



*Jesus Christ, our
Saviour and Redeemer*

Holy Protection Orthodox Church

Greetings on this blessed Lord's Day! Please take a green information sheet if this is your first time here. You can put in any collection basket or hand to greeter

IN EMERGENCY CALL/TEXT 813-406-2620 (Fr.'s cell). If in middle of night and no answer, call 813-659-0123 or 813-451-9829 (Pani's cell). If they are off duty please call Parish Council President below

Schedule

Tone 4

Sunday, March 1

Forgiveness Sunday

9:40 40 day Memorial

10 am Divine Liturgy

11:15am Fellowship

Icon Class

Reader: Brian

Counters: Marijean, Tracy

Wednesday, March 4

6:15-6:50 Fundamentals
of the Faith

7pm Lenten Liturgy of
the Presanctified Gifts

Thursday, March 5

7:30 pm Great Canon of
Repentance

Friday, March 6

11:30 Lenten Liturgy of
the Presanctified Gifts

Sunday, March 8

Sunday of Orthodoxy

10 am Divine Liturgy

11:15am Fellowship

(fasting)

Reader: Brian

Counters: Marijean,
Barbara

5:00 pm Vespers Tarpon

Wednesday, March 11

6:15-6:50 Fundamentals
of the Faith

7pm Lenten Liturgy of
the Presanctified Gifts

ANNOUNCEMENTS

Today's services are in loving memory of Kathy Sekela for the 40 days of her repose. May her memory be eternal!

Today's luncheon is in loving memory of Kathy.

Today's responses: Forgive me. God forgives and I forgive.

Pick up your Great Lent Schedule today as well as the fasting guidelines for Great Lent in the Narthex.

It's time to pray our way together during Great Lent and join the Psalter group. We have flyers in the narthex and the hall with more information. To join, email Janice at Praying-our-way@uolofusa.org by March 13.

It is time for the UOL Essay Contest! The theme this year is "We walk by faith, not by site." All age groups can enter. The information is in the narthex. Last year, Andy won a for his adult essay!

There are printed versions of the Journey Through Great Lent in the narthex and in the hall if you would like one.

Today we will be having a class on icons with Father Frederick.

There will be a handmaiden's meeting Sunday, March 8. We can sit together during Fellowship.

If you have someone who needs to be added to the prayer list, please see Cynthia Brown. You can contact Cynthia during the week at cynthiaann36@live.com or on Facebook Messenger. We will update the list monthly.

Prayer Corner Living: Please pray for the ailing: Mat. Mary, Randee, Olga, Alexi, Alexander, Kathy, William, Mat. Mary, Darla, Steve, Ricky, Linda, Travis, Steve, Stella, Walter, Carmen, Joy, Joanne, Danika, Kim, Wendy, Julie, Alexei, Ann, Beth, Vilma, Paulina, Stacy, Candace, Harolene

Reposed: Virginia, Harry, Millie, Harry, Richard, Albert, Mary, John, Doris, Mary, Subdeacon John, Vera, Beverly, James, Dessie, Ernest, Elbert, Bill, Viva, Ina, Cynthia, Bernard, Finn, Marie, Kathy, Cassia

By the waters of Babylon, There we sat down, we sat down and wept, when we remembered Zion. Alleluia. On the willows, on the willows there we hung up our harps, we hung up our harps, Alleluia. How shall we sing the Lord's song in a foreign land? Alleluia. If I forget you, O Jerusalem, let my right hand wither Alleluia. Let my tongue cleave to the roof of my mouth, If I do not remember you, if I do not set Jerusalem above my highest joy! Alleluia!

We have 2 outreach opportunities you can participate in. One is homeless bags, the flyer is in the hall. The other one is the Pregnancy Care Center. The mission of the Pregnancy Care Center of Plant City is to share God's compassion and provision to those facing an unexpected pregnancy and to uphold the sanctity of human life. New items they need: diapers, wipes, baby clothing newborn to 24 months, crib sheets, bath towels and wash cloths, lotion, baby wash, diaper ointment, baby bottles, diaper bags, pack and play, strollers, car seats, cribs and mattresses. We are going to continue these through Great Lent

To ensure announcements are put into the bulletin or if you need something scheduled, let Pani know. You can text her at 813-451-9829, email her at panicarrie@yahoo.com or speak to her in person. Please, even if you have talked with Father, also let Pani know because she keeps his schedule.

As a reminder, Father's days off are Friday and Saturday due to his teaching as the Seminary on Monday and Tuesday. On those days, he is available by phone, text or email.

Lenten Vespers Schedule:

Sunday, March 8 5:00 pm St. Nicholas Cathedral 17 East Tarpon Ave. Tarpon Springs

Sunday, March 15 5:00 pm St Nicholas 6447 76th Ave North Pinellas Park

Sunday, March 22 5:00 pm St. Philip the Apostle 9100 El Portal Dr. Tampa

Sunday, March 29 5:00 pm St George 9426 Little Road New Port Richey

Sunday, April 5 5:00 pm St Michael 9201 60th St. Pinellas Park

Please let the children and their families get their food first for fellowship so Christian Education for them can begin faster.

Please review the ministry wall often for updates!

Sign up for fellowship! It can be as simple as bagels or donuts. Please see the board in the hall, or a council member if you have any questions. Please refer to the Fellowship guidelines when it is your Sunday to do fellowship.

Parish council contacts: Brian (President): (813) 763-5226, Paula (813) 838-4554 (Vice President) Rebecca (Secretary): (813) 763-5225, Tom Moore (Treasurer), Ilya (Financial Secretary) Marijean (571) 275-0810, Alternates: Ilya and Svetlana

If your pew book is in need of repair, please give it to Pani.

Please review the calendar on the side of the bulletin and notice if you are scheduled to be a counter with a parish council member.

If you are coming to confession, please be in line by 9:50 am on a normal Sunday. On a Sunday there is a Memorial scheduled, please be in line by 9:30.

As we begin the Great Fast, the Church reminds us of Adam's expulsion from Paradise. God commanded Adam to fast (Gen. 2:16), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendents became heirs of death and corruption.

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from the sinful desires and urges of our fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake of the life-giving Mysteries of Christ.

Today we sing: "Let us begin the time of fasting in light, preparing ourselves for spiritual efforts. Let us purify our soul, let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit..."

Prayer Of St. Ephraim

(said daily during Great Lent)

O Lord and Master of my life
Take from me the spirit of sloth,
Despair, lust of power and idle talk. (Prostration)

But give rather the spirit of chastity, humility,
Patience and love to your servant. (Prostration)

Yea! O Lord and King!
Grant me to see my own transgressions,
And not to judge my brother,
For blessed art Thou unto ages of ages. Amen (Prostration)