



*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 5

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

Sunday, March 15 St. Gregory of Palamas

10 am Divine Liturgy
11:15am Fellowship
(fasting)
Reader: Joseph
Counters: Marijean, Harry

Tuesday, March 17
7:45 pm Fundamentals of
Faith: "Teaching" Vespers
St. Nicholas of South
Canaan and St. Cyril of
Jerusalem

Sunday, March 22 Holy Cross

10 am Divine Liturgy
11:15am Fellowship
(fasting)
Reader: Andy
Counters: Marijean,
Cecily

ANNOUNCEMENTS

Today there will be a meeting for anyone interested in being a handmaiden and for those who are already a handmaiden. We can sit together during Fellowship.

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.

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.

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.

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

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

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.

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!

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.

Originally, the Prophets Moses, Aaron, and Samuel were commemorated on this Sunday. The Alleluia verses appointed for today's Liturgy reflect this older usage.

Today we commemorate the "Triumph of Orthodoxy," the restoration of the holy icons in the reign of the holy Empress Theodora (February 11).

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)