

DIOCESE OF EASTERN PENNSYLVANIA + WILKES-BARRS DEANERY

ELEVATION OF THE HOLY CROSS ORTHODOX CHURCH WILLIAMSPORT, PA.



4TH SUNDAY AFTER PENTECOST
FORGIVENESS SUNDAY
MARCH 16TH, 2019

ELEVATION OF THE HOLY CROSS ORTHODOX CHURCH

1725 Holy Cross Ln
Williamsport, Pennsylvania 17701-2749

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Today's Scripture Readings:

Epistle: Romans 13:11-14:4

Gospel: St. Matthew 6:14-21

*Welcome to EVERYONE this morning to our visitors and guests!
Please join us over in the Parish Hall after the Liturgy for some
"cheesy" fellowship!*

Services, Events & Announcements

****Forgiveness Vespers tonight @ 5pm**

****Great Canon of St Andrew - Mar 11-14 @ 5:30pm**

****Pre-Sanctified Liturgy - Friday Mar 15th @ 5:30pm**

****Great Vespers - Saturday, Mar 16th @ 5pm**

****Divine Liturgy - Sunday, Mar 17th @ 10am (Hours @ 9:40)**

****Last Sunday (Meatfare Sunday) was wonderful and THANKS to everyone who helped! Anyone wishing to help clean -up after is most welcomed. ☺**

****The weekly Parish bulletin can now be accessed on the Parish website homepage. www.holycrosswilliamsport.org. While you are there, **please sign up for our Parish Email List if you have not already.****

LAST SUNDAY – Mar 3

Attendance 51 - Regular Offering - \$3198.00

Candles - \$71.41 / Monthly Special - \$25.00

NEXT SUNDAY - Mar 17

Reading of the Hours – Mat. Mary

Reading of the Epistle – Anthony A.

Fellowship Hour

Mar 17th - Daria F. & Mat. Diane

Mar 24th - Mat. Mary & Meg J.

Wednesday Pre-Sanctified Lenten Meal sign-up sheet is on the bulletin board in the Hall.

A Word from Your Pastor . . .

Lent is now upon us. As we reflect on our lives and our relationship with God and others, what things are there that we need to work on? What obstacles are there that keeps us from growing spiritually? Let this be a time of some serious “deep cleaning” of our hearts and minds. Instead of looking to be entertained, it would be good to do some spiritual reading and spend more time in prayer.

During this Lenten Season, please try to come to confession. I am available for confession most anytime, before or after Vespers, and after Divine Liturgy if need be. I am also available by appointment most anytime during the week. Just let me know. If you have any concerns or questions, please see me. ☺

With Love and God’s Blessing,

+ Fr. Seraphim

The True Spirit of Fasting . . . by Abbot Tryphon

This coming Monday is the beginning of Great and Holy Lent, so now is a good time to prepare ourselves for this Lenten

Journey. As with previous years, I am sharing this approach to fasting, which will greatly enrich this penitential preparation for the Feast of the Holy Resurrection.

FAST from self-concern and FEAST on compassion for others.

FAST from discouragement and FEAST on hope.

FAST from lethargy and FEAST on enthusiasm.

FAST from suspicion and FEAST on truth.

FAST from thoughts that weaken and FEAST on promises that inspire.

FAST from shadows of sorrow and FEAST on the sunlight of serenity.

FAST from idle gossip and FEAST on purposeful silence.

FAST from problems that overwhelm you and FEAST on prayer that sustains.

FAST from criticism and FEAST on praise.

FAST from self-pity and FEAST on joy.

FAST from ill-temper and FEAST on peace.

FAST from resentment and FEAST on contentment.

FAST from jealousy and FEAST on love.

FAST from pride and FEAST on humility.

FAST from selfishness and FEAST on service.

Love in Christ,

Abbot Tryphon

All Merciful Saviour Monastery, Vashon Island, WA.

Regarding Confession & Holy Communion: Only those faithful who are Orthodox Christians and have properly prepared themselves by fasting, prayer and confession, and who were at least present for the reading of the Epistle and Gospel, should approach to receive the Holy Eucharist.