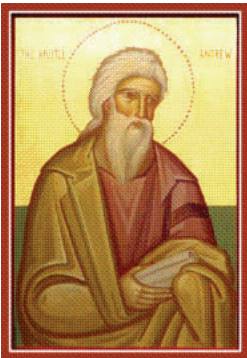


# St. Andrew Orthodox Church

1216 Greencrest Ave. East Lansing, MI 48823 (517) 351-4627

March 2008



Rev. Fr. Christopher Rozdilski, Pastor

Saturday Vespers 6 pm

Confessions (following)

Rectory: (517) 351-4627

Sunday Liturgy 9:30 am

Cell Phone: (517) 256-7399

Confessions 9:00 am

Visit Our Website at: [StAndrewOrthodoxChurch.US](http://StAndrewOrthodoxChurch.US)

## Fasting

*This issue of the Newsletter is sponsored by John and Fran Johnson for their daughter Micki's Birthday*



Great Vespers every  
Saturday night at  
6:00PM

Confessions after Saturday  
Vespers and at  
9:00 AM Sunday  
mornings

Divine Liturgy every  
Sunday at 9:30AM

After Prayer, fasting is the second ascetic practice you should begin as part of an Orthodox way of life. Of course if you do not have sufficient faith to participate in the regular worship services, to participate in the sacraments, or time for daily prayer, fasting will not be of much help to you. Fasting is a practice that was shown to us by Jesus as well as the prophets of the Old Testament. Jesus fasted for 40 days and we are told "he ate nothing." The Prophet David fasted "I ate no delicacies, no meat or wine, no did I anoint myself." (Daniel 10:3) Ester instructed Mordicai, "Go, gather all the jews... and hold a fast on my behalf and neither eat nor drink for three days, night and day. I and my maids will also fast as you do." (Ester 4:16) Paul engaged in a three day absolute fast following the encounter with the living Christ (Acts 9:9). Moses and Elijah fasted for forty days. (Deut 9:9, 1Kings 19:8)

Jesus also asked us to fast. He said that we can overcome the devil only through "prayer and fasting". (Matt 17:21) In Matt 6:16 Jesus says "When you fast..." He did not say "If you fast." He assumes that you will fast and gives instruction on how to do it properly. The days will come, when the bridegroom is taken away from them, and then they will fast. (Matt 9:15)

To be effective fasting must center on God. As we fast we discover the things that control us. David writes, "I humbled my soul with fasting (Ps 69:10)." Fasting reminds us that it is not food that sustains us, but God. It also helps us develop the discipline that is necessary for our spiritual growth.

The Church in her wisdom has provided for us fasting periods. These are times through out the year where we can focus on our spiritual life and double our efforts in prayer and worship.

On the outward level fasting involves physical abstinence from food and drink, and without such exterior abstinence a full and true fast cannot be kept; yet the rules about eating and drinking must never be treated as an end in themselves, for ascetic fasting always has an inward and unseen purpose. Man is a unity of body and soul, 'a living creature fashioned from natures visible and invisible.' Our ascetic fasting should therefore involve both these natures at once. The tendency to over-emphasize external rules about food in a legalistic way, and the opposite tendency to scorn these rules as outdated and unnecessary, should be rejected. In both cases the proper balance between the outward and the inward has been impaired.

Fasting is not a mere matter of diet. It is moral as well as physical. In the words of St. John Chrysostom, it means "abstinence not only from food but from sins". "The fast", he insists, "should be kept not by the mouth alone but also by the eye, the ear, the feet, the hands and all the members of the body": the eye must abstain from impure sights, the ear from malicious gossip, the hands from acts of injustice. It is useless to fast from food, protests St. Basil, and yet to indulge in cruel criticism and slander: "You do not eat meat, but you devour your brother".

Scripture references: Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

### Parish Council

- **Denise Covell**  
(517) 651-2682
- **John Johnson—Chair**  
(517) 646-8786
- **Maria Daly—Treasurer**  
(517) 487-9511
- **Don Beck—Secretary**  
(517) 651-6668
- **Don Dimitroff—Vice Chair**  
(517) 321-1266
- **David Long**  
(517) 351-1229

### Sisterhood of St. Helen

- **Fran Johnson** President  
(517) 646-8786
- **Joanne Lopushinsky V.** President  
(517) 655-4859
- **Kathy Fortais** Secretary  
(517) 694-4617
- **Catherine Hattrem** Treasurer  
(517) 372-3154

### Brotherhood of St. George

- **Scott Pierpont** President  
(517) 694-9144

### Newsletter Staff

- **Fr. Christopher**
- **Catherine Hattrem**  
kathleenh50@hotmail.com
- **Douglas Hattrem**

### Parish Council Report

1. Meijer Reward Program—This is a very easy way to raise money for the Church. It's easy to participate by just signing up at Meijer. If you have any questions, ask Maria Daly or any other Council member.
2. Parade of Homes Fundraiser—Samir Matta has again volunteered to organize and coordinate this project. This is another easy way to raise money. Samir will be asking for a little of your time—Please volunteer!
3. Second Annual Pierogi Fundraiser—Help is needed on March 25, 28 and 29. See details later in this newsletter or the weekly bulletin.
4. Coffee Hour Volunteers of “2008” are needed. If you have any questions, please ask—we will help.
5. MSU Concessions is a “go” !! We will need your help in the fall.
6. Ways and Means Committee—Each Church Organization (Sisterhood, Brotherhood, etc.) will be asked to volunteer one (1) of their members to join the committee. Any interested parish member is more than welcome—Please see any Council member.

Thank you,

Your Church Council

### Church School —Jennifer Beck

In celebration of Lent, there will be Icon Preparation workshops for our church school students from 3-5 pm on Saturday March 8 and Saturday, March 22 in the Church Hall. If your student is participating please let Leann Matta or Mary Maloney know and also share with them which Saint(s) or Feast(s) you would like to make. All materials will be supplied/printed, but each participant will be charged at the first meeting for the materials they will be using. Please let these ladies know all information by February 29. Thanks Leann and Mary for organizing this for our students!

### FOCA—Shruti Gross

Our FOCA lock in last month was a great success. 10 members came and we had a great time playing four square, making necklaces, playing video games, making ice cream and getting to know each other better. Thank you to everyone who attended and to everyone who brought games and supplies for the night. Don't forget this year's Celebration of Faith deadline is April 8th. The theme is “Our Environment”. Please see me for more information.

### Congratulations

To Christopher, Christine and Costel Ciucanu, Katie and Michael Pierpont, Alexander Dines and Mitchell Beck on making their first confession.

To Monica & Matt Hubinger on the birth of their son Sebastian Matthew Hubinger.

### Sisterhood of St. Helen

We did not meet in February because of schedule conflicts. Our next meeting will be on Thursday, March 20, 2008 at 6:30 pm.

## MARCH EVENTS AND SERVICES

- 2 Meatfare Sunday
- 8 3-5:00 PM Icon Workshop  
5:00 PM Great Vespers & First Confessions
- 9 Cheesefare Sunday  
Daylight Savings
- 10 Lent Begins  
6:00 PM Great Canon of Saint Andrew
- 11 6:00 PM Great Canon of Saint Andrew
- 12 6:00 PM Presanctified Liturgy followed by Lenten Potluck
- 13 6:00 PM Great Canon of Saint Andrew
- 16 Sunday of Orthodoxy  
Vespers at St. Demetrius in Jackson
- 18 6:30 PM Council Meeting
- 19 6:00 PM Presanctified Liturgy followed by Lenten Potluck
- 20 6:30 PM Sisterhood Meeting (Thursday)
- 22 3-5:00 PM Icon Workshop
- 23 Gregory Palamas  
Western Easter
- 25 9:30 AM Liturgy for the Feast of the Annunciation of the Theotokos  
5-9:00PM Pierogi Fundraiser preparation
- 26 6:00 PM Presanctified Liturgy followed by Lenten Potluck
- 28 5-9:00 PM Pierogi Fundraiser preparation
- 29 8:30 AM—4:30 PM Pierogi Fundraiser preparation
- 30 Veneration of the Cross

## ADDRESS ADDITIONS AND CHANGES

Roger Gilmore  
2012 Lac Du Mont  
Haslett, MI 48840

Michael and Nina Kehdi  
329 Spartan  
East Lansing, MI 48823

John Moraru  
1801 N. Hagadorn, Apt. 317  
E. Lansing, MI 48823

Joshua and Danielle Greve  
2515 Kinloch Cir  
Lansing, MI 48911-6490

Mary Maloney  
322 N Pine St #2  
Lansing, MI 48933

Christina Stojcevski  
1136 Poplar Lane #102  
East Lansing, MI 48823

M/M Andrew and Casey Hay  
500 Woodingham Dr #13  
East Lansing, MI 48823

Heather May  
1609 Haslett Rd  
East Lansing, MI 48823

Michael Miroiuk  
1797 E. Round Lake Rd  
DeWitt, MI 48820

## St. Andrew 2nd Annual Pierogi Fundraiser

Plans are underway for our 2nd Annual Pierogi Fundraiser. We need volunteers to help us with the cooking and assembly on Tuesday March 25th, Friday March 28th and Saturday March 29th.

The Pierogi will be available for purchase starting Sunday March 30th during coffee hour, \$10.00 per dozen.



### COFFEE HOUR

**VOLUNTEERS ARE NEEDED FOR COFFEE HOUR IN 2008.**



### Ushers, Coffee Hour Sponsors and Profora Donors

	<u>Ushers</u>	<u>Coffee Hour</u>	<u>Profora</u>
Mar 2	Doug & Catherine Hattrem	Matta	Matushka Mary for safe travel to Saipan for Steve & Denise Covell
9	Anna Zivic & Simo Paripovic	Patsy J Swidriski	John & Fran Johnson for Micki Warncke's birthday
16	Nevenka Dines & John Johnson	Asmert & Ephraim Hadish	Janna L Tatyana
23	Denise & Steve Covell	Grigorescu	The Beck family for the health of the Parish
30	Sandy Oade & Penju Miteff	Ciucanu	Patsy Swidriski for the health of the Parish
Apr 6	Leann & Samir Matta	Church School HS Class	Fran & Family for John Johnson's Birthday



### Church Cleaning Schedule



<u>Week Ending of Saturday</u>	<u>Upstairs</u>	<u>Downstairs</u>
Mar 1	Parapovic	Shauver
8	deMorrow	Maria Daly / Lopushinsky
15	Michael / Bianka Daly	Grigorescu
22	Isicu / Fisher	Poufcas
29	Donahue / Covell	Beck
April 5	Jr Foca / Shruti Gross / Cathy Estrada	Jr Foca / Shruti Gross / Cathy Estrada

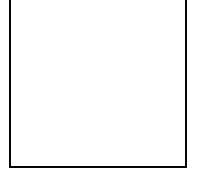


# March 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1  <i>6:00 PM Great Vespers/Confessions</i>
2 <i>9:00 AM Confession 9:30 AM Liturgy  Meatfare Sunday</i>	3	4	5	6	7	8 <i>3-5:00 PM Icon Workshop  5:00 PM Great Vespers First Confessions</i>
9 <i>9:00 AM Confession 9:30 AM Liturgy / Forgiveness Sunday Vespers  Cheesefare Sunday</i>	10 <i>Lent Begins  6:00 PM Great Canon of Saint Andrew</i>	11 <i>6:00 PM Great Canon of Saint Andrew</i>	12 <i>6:00 PM Presanctified Liturgy followed by Lenten Potluck</i>	13 <i>6:00 PM Great Canon of Saint Andrew</i>	14	15 <i>6:00 PM Great Vespers/Confessions</i>
16 <i>9:00 AM Confession 9:30 AM Liturgy Sunday of Orthodoxy  Vespers will be at St. Demetrius in Jackson</i>	17	18 <i>6:30 PM Council Meeting</i>	19 <i>6:00 PM Presanctified Liturgy followed by Lenten Potluck</i>	20	21	22 <i>3-5:00 PM Icon Workshop  6:00 PM Great Vespers/Confessions</i>
23 <i>9:00 AM Confession 9:30 AM Liturgy  Gregory Palamas  Western Easter</i>	24	25 <i>9:30 AM Liturgy Feast of the Annunciation of the Theotokos  5-9pm Pieragi Making</i>	26 <i>6:00 PM Presanctified Liturgy followed by Lenten Potluck</i>	27	28 <i>5-9pm Pieragi Making</i>	29 <i>8:30am-4:30pm Pieragi Making  6:00 PM Great Vespers/Confessions</i>
30 <i>9:00 AM Confession 9:30 AM Liturgy  Veneration of the Cross</i>	31					

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ADDRESS CORRECTION REQUESTED