

## Procession with Icons

At the end of services next Sunday, we will take icons and process around the outside of the church, weather permitting. You may bring your own icons from home.

## Saint of the Day

**The 440 Martyrs Slain By the Lombards:** They were slain by the Lombards in Italy in about the year 579 A.D. St. Gregory Dialogist writes about them. In one place, forty of them were beheaded. At another place, four hundred of them were beheaded, all because they refused to eat of the sacrifices to the idols. Additionally, these four hundred refused to dance around a goat's head which had been offered to the demons as a pagan sacrifice, as was the custom of the Lombards.

**Today is the last day to consume all fish, eggs and dairy products.**

## During Great Lent

**Fasting:** Orthodox Christians are called to abstain from all meat—(yes, *chicken is meat!*)—dairy products i.e. eggs, milk, etc., fish, wine and olive oil during Great Lent, which begins on March 18, Clean Monday (Καθαρά Δευτέρα). To strengthen ourselves, the Church asks us to increase our prayer life (attending the Lenten Services), flee from sinful behavior, and to give alms. Let us together keep the fast as strictly as possible, increase our daily prayers, approach the Mystery of Holy Confession and forgive one another any offenses that have caused division or anger. If we are unsure about fasting or confession please see Fr. Dennis. May God bless us; grant us strength and faith to complete the course of the fast.

**Liturgy of St. Basil the Great:** During the Great Lenten period we use the Liturgy of St. Basil the Great every Sunday and on Holy Thursday and Holy Saturday mornings.

**Services:** We are called to abstain from certain foods during the Great Fast as we are to abstain from sin. This cannot be achieved without an increased prayer life. The Church in Her wisdom has not only called for us to fast, but gives us more services that will aid us in our Lenten journey. The Great Compline will be offered every Monday evening, the Presanctified Liturgy every Wednesday evening and the Salutations to our Theotokos every Friday evening.

**Coffee Hour/Dinners During Lent:** When bringing treats for the coffee hour during the Great Lenten Fast, please remember we must maintain the fasting practices of the Orthodox Church. While each may not be able to keep the fast as strictly as prescribed, let us nonetheless, keep it when we gather as community and people of God.

## Archangel Michael Greek Orthodox Church Bulletin

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Facebook: <https://www.facebook.com/amgoc.co>

## March 2, 2025

### Sunday Holy Scripture Reading

**Apostolic Reading:** Apostolic Reading: Romans 13:11-14:4

**Gospel:** St. Matthew 6:14-21

**Services:** *Sunday*-8 a.m. Orthros and 9 a.m. Divine Liturgy, *Weekdays* 8 a.m. Orthros and 9 a.m. Divine Liturgy when scheduled.

**Saints of the Day: Sunday of Forgiveness and Cheese Fare. The Expulsion of Adam from Paradise.** Theodotos, bishop of Cyrenia; Martyr Hesybios the Senator; Virgin-martyr Euthalia of Sicily; Arsenios, bishop of Tver.

### Hymns of the Day

#### Apolytikion of the Resurrection Tone 3

Let the heavens be glad. Let the earth rejoice exceedingly. For the Lord has shown strength with his arm. He trampled death by death. He became the first-born of the dead. Out of the belly of Hades, He has rescued us, and to the world He has granted the great mercy.

#### Apolytikion of the Archangels Tone 4

Supreme Commanders of the Hosts of the Heavens, we, the unworthy, implore and beseech You that by Your supplications You encircle us in the shelter of the wings of Your immaterial glory, guarding us who now fall down and cry to You with fervor: Deliver us from dangers of all kinds, as the great marshals of the heavenly hosts on high.

#### Kontakion to for Forgiveness Sunday Tone 6

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen.

### Divine Services

**Mon., March 3:** Great Compline with canon by St. Andrew of Crete 6pm.

**Tues., March 4:** Great Compline with canon by St. Andrew of Crete 6pm.

**Wed., March 5:** 9<sup>th</sup> Hour 5:30 p.m. and Presanctified Liturgy 6 p.m. *Those who are preparing to receive Holy Communion are to fast strictly from the noontday meal*

or sooner from all food and drink (12:00 pm for lunch and should eat very light Lenten meal). Lenten meal following Presanctified Liturgy.

**Thurs., March 6:** Great Compline, canon by St. Andrew of Crete 6pm.

**Fri., March 7:** Salutations I to the Theotokos at 6pm.

**Sat., March 8:** Orthros 8am and Divine Liturgy 9am for the Miracle of St. Theodore the Recruit. Great Vespers 5pm

## Front Range GOYA Lenten Retreat

The Assumption Greek Orthodox Cathedral in Denver is sponsoring this youth retreat for middle and high school ages, April 4-6, 2025, at the Ponderosa Retreat Center. Teens from our sister parishes will be participating! For more information: please contact Tianna at [tainna20@gmail.com](mailto:tainna20@gmail.com)

## Holy Communion in the Orthodox Church

Holy Communion of the Orthodox Church is the Holy Body and Blood of our Lord Jesus Christ. It is *“With the fear of God, faith and love”* that we approach the Divine Mysteries. Therefore, Holy Communion is reserved only for those baptized and chrismated Orthodox Christians who have prepared themselves by prayer and fasting, as prescribed by the teachings of the Holy Orthodox Church. We ask that women, before approaching to receive from the Holy Cup, in respect of our Lord, to please remove lipstick.

## Bookstore and Library

Great Lent is around the corner - - starting on March 3! Get in early for some great books for the Paschal Season. More books are on their way as well as beautiful Orthodox items, gifts and greeting cards. See you at our Church Bookstore! *All that are careful in this life, procure books that will be medicine for the soul. -St. John Chrysostom*

## Coffee Hour Volunteer Clean Up Schedule

For those who would like to volunteer in helping in the church hall, we now have a sign up sheet for assisting in cleaning up after coffee hour. The sheet is posted downstairs in the kitchen next to coffee hour sign up sheet. *Also, parents please make sure you cleanup after your children during coffee hour.*

## Coffee Hour Signup

Please consider sponsoring a coffee hour. Donations are welcome! Also, Rose Timora is the coordinator for coffee hour.

**March 2:** Norm Struck                      **March 9:** Christian/Timora

**March 16:** Sponsor Needed              **March 23:** McDonald Family

## Capital Campaign

**King Soopers Cards** has a Loyalty Card Program that offers 5% of your purchase sent to a designated charity which Archangel Michael is an eligible recipient. You may sign up online or go to the customer service desk.

## AMGOC Philoptochos

The next Philoptochos meeting will be held on Saturday, March 15, at 10 am. Philoptochos Member Hannah Portuesi will be leading a Psalter group to read the Book of Psalms during Great Lent, beginning March 3<sup>rd</sup>. Please contact [AMGOCPhiloptochos@gmail.com](mailto:AMGOCPhiloptochos@gmail.com), or see Hannah directly for more information or to sign up.

## Prospora Baking Class

On Saturday, March 15, following the Philoptochos meeting, around 11:30am, Fr. Dennis will offer a prospora baking class. The class is open to all young and old. Please let Fr. Dennis know if you plan to attend.

## Church School

Classes meet following Holy Communion. Please allow the Church School students receive Holy Communion first. Classes resume today.

## Greek School

Alex Ellis offering Greek language classes free of charge. Classes began on September 7, 2024. For more information call him at 719.471.015.7

## AMGOC Online Giving

Our parish is now offering online giving as a means to make offering for stewardship, Capital Campaign, memorial donations and more. Please use the following link <https://giving.servantkeeper.com/AMGOC>

## Stewardship 2025

The 2025 Stewardship Sunday was on Sunday December 22nd and a presentation was offered by Ruxandra Georgescu and Nathan Pesch co-chairs. Stewardship Packets are available today. Please see Ruxandra Georgescu for more information. You may return your filled out card in the offering box.

## Dates to Remember

**Feb. 9:** Triodion Period Begins

**March 1:** 2nd Saturday of Souls

**March 8:** 3rd Saturday of Souls

**April 20:** Pascha

**June 8:** Pentecost

**Feb. 22:** 1st Saturday of Souls

**March. 3:** Great Lent Begins

**April 13:** Palm Sunday

**May 29:** Ascension of the Lord

**June 16-28:** *Apostle Fast*

## Exchange of Forgiveness

Following services this morning we will offer each other mutual forgiveness before beginning the Great Fast. Let us remember the words of the Paschal Doxastichon *“...let us forgive all things on the resurrection...”* **Kali Sarakosti— Good 40 Days!**

## Orthodox Catechism Class

Class will meet following coffee hour TBA. All are welcome to attend.