeacon Bert Walther	Rebecca Walther Mandariah Reeves	Geoff Whiteman	Team B (Laura Walther, Beth Walther)	Team III (Bradshaw)	John Mize	Paul Frangedakis	Tim Powell Rebecca Wilson
April 3	Reader Ryan Winter	Suzannah Reeves Teresa Powell	Geoff Whiteman	Team C (Inessa Verenich, Tanya Viarenich)	Team IV (Walther)	Geoff Whiteman	Jeff Hart	Ellie Sutter Mary Cook
April 10	Reader Rick Cook	Beth Walther Nicole Rusu	Sarah Holiday	Team D (Lisa Powell, Linda Frangedakis)	Team I (Powell)	Rebecca Wilson	Chris Naughton	Laura Walther Tim Powell
April 17	Subdeacon Bert Walther	Robyn Cook Shannon Cook	Sarah Holiday	Team A (Karis Jacobs, Ben Worthington)	Team II (Marshall)	Josh Lourie	Myra Lourie Linda F.	Laura Walther Rebecca Wilson