

✠ THE NEW WITNESS ✠ TO THE ANCIENT FAITH

A Newsletter of St. Elizabeth Orthodox Church

MARCH 2023



Glory to Jesus Christ!

This month we continue our journey of repentance through Great Lent. We celebrate the Sunday of Orthodoxy on March 5th, St. Gregory Palamas on the 12th, the Sunday of the Cross on the 19th, and St. John Climacus on the 26th. We celebrate the Annunciation on Saturday, March 25th.

Creation was in anguish, seeing Thee crucified; mountains and rocks were split with fear, the earth quaked, hell was emptied, and the light grew dark in the daytime, beholding Thee, Jesus, nailed to the Cross in Thy flesh.

Do not require of me fruits worthy of repentance, for my strength is spent in me. Grant me ever a contrite heart and spiritual poverty, that I may offer these gifts to Thee as an acceptable sacrifice, O only Savior. †

† Great Canon of St. Andrew of Crete, Thursday of the first week of Great Lent, Ode 9.

Parish Life & Announcements

Eastern Wall Icons Underway

As March begins this year, we are delighted to have our eastern wall iconography program completed. Many parishioners had the opportunity to introduce themselves to our iconographer, Rd. Brian Matthew Whirlidge, during February. If you didn't he is scheduled to return in the summer with his family to complete the iconography for our western wall!

You can see a photograph of our new eastern wall iconography in progress at the top of the next page.

New Catechumen

We received a new catechumen into the Saint Elizabeth catechumenate on Forgiveness Sunday—Caleb Stein. Be sure to welcome him if you haven't already!

Suquamish Community Kitchen

Our parish is beginning to prepare and serve meals at the Suquamish Community Kitchen located at 18732 Division Avenue NE, Suquamish, WA 98392.



Dinner is provided every Wednesday evening from 5:00 to 6:30 p.m. Due to Covid, the kitchen is currently providing brown-bag, take-out dinners, but March will be the last month they do this. In April they will open back up for in-person dinners. They currently provide 140 drive-thru dinners and pre-Covid they were serving roughly 120 sit-down dinners each Wednesday. They expect the numbers will drop back down to 120 when they open up again.

As the host of the dinner, we need to plan the meal, purchase the food, and cook the food on-site, and the Suquamish Community Kitchen will reimburse us for up to \$275 for the food each time. Desserts can be baked

off-site and brought with us. This can be done in many different ways and if there are people who would like to only shop, bake treats, or cook, and not necessarily serve or stay until the very end, that can be accommodated. Once they open up for in-person dinners, one should expect to be there from 4:00 to 7:30 p.m. or for some length of time in-between those hours. To begin with, we would like to host a dinner once a month, every other month. Right now we are set to host our first dinner on March 29th.

If you are interested in helping, please email Jamie Telegin at teleginj@gmail.com or call her at (503) 726-9449.

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Presanctified Divine Liturgy

We are blessed to be able to serve the Presanctified Liturgy on Wednesdays and certain Fridays during the Great Fast. If you plan to receive holy communion at the Presanctified, you should be sure to fast from all food and drink at least from noon onward.

Lenten Confessions

Every parishioner intending to receive holy communion at Pascha and beyond needs to make at least one sacramental confession during the course of the Great Fast. Father John is available for confessions as always on Saturday evenings following the evening service and at other times by appointment. During the Great Fast, Father John will also be available for confessions with advance notice on Wednesdays at 5:30 p.m. prior to the Presanctified Divine Liturgy.

5th Annual Parish Camping Trip Update

The 5th annual parish camping trip is coming up soon. It will take place July 23 to 26, 2023 at Dosewallips State Park. Reservations are open and there are still a few spots up for grabs in our loop. Spots 61, 68 to 70, and 41 to 43 (near our loop) are still available as of the 20th of February.

Please go to [Dosewallips State Park | Washington State Parks and Recreation Commission](#) to reserve online. If you have any questions, please contact Jamie Telegin at teleginj@gmail.com.

Help with Pascha Eggs

Every year we have dyed red eggs for Pascha. Historically, Cheryl Lawson and Susan Ferrenberg dyed the whole batch (nine dozen eggs!). The eggs need to be dyed during Holy Week and, with Susan gone, Cheryl needs help.

We would like to spread the labor around and have multiple contributors. You can sign up to dye a dozen or two, and this would be a great project for kids to contribute to as well! If you are interested in helping, please start saving yellow onion skins now as this is how we traditionally dye the eggs. If you would rather dye them red some other way, that is fine too.

Please contact Cheryl if you would like to sign up to help during Holy Week and she can send you instructions for making the dye. You can contact Cheryl at vincit.veritas.mmvi@gmail.com.

Women's Fellowship

The women's fellowship group is reading *Acquiring the Mind of Christ: Embracing the Vision of the Orthodox Church* by Archimandrite Sergius. You can find several new copies in the bookstore, or a Kindle version for \$8.49 on Amazon.

Our next meeting is March 7th at 6:30 p.m. You can bring a treat if you'd like, but that is not necessary. And if you need childcare, please let Terri Adkins know and we will provide it for you.

Men's Fellowship

The men's fellowship group is beginning a new book—*His Life Is Mine* by St. Sophrony. If you are interested in reading this book with us, you can order a copy directly from SVS Press or Amazon.

From the SVS Press website:

Contemplation, prayer, spirituality—these words have become popular in our day among those despairing at the banality and emptiness of the contemporary scene. But popular as well are a myriad of pseudo-spiritualities, each offering its own shortcut to spiritual satisfaction. *His Life is Mine* is a refreshing contrast. The book deals with prayers, and especially with the “Jesus Prayer” of Orthodox monasticism. Yet it is not simply a presentation of “techniques.” The book is permeated by the awareness that prayer is not just the cultivation of a particular spiritual state, not the investigation of an abstract Idea or dissolution in an anonymous Whole, but an encounter with the personal Being, I AM, demanding in turn our own growth in person-hood.

The men's fellowship group meets every other Saturday at 9:00 a.m. If you are interested in attending, we'd love to have you! We meet this month on March 4th and March 18th.

Lenten Recipes

With Lent upon us, we are re-publishing a collection of fast-friendly recipes provided by members of our parish, which is being distributed with this newsletter. Many of

these recipes were published in this newsletter at the beginning of Lent 2022, but there are some new ones, too. Hopefully these will give you some good ideas for meals during this year's Great Fast.



*The Holy Trinity, late 1970s
By St. Sophrony*

Livestreaming Services

With very poor internet at the church, we have been experiencing very poor quality video and audio. Father John will be deciding whether or not to continue to livestream services in the weeks ahead. If you would like to see livestreaming continue, be sure to contact him to let him know.

Charity Sunday

March 5th – We will be collecting this month for the St. Nicholas Uganda Children's Fund, providing for the education, health, and welfare of Ugandan children, teens, and young adults. If you forget your checkbook on Charity Sunday, you can always make a

donation later in the month. Just write “charity” in the memo line of your check.

Last month, we collected \$956.40 for the Kitsap Homes of Compassion, and \$1,352.00 for the IOCC relief effort for victims of the earthquake in Turkey and Syria. Thank you for your generous donations!

Bookstore News

Looking for one or two books to enhance your Lenten journey? We have several titles in stock just for that!

- The *Lenten Triodion* provides the texts for the divine services for the pre-Lenten weeks of preparation, Great Lent, and Holy Week. Translated with an extensive and helpful introduction by Metropolitan Kallistos and Mother Mary, it provides many of the texts necessary to observe the great fast and to exercise the mind and spirit.

- *Great Lent – Journey to Pascha* by Rev. Alexander Schmemmann. “This revised edition . . . examines the meaning of the Liturgy of the Presanctified Gifts, the Prayer of St. Ephraim the Syrian, the Canon of St. Andrew of Crete and other neglected or misunderstood treasures of Lenten worship” (from the back cover).

- *Thirty Steps to Heaven* by Archimandrite Vassilios Papavassiliou, a priest of the Greek Orthodox Archdiocese of Thyateira and Great Britain. “Archimandrite Vassilios interprets the *Ladder* for the ordinary Christian without sacrificing any of its beauty” (from the back cover).

- *Meditations for Great Lent, Reflections on the Triodion* a second book by

Archimandrite Vassilios. A small purple book, easy to tuck into a purse or glovebox of a car. “Using hymns from the Triodion and the Scripture readings appointed for the season, this book shows us how to make our fast acceptable: to fast not only from food but from sin; to fast with love and humility, as a means to an end and not an end in itself” (from the Ancient Faith website).

- *The Lenten Spring* by Fr. Thomas Hopko of blessed memory. From the Ancient Faith website:

Forty meditations on Great Lent, revealing, in a simple, clear and beautiful manner, its true meaning. In his meditations, Fr Hopko draws on his long experience as a pastor and teacher, working with young and old throughout the country, to present to the modern reader the relevance of the Church's two-thousand-year-old tradition of preparing to greet our Lord's Resurrection. In his work he also makes extensive use of all facets of the church tradition: inspiring scriptural and liturgical passages from the Lenten services, the spiritual wisdom of the ancient saints and fathers, as well as the teachings of modern guides to the Christian life. All Christians who undertake the yearly journey to the blessed Pascha of our Lord will find inspiration and guidance in these meditations. All can enjoy reading and rereading them and share in the profound thoughts of the author as they make their own spiritual way through this holy season.

- The bookstore also has copies of the original *Ladder* by St. John Climacus. And for children we have *Lent, Wonderful Lent,* and *Glorious Pascha* among other titles.

Thank you for completing the inventory sheet when you purchase an item and thank you for supporting the St. Elizabeth bookstore!



Recurring Dates

Catechesis

Father John continues in-person Monday catechesis from 6:30 to 7:30 p.m. All of our catechumens are attending this important part of preparing for entry into the Orthodox Church. Parishioners and inquirers are invited to attend to learn more about the faith.

Sunday catechesis also continues during the second half of the Divine Liturgy—except the fourth Sunday of each month, when there is no Sunday catechesis. Non-Orthodox visitors are welcome to participate.

The schedule for Sunday catechesis is below.

- March 5 Marriage and Monasticism
- March 12 Greeting Visitors
- March 19 To Be Determined
- March 26 Conclusion

Orthodox Studies

There will be no Orthodox Studies in March, as Wednesday vespers is replaced by the Presanctified Divine Liturgy.

Choir Practice

Christine Adam meets with the choir each Sunday morning at 9:30 a.m. for warm-ups before liturgy.

Confessions

Father John is available for confessions every Saturday after vespers—and anytime by appointment. Email him at rector@stelizabethorthodox.org.

Classifieds

Help Moving

David Johnson needs help moving again—this time *in* county. He'll be moving boxes from a Port Orchard storage unit to his apartment in Silverdale in March. If anyone has a pickup and a few hours, he would really appreciate some help. No furniture, just boxes. You can reach David at (206) 618-3649 or at boizeau55@protonmail.com.

House Wanted

Frazier and Danielle would like to buy a small home on the Kitsap Peninsula. If you know of one that will be available, please let them know. You can contact Danielle at chantrieri@hotmail.com.

Prayer List

Departed

ND Bishop Tikhon
ND Betty

Living

Michael
Grace Elizabeth
Laurel Larissa
Arlene Anastasia
Alison
Jeff Seraphim
Irina
Priest Symeon
Adrienne Elizabeth CSB
Carrie CSB

ND: Newly Departed
CSB: Child She Bears



Radiant City, c. 1933
By Nicholas Roerich

Miscellaneous

Covid Precautions

Everyone is reminded that, with continued concerns about Covid, parishioners should keep four particular precautions in mind:

- Everyone who wishes to do so should feel free to wear a mask, but masks are not required;
- Windows can be opened to improve ventilation;
- Doors to the parish hall can be left open during services;
- If anyone tests positive for Covid and has recently been to the church, please be sure to let Father John know.

Newsletter Submissions

If you would like to submit any materials, announcements, classifieds, or requests for this monthly newsletter, please contact Bryan Telegin at teleginb@gmail.com.

Contact Us

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Website • Facebook • YouTube

March 2023 Daily Readings

3/1	Is 2:3-11	Gen 1:24-2:3	Prov 2:1-22
3/2	Is 2:11-21	Gen 2:4-19	Prov 3:1-18
3/3	Is 3:1-15	Gen 2:20-3:20	Prov 3:19-34
3/4		Heb 1:1-12	Mk 2:23-3:5
3/5		Heb 11:24-26, 32-12:2	Jn 1:43-51
3/6	Is 4:2-5:7	Gen 3:21-4:7	Prov 3:34-4:22
3/7	Is 5:7-16	Gen 4:8-15	Prov 5:1-15
3/8	Is 5:16-25	Gen 4:16-26	Prov 5:15-6:3
3/9	Is 6:1-12	Gen 5:1-24	Prov 6:3-20
3/10	Is 7:1-15	Gen 5:32-6:8	Prov 6:20-7:1
3/11		Heb 3:12-16	Mk 1:35-44
3/12		Heb 1:10-2:3	Mk 2:1-12
3/13	Is 8:13-9:7	Gen 6:9-22	Prov 8:1-21
3/14	Is 9:9-10:4	Gen 7:1-15	Prov 8:32-9:11
3/15	Is 10:12-20	Gen 7:6-9	Prov 9:12-18
3/16	Is 11:10-12:2	Gen 7:11-8:3	Prov 10:1-22
3/17	Is 13:2-13	Gen 8:4-21	Prov 10:31-11:12
3/18		Heb 10:32-38	Mk 2:14-17
3/19		Heb 4:14-5:6	Mk 8:34-9:1
3/20	Is 14:24-32	Gen 8:21-9:7	Prov 11:19-12:6
3/21	Is 25:1-9	Gen 9:8-17	Prov 12:8-22
3/22	Is 26:21-27:9	Gen 9:18-10:1	Prov 12:23-13:9
3/23	Is 28:14-22	Gen 10:32-11:9	Prov 13:19-14:6
3/24	Is 29:13-23	Gen 12:1-7	Prov 14:15-26
3/25		Heb 6:9-12	Mk 7:31-37
3/26		Heb 6:13-20	Mk 9:17-31
3/27	Is 37:33-38:6	Gen 13:12-18	Prov 14:27-15:4
3/28	Is 40:18-31	Gen 15:1-15	Prov 15:7-19
3/29	Is 41:4-14	Gen 17:1-9	Prov 15:20-16:9
3/30	Is 42:5-16	Gen 18:20-33	Prov 16:17-17:17
3/31	Is 45:11-17	Gen 22:1-18	Prov 17:17-18:5

Sundays in red

<https://www.o.ca.org/readings/monthly/2023/03>