



*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 7

Sunday, March 22 Holy Cross

10 am Divine Liturgy
Reader: Andy
Counters: Marijean, Cecily

Sunday, March 29

10 am Divine Liturgy
Reader: Brian
Counters: Marijean,
Dennis

Sunday, April 5

10 am Divine Liturgy
Reader: Joseph
Counters: Paula, Olga

Sunday, April 12

10 am Divine Liturgy
Reader: Joseph
Counters: Paula, Mark

ANNOUNCEMENTS

We need to practice social distancing and remember to keep the 6 foot distance from each other. Do not greet each other with hugs, kisses, or handshakes.

As a reminder, all midweek services are canceled.

A request from the Maintenance Ministry - to borrow a 10 foot A-frame ladder or 8 foot scaffolding so that we can complete the mosaic project and paint and repair the eave. If anyone has one and can let Mike and Natalie borrow it for a day or two or more it would make the task easier.

We will not have fellowship until further notice. We appreciate your understanding in this time of uncertainty.

The Bishops have issued a prayer for the corona virus. You can pick up a copy in the Narthex along with a copy of the letter they have issued.

During this time, we will not be offering the Gospel or the Cross to venerate.

The Lord says that he yearns to gather his faithful as a hen gathers her chicks and that He feeds us just as the birds of the air. The method for receiving Holy Communion at Holy Protection is explained in the following diagram and reminds us of these words of our Savior:



February Collection

Expenses: \$9,000

Collected: \$8,980

Short -\$20

Expanding on the letter from the Bishops on the virus (which is in the narthex and posted on our Facebook page)

- 1). You do not need to touch anything in Church if you do not want to (to venerate an icon means to bow—kissing is only one of many customary ways to do it, but you can just make the sign of the cross and bow, and even make a kissing motion toward the icon without touching it, which is ALWAYS the case in all circumstances).
- 2). Bring sanitizer if you are worried.
- 3). The Peace shall roll right into the Creed until further notice. If you wish to, bow to the people next to you, but do NOT prompt them to shake hands, hug, or kiss.
- 4). Communion remains the same—open and drop. You do not need to kiss the chalice, just bow the head slightly after taking the Eucharist.

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, Darla, Steve, Walter, Nina, Carmen, Joy, Joanne, Danika, Kim, Wendy, Julie, Alexei, Ann, Beth, Fred, Travis, Sonia, Pearl, Vilma, Stella, Candice, 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, Ashton, Camillo, Lexi

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

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.

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!

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.

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!

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: Svetlana

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

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)