



SAINT PAUL'S ANTIOCHIAN ORTHODOX CHURCH - BRISBANE

PASTORAL NEWSLETTER, PROGRAM OF LENT, HOLY WEEK, PENTECOST AND MAJOR SERVICES 2011

***PASTORAL VISIT 2011:** Fr. John will continue throughout the year, his Annual Pastoral Visit for family and bless your home with Holy Water. Please fill out the attached form and either post or scan & email it or call Fr John personally.

* **THE BEGINNING OF SCHOOLS 2011:** **Sunday School 2011 begins.** Families were called to attend Church after the school holidays on 30/01/11, for a special Benediction focusing on those who are studying or attend school, so that the blessing of the Lord works through them for their future development throughout the year.

***SAINT PAUL'S YOUTH MONTH:** It is still observed by his Eminence Metropolitan Paul that **February is our Youth Month.** Father John prays David Novic the president together with his Youth Society to organise the activities of this month, such as the Youth Function, the staff of every Sunday Readings, Addressing Sermons, Collecting and Counting the Offerings, cleaning the Altar, the Altar boys uniform, the church garden, doing some restorations etc.

***ALL WORKS AND FUND RAISING ACTIVITIES:** The Works and Activities of Saint Paul's Council, Ladies Auxiliary Committee. And Youth Society **will be announced by them at church after services or throughout their newsletters.**

"Come to Me all you who labour and are heavy laden, and I will give you rest" (Mtt. 11:28)

* **SATURDAY OF SOULS:** **Saturday 26 February.** Come at 5.15 pm and provide the list of names of those who were transitioned from this world.. Divine Liturgy and Memorial. 5.45 pm

* **MEAT FARE SUNDAY (Sunday of last Judgment) Sunday 27 February:** Matins 9.00 am Divine Liturgy 10.00 am (Tomorrow 28 to Sunday 06 March Meat-fast, but Dairy Food, Eggs and Fish are allowed).

* **CHEESE FARE SUNDAY (Sunday of Forgiveness) Sunday 06 March:** Matins 9.00 am Divine Liturgy 10.00 am (After Divine Liturgy "**Mutual Forgiveness**" starts with the priest first then with each other in shaking hands and saying to each other: "Brother/ Sister, forgive me, a sinner, and pray for me". The answer: "May God forgive you my Brother/ Sister").

* **GREAT LENT: Monday 07 March, Great Lent begins:** Prayer, Fasting, confession (repentance), Performance of Spiritual and corporal works of mercy, Abstinence from food every day from midnight till midday except Saturday, Persons who are sick or pregnant and children under 9 are exempted. Forty days abstinence from meat and animal products. **Fish, wine and oil are allowed on the Annunciation 25th March and on Palm Sunday.** Saint Basil Liturgy on Sunday. Abstinence from sexual relations during Lent or at least during the Holy Week and before every Holy Communion. There is no call for extra fasting during fasting periods when approaching Holy Communion. Examine yourselves (1Corinthians 11:27-29). You have to go your way asking forgiveness from those you have sinned against to be reconciled to them and then come not only to offer your gift to God but also to receive the Holy Communion (Matthew 5: 24). Women are expected to wear decorous dresses or full length trousers with well covering top, and to cover their heads as it is shown on the icons of the female Saints of the church. To avoid causing any accident or any hitting to the sacred Chalice of the Holy Communion, filled of the precious Body and Blood of Christ, as it is mentioned in the book of the Divine Liturgy and the consecration book of Saint Paul's church, when you approach the Holy Communion don't chant or talk, but with listening to the hymns and prayers, come, bow lightly, don't make the sign of the Cross, but put your arms crossed in front of your chest, the right arm over the left one, make sure the red communion cloth is held carefully under your chin, raise your chin slightly up, the Holy Body and Blood of Christ are given to you by a spoon to be mixed with your body and blood, avoid any spillage from your mouth, don't kiss the Chalice, the hand of the priest, any icon or any person, don't say "thank you" to the priest, don't make the sign of the Cross after receiving the Holy Communion; a piece of bread is carried to you, eat it and make sure no crumbs fall on the floor.

* **GREAT COMPLINE AND PREACHING:** **Every Monday of Lent,** (from 07 March to 11 April) 6.00 pm

* **LAUDATIONS TO THE THEOTOKOS AND PREACHING:** **Every Friday of Lent** (from 11 March to 08 April) 6.00 pm

***EVERY SUNDAY OF LENT:** Matins at 9.00 am, Saint Basil Divine Liturgy 10.00 am

***SUNDAY OF ORTHODOXY AND ICONS:** **Sunday 13 March, Matins at 9.00 am Saint Basil Divine Liturgy** 10.00 am

***VENERATION OF THE CROSS AND ANNUNCIATION** (25 March): **Sunday 27 March:** St. Basil D. Liturgy 10.00 am

***LAZARUS AND PRESANCTIFIED LITURGY:** **Friday 15 April:** 6.00 pm

PROGRAM OF HOLY WEEK SERVICES 2011

<u>PALM SUNDAY</u> 17 April <u>Procession:</u> (Fish is allowed):	10.00 am
<u>HOLY MONDAY</u> 18 April: <u>Holy Oil Service</u> for the healing of our souls and bodies:	6.00 pm
<u>HOLY TUESDAY</u> 19 April: <u>Matins of the Bridegroom:</u>	6.00 pm
<u>HOLY WEDNESDAY</u> 20 April: <u>Washing the Altar Tables,</u> <u>Last Supper Divine Liturgy</u> & Holy Communion for Holy Thursday, Youth and Sunday School <u>Foot-Washing Ceremony</u>	5.00 pm
<u>HOLY THURSDAY</u> 21 April: <u>The 12 Gospel Readings of Passion and Crucifixion of Christ:</u>	6.00 pm
<u>HOLY FRIDAY</u> 22 April: <u>Taking off the Crucified one:</u> (Morning Service)	10:30 am
<u>Good Friday</u> <u>Evening Burial Service:</u>	6:00 pm
<u>HOLY SATURDAY</u> 23 April: <u>Morning Divine Liturgy</u> "Arise O God and Judge The Earth"	10:30 am
<u>Evening Rush Procession,</u> Great Matins and <u>Great Pascha (Midnight Liturgy):</u> Easter Eggs & Greetings.	11:00 pm
<u>HOLY PASCHA SUNDAY</u> 24 April: <u>Vespers for Bright-Monday (Gospel in Several languages)</u> <u>Second Pascha Divine Liturgy and Easter procession:</u>	5:30 pm

CHRIST IS RISEN! TRULY HE IS RISEN!

<u>SUNDAY</u> 08 May: <u>St George the Great Martyr</u> (23 April / 06 May)	10:00 am
<u>SUNDAY</u> 22 May: <u>and Sts Constantine and Helen</u> (21 May)	10:00 am
<u>SUNDAY</u> 05 June: <u>Sunday after the Ascension</u> Matins at 9.00 am <u>Divine Liturgy</u>	10:00 am
<u>SATURDAY</u> 11 June: <u>Saturday of souls:</u> Come at 5.30 pm and provide the list of names of those who were transitioned from this world.. <u>Divine Liturgy and Memorial.</u>	6.00 pm
<u>SUNDAY</u> 12 June: <u>Holy Pentecost, the Holy Spirit:</u>	10:00 am
<u>APOSTLES-FAST :</u> <u>From 26 to 28 June</u> (Fish is allowed except on Wednesday and Friday)	
<u>SUNDAY</u> 03 July: <u>Saints Peter and Paul</u> (29 June) <u>Matins</u> 9.00 am and <u>Solemn Divine Liturgy</u>	10:00 am
<u>SUNDAY</u> 24 July: <u>Saint Elias the Prophet</u> (20 July) <u>Matins</u> at 9.00 am <u>Divine Liturgy</u>	10:00 am
<u>SUNDAY</u> 31 July: <u>Saint Panteleimon the Martyr and Healer</u> (27 July)	10:00 am
<u>THEOTOKOS-FAST:</u> <u>From 1st to 14 August</u>	
<u>SUNDAY</u> 07 August: <u>Transfiguration</u> (06August) <u>Matins</u> at 9.00 am <u>Divine Liturgy</u>	10:00 am
<u>SUNDAY</u> 14 August: <u>Dormition of the Theotokos</u> (15 August) , <u>Matins</u> at 9.00 am <u>Divine Liturgy</u>	10:00 am

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