

Saint Nicholas Romanian Orthodox Church Shrewsbury Massachusetts
Biserica Ortodoxă Română Sfântul Nicolae Shrewsbury Massachusetts

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WEEKLY BULLETIN
Sunday March 23, 2025

Liturgical Services

Sunday: 9:00 a.m. - Matins;
10:00 a.m. - Divine Liturgy;
11:30 a.m. - Coffee Hour.

DURING LENT

Saturday: 9:30 a.m. - Akathist;
10:00 a.m. - Divine Liturgy;
11:30 a.m. - Memorial Service.

This Week's News

MEMORIAL SERVICE – During lent we will have a memorial service every Saturday morning. If you wish, you can send the names via email and for church donation please the following link:
<https://stnicholasorthodox.chmeetings.com/Giving/93C9B72A1E8DA387>

THE PRE-SANCTIFIED LITURGY - Next Wednesday, March 19th the Pre-sanctified Liturgy will be held at St. George Cathedral, 30 Anna St. The Liturgy will start at 6:00 pm. Please check the bulletin for the schedule and updates.

HOLY UNCTION – Tuesday, April 1, 2025 we will have the Sacrament of the Holy Unction in our church. It will also start at 6:00 p.m. We will have the blessing to serve with Very Rev. Fr. Daniel Ene, the Vicar of the Metropolis and the Dean of the East coast Deanery together and also with fellow priests from Worcester area.

The Prayer of St. Ephraim the Syrian

O Lord and master of my life! Dispel from me the spirit of discouragement and slothfulness, of ambition and vain talk!

Instead, give me the spirit of prudence and humility, of patience and charity.

Yes, my king and Lord let me look at my own sins and refrain from judging others: For you are blessed unto ages of ages. Amen!



The Third Sunday of Great Lent

Apostolic Reading: Hebrews 4:14-16; 5:1-6

Gospel: Mark 8:34-38; 9:1

((The Veneration of the Precious Cross))

Tone 6 † Resurrection Gospel 6

RESURRECTIONAL APOLYTIKION

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

APOLYTIKION FOR THE HOLY CROSS

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

KONTAKION FOR SUNDAYS IN GREAT LENT

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.





"He who renounces the cross cannot be worthy of the Lord and become His disciple. The depths of the Divine Being are revealed to the Christian when he is crucified for our Savior. The Cross is the foundation of authentic theology."

Father Sophronie Sakharov
1896 - 1993

"When we sin, we crucify Christ a second time."
Father Dionisie Ignat from Colciu

**Happy Birthday! God Grant You
Many More Years!**

- March 6 - Belishta, Ornela
- March 12 - Pra, Claudia Aileni
- March 16 - Lolo, Vangjush
- March 20 - Keimig, Michael
- March 27 - Cebotari, Dan
- March 27 - Popa Andreia
- March 29 - Morris, Dimitri

Let us Pray for the good health of:

Andrei, Mark, Irene - Ekaterina, Psa Aza,
Betty Ekaterina, Psa Ileana, Luiza, Andrew,
Margareta, Marius-Nicolae, Loredana-
Anca, Teodora, Joanne, Deborah-Ann,
Rebeka, Fr. George, Fr. Stefan and his son
Andrei for their helath and for their
salvation!

Amin!

Dates to remember:

- March 2** - Forgiveness Sunday
(Cheesefare)
- March 3** - GREAT LENT BEGINS
- Wed, Mar 5** - Pre-Sanctified Lit - St. Nicholas 6 PM
- Mon, Mar 25** - Annunciation
- Sun, April 13** - Palm Sunday
- Sun, April 20 - **GREAT AND HOLY PASCHA**

A Prayer of Fr. Laurence

LET US PRAY TO THE LORD! Whom shall we glorify? Whom shall we praise? And to whom shall we give thanks, if not to you, O God and Father of our Lord Jesus Christ, for that terrible instrument of the cross on which your Son was put to death for love of us? Though it was a symbol of shame, he transformed it into a resplendent trophy of victory. As we venerate its triumph during these days, and contemplate the salvation it purchased for us, help us truly understand its meaning so that we may share in the resurrection it promises. Through the same Lord Jesus Christ, with whom you are blest, together with your all-holy, good, and life-giving Spirit: now and forever, and unto ages of ages. Amen!



**LITURGICAL SCHEDULE FOR
HOLY WEEK**

Holy Monday - April 14, 2025 - 6:00 p.m. Bridegroom Service

Holy Tuesday - April 15, 2025 - 6:00 p.m.- Bridegroom Service

Holy Wednesday - April 16, 2025 - 6:00 p.m. Bridegroom Service - Holy Unction Service

Holy Thursday - April 17, 2025 - 9:30 Akathist; 10:00 Divine Liturgy of the Holy Supper
- 6:00 p.m. - Holy Passion (12 Gospels)

Holy Friday - April 18, 2025: -1:30 p.m. Royal Hours.
- 3:30 p.m. Great Friday Children's Retreat
- 5:00 p.m. Descend from the Cross Service
- 6:00 p.m. Bridegroom Service- Lamentation (Prohodul)

Great and Holy Saturday - April 19, 2025 - 9:30 a.m. Vesperal Liturgy of St. Basil

LITURGICAL SCHEDULE

Day	Date	Time	Service Type
Mar-25			
Sunday	2-Mar	9:00 AM	Matins
		10:00 AM	Sunday of Forgiveness — The Casting out of Adam & Eve from Paradise Cheese-Fare Sunday
Monday	3-Mar	6:00 PM	THE GREAT CANON OF SAINT ANDREW OF CRETE - Great Lent Begins
Tuesday	4-Mar	6:00 PM	THE GREAT CANON OF SAINT ANDREW OF CRETE
Wednesday	5-Mar	6:00 PM	Pre-Sanctified Liturgy at St. Nicholas
Thursday	6-Mar	6:00 PM	THE GREAT CANON OF SAINT ANDREW OF CRETE
Sunday	9-Mar	9:00 AM	Matins
		10:00 AM	First Sunday of Great Lent (The Sunday of Orthodoxy) Divine Liturgy of St. Basil the Great
Wednesday	12-Mar	6:00 PM	Pre-Sanctified Liturgy at St. Mary
Saturday	15-Mar	9:30 AM	Akatist
		10:00 AM	Divine Liturgy. Memorial Service. Confession by appointment.
Sunday	16-Mar	9:00 AM	Matins
		10:00 AM	The Second Sunday of Great Lent St. Gregory Palamas
Wednesday	19-Mar	6:00 PM	Pre-Sanctified Liturgy at St. Spyridon
Saturday	22-Mar	9:30 AM	Akatist
		10:00 AM	Divine Liturgy. Memorial Service. Confession by appointment.
Sunday	23-Mar	9:00	Matins
		10:00	The Third Sunday of Great Lent (The Veneration of the Precious Cross)
Tuesday	25-Mar	7:30 AM	Akatist
		8:00 AM	(†)Annunciation of the Theotokos
Wednesday	26-Mar	6:00 PM	Pre-Sanctified Liturgy at St. George Cathedral
Saturday	29-Mar	9:00 AM	Akstist
		10:00 AM	Divine Liturgy. Memorial Sevice. Confession by appointment.
Sunday	30-Mar	9:00 AM	Matins
		10:00 AM	The Fourth Sunday of Great Lent - St. John of Sinai, Author of the Ladder of Divine Ascent (Healing of the Epileptic Boy)

2025 Pre-Sanctified Liturgy and HOLY TRINITY Schedule

Date	Day	Holy Trinity	Pre-Sanctified Rotation	Comment
3/5/2025	Wednesday	Fr. Mark	St. Nicholas	
3/9/2025	Sunday		St. George	Concelebration-Sunday of Orthodoxy
3/12/2025	Wednesday	Fr. Chris	St. Mary	
3/19/2025	Wednesday	Fr. Milad	St. Spyridon	
3/26/2025	Wednesday	Fr. Vasile	St. George	
4/2/2025	Wednesday	Fr. Chris	St. Nicholas	
4/9/2025	Wednesday	Fr. Milad	St. Mary	
4/16/2025	Wednesday	Concelebration		(Unction)
4/17/2025	Thursday	?		Holy Thursday

Sunday of the Holy Cross

Sunday of the Holy Cross



With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labour set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.

Apolytikion of Sun. of the Holy Cross

Lord, save Your people and bless Your inheritance, granting our rulers to prevail over adversaries, and protecting Your commonwealth by Your Cross.

Kontakion of Sun. of the Holy Cross

Now the flaming sword no longer guards the gates of Paradise; it has been mysteriously quenched by the wood of the Cross! The sting of death and the victory of hell have been vanquished; for You, O my Savior, did come and cry to those in hell: "Enter again into Paradise."

HOLY WEEK DONATIONS

General donations in any amount to defray the cost of decorations for the Paschal Feast are most appreciated. Some specific needs are:

Flowers for Palm Sunday Icon	50.00
Palms	\$100.00
Flowers for Bridegroom Icon	\$50.00
Holy Thursday Gospel Candles	\$60.00
Wreaths for Cross (Great Friday)	\$75.00
(Resurrection)	\$75.00
Resurrection Icon	\$50.00
Bay Leaves for Holy Saturday	\$100.00
1 Gallon of Olive Oil	\$25.00
1/2 lb Incense	\$40.00
Priest's Paschal Candle	\$50.00
Rose Oil for Epitaphion	\$25.00
<hr/>	
Flowers for Epitaphion	\$600.00
Decorations/Plants for Pascha	\$250.00
Easter Candy/Gifts for Children	\$100.0

THE RULES OF FASTING

Within this developed pattern of Lent, what precisely do the rules of fasting demand? Neither in ancient nor in modern times has there ever been exact uniformity, but most Orthodox authorities agree on the following rules:

- (1) During the week between the Sunday of the Publican and the Pharisee and that of the Prodigal Son, there is a general dispensation from all fasting. Meat and animal products may be eaten even on Wednesday and Friday.
- (2) In the following week, often termed the 'Week of Carnival', the usual fast is kept on Wednesday and Friday. Otherwise there is no special fasting.
- (3) In the Week before Lent, meat is forbidden, but eggs, cheese and other dairy products may be eaten on all days, including Wednesday and Friday.
- (4) On weekdays (Monday to Friday inclusive) during the seven weeks of Lent, there are restrictions both on the number of meals taken daily and on the types of food permitted; but when a meal is allowed, there is no fixed limitation on the quantity of food to be eaten.
- (a) On weekdays in the first week, fasting is particularly severe. According to the strict observance, in the course of the five initial days of Lent, only two meals are eaten, one on Wednesday and the other on Friday, in both cases after the Liturgy of the Presanctified. On the other three days, those who have the strength are encouraged to keep an absolute fast; those for whom this proves impracticable may eat on Tuesday and Thursday (but not, if possible, on Monday), in the evening after Vespers, when they may take bread and water, or perhaps tea or fruit-juice, but not a cooked meal. It should be added at once that in practice today these rules are commonly relaxed. At the meals on Wednesday and Friday xerophagy is prescribed. Literally this means 'dry eating'. Strictly interpreted, it signifies that we may eat only vegetables cooked with water and salt, and also such things as fruit, nuts, bread and honey. In practice, octopus and shell-fish are also allowed on days of xerophagy; likewise vegetable margarine and corn or other vegetable

oil, not made from olives. But the following categories of food are definitely excluded:

- (i) meat;
 - (ii) animal products (cheese, milk, butter, eggs, lard, dripping);
 - (iii) fish (i.e. fish with backbones);
 - (iv) oil (i.e. olive oil) and wine (i.e. all alcoholic drinks).
- (b) On weekdays (Monday to Friday inclusive) in the second, third, fourth, fifth and sixth weeks, one meal a day is permitted, to be taken in the afternoon following Vespers, and at this one meal xerophagy is to be observed.
- (c) Holy Week. On the first three days there is one meal each day, with xerophagy; but some try to keep a complete fast on these days, or else they eat only uncooked food, as on the opening days of the first week.

On Holy Thursday one meal is eaten, with wine and oil (i.e. olive oil).

On Great Friday those who have the strength follow the practice of the early Church and keep a total fast. Those unable to do this may eat bread, with a little water, tea or fruit-juice, but not until sunset, or at any rate not until after the veneration of the Epitaphion at Vespers.

On Holy Saturday there is in principle no meal, since according to the ancient practice after the end of the Liturgy of St. Basil the faithful remained in church for the reading of the Acts of the Apostles, and for their sustenance were given a little bread and dried fruit, with a cup of wine. If, as usually happens now, they return home for a meal, they may use wine but not oil; for on this one Saturday, alone among the Saturdays of the year, olive oil is not permitted.

The rule of xerophagy is relaxed on the following days:

- (1) On Saturdays and Sundays in Lent, with the exception of Holy Saturday, two main meals may be taken in the usual way, around mid-day and in the evening, with wine and olive oil; but meat, animal products and fish are not allowed.
- (2) On the Feast of the Annunciation (25 March) and Palm Sunday, fish is permitted as well as wine and oil, but meat and animal products are not allowed. If the Feast of the Annunciation falls on the first four days of Holy Week, wine and oil are permitted but not fish. If it falls on

Great Friday or Holy Saturday, wine is permitted, but not fish or oil.

- (3) Wine and oil are permitted on the following days, if they fall on a weekday in the second, third, fourth, fifth or sixth week:
 - First and Second Finding of the Head of St. John the Baptist (24 February)
 - Holy Forty Martyrs of Sebaste (9 March)
 - Forefeast of the Annunciation (24 March)
 - Synaxis of the Archangel Gabriel (26 March)
 - Patronal festival of the Church or Monastery
- (4) Wine and oil are also allowed on Wednesday and Thursday in the fifth week, because of the vigil for the Great Canon. Wine is allowed—and, according to some authorities, oil as well—on Friday in the same week, because of the vigil for the Akathistos Hymn.

It has always been held that these rules of fasting should be relaxed in the case of anyone elderly or in poor health. In present-day practice, even for those in good health, the full strictness of the fast is usually mitigated. Only a few Orthodox today attempt to keep a total fast on Monday, Tuesday and Thursday in the first week, or on the first three days in Holy Week. On weekdays—except, perhaps, during the first week or Holy Week—it is now common to eat two cooked meals daily instead of one. From the second until the sixth week, many Orthodox use wine, and perhaps oil also, on Tuesdays and Thursdays, and less commonly on Mondays as well. Permission is often given to eat fish in these weeks. Personal factors need to be taken into account, as for example the situation of an isolated Orthodox living in the same household as non-Orthodox, or obliged to take meals in a factory or school canteen. In cases of uncertainty each should seek the advice of his or her spiritual father. At all times it is essential to bear in mind that 'you are not under the law but under grace' (Rom. 6:14), and that 'the letter kills, but the spirit gives life' (2 Cor. 3:6). The rules of fasting, while they need to be taken seriously, are not to be interpreted with dour and pedantic legalism; 'for the kingdom of God is not food and drink, but righteousness and peace and joy in the Holy Spirit' (Rom. 14:17).

K. Ware with Mother Mary (Trans.), *The Lenten Triodion* (pp. 35–37). South Canaan, PA: St. Tikhon's Seminary Press.

HOLY TRINITY NEWS
March 24, 2025
THIS WEEK AT HOLY TRINITY

Monday: Library Cart Visits, Pet Therapy with Maui 10a, Movie Matinee 2:30p, Rummy-LCR Card Game 3p, Jazz Music TV

Tuesday: Puzzles & board games 10a, Rosary prayer group 10:30a, FIT USA exercise 2p, Wii Bowling Social 3p, Game Night w/ Anthony & Michael 6p

Wednesday: Divine Liturgy 9:30a Coffee talk 10a, Art/Craft and or Rumikub 3:30p

Thursday: Library Cart Visits, Rosary Prayer Group 10:30a, Drama Club 2p, Wine and Gingerale Social 3p, Game Night with Anthony & Michael 6p

Friday: Library cart room visits 9am, Name that instrument finish the song 10:30a, Men's Club 2:30p, Music TV 4p

If you have any questions or plans to stop by for an activity, please contact Isabelle Bouchard, at 508-852-1000.

Here at Holy Trinity our residents are top priority!

Engaging long-term care residents involves creating a stimulating environment through activities that promote social interaction, mental stimulation, and physical well-being, such as group activities, and social events. To ensure our residents maintain happiness, some of our strategies are listed here, anyone is welcome to stop by and take part we are always looking for volunteers. You are welcome anytime!

Cognitive Stimulation Games: Puzzles, quizzes, and board games can help keep minds sharp.

Cooperative Puzzles: Encourages teamwork and social interaction.

Crafts Workshops: Allows for creative expression and fine motor skills development.

Gentle Exercise Classes: Helps maintain physical health and mobility.

One-on-One Activities:

Reading Together: Fosters a sense of connection and shared experience.

Playing Games: Provides a fun and engaging way to interact.

Talking and Sharing Stories: Encourages communication and social interaction.

Gardening: Provides a sense of accomplishment and connection to nature.

Visits from Entertainers: Offers entertainment and a change of pace.

Pets: Furry friends can provide companionship and comfort

STAY CONNECTED: Like our Facebook.

Cercetează-ți Credința

Vă invităm să participați, prin intermediul Programului educațional „Cercetează-ți Credința!”, la o nouă serie de evenimente dedicate celebrării Anului Omagial al Centenarului Patriarhiei Române și Anului Comemorativ al Duhovnicilor și Mărturisitorilor Ortodocși Români din Secolul al XX-lea.

În fiecare a doua joi a fiecărei luni, începând cu ora 7:00 PM EST | 6:00 PM CST | 4:00 PM PST, catehezele vor fi susținute de către Domnul Profesor Dragoș Ursu, având ca temă principală „O istorie a Ortodoxiei în spațiul românesc. Devenire instituțională și biografii spirituale”.

Prima conferință va avea loc Joi, 9 Ianuarie 2025, și va aborda subiectul: „Introducere în istoria Ortodoxiei românești. O privire teologică asupra trecutului”.

Pentru a participa la conferință, vă rugăm să accesați link-ul de conectare prin portalul ZOOM.

<https://us06web.zoom.us/j/82458482255?pwd=el4Lvw2IbLBcWMlcXwqtS0hCMI6AKa.1>

Vă reamintim că Joi, 27 Februarie, la ora 7.00 pm EDT | 6pm CST | 4pm PST, sunteți invitați la o nouă întâlnire din programul de STUDIU BIBLIC în LIMBA ROMÂNĂ despre Sfânta Evanghelie după Marcu susținut de Dl. Prof. Gheorghe Butuc, profesor la Seminarul Teologic „Sfântul Andrei” din Galați.

Studiul Biblic se va desfășura prin portalul ZOOM: <https://link.mitropolia.us/zCJTZm>

Meeting ID: 819 0536 3350

Passcode: Romania

Găsiți mai multe detalii în acest video:

St. Nicholas Orthodox Church

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Sunday Services: Matins at 9:00 am and Divine Liturgy at 10:00 am