



Orthodox Church in America (OCA), Diocese of the Midwest

**We are a diverse and growing Orthodox Christian community of Central Ohio,
bearing witness to the Faith through love, service, and commitment to our
neighborhood and area college students.**

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Parish rector:

Fr. Stephen Frase

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Attached clergy:

Deacon Paul Mitchell

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Deacon Joseph Shaluha

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March 10th, 2024

Sunday of the Last Judgment / Meatfare



Also commemorated on March 10th:

Martyr Quadratus and those with him: Cyprian, Dionysius, Anectus, Paul, Crescens, Dionysius (another), Victorinus, Victor, Nikēphóros, Claudius, Diodorus, Serapion, Papias, Leonidas, Chariessa, Nunechia, Basilissa, Nice (Nika, Victoria), Galla, Galina, Theodora, and many others, at Corinth (258, 267-268). Martyrs Quadratus, Saturninus, Rufinus, and the rest, of Nicomedia (3rd c.). St. Anastasia the Patrician of Alexandria (567-568)

Upcoming Schedule and Announcements

Saturday, 3/9

11:00 AM Memorial Prayers for Michael Simmons (Betty Vincent's son)
6:00 PM Vespers

Sunday, 3/10 Sunday of the Last Judgment / Meatfare Sunday

9:10 AM 3rd and 6th Hours of Prayer
9:30 AM Divine Liturgy followed by post-Communion prayers, coffee social

*Fasting from meat products begins on Monday, 3/11.
Dairy, fish, and eggs are able to be eaten throughout the following week.*

Wednesday, 3/13

6:00 PM Parish Council meeting

Saturday, 3/16

4:30 PM Orthodoxy 101
6:00 PM Great Vespers

Sunday, 3/17 The Expulsion of Adam and Eve from Paradise / Cheesefare

9:10 AM 3rd and 6th Hours of Prayer
9:30 AM Divine Liturgy followed by post-Communion prayers, and coffee social
6:00 PM Forgiveness Vespers

Fasting from dairy products, fish, and eggs begins on Monday, 3/18

To access the parish Google Calendar, click [here](#).

Streaming services: The majority of services are streamed on YouTube.

To access the changeable Hymns and Scripture readings, please click [here](#).

The Monthly Ministry Rotations can be found [here](#).

Orthodoxy 101 schedule is found [Here](#). Tentative schedule for the spring semester is now available.

Lenten Schedule can be found [HERE](#). Please let Fr. Stephen know if you have any questions or notice any errors.

The Scholarship Committee's annual Meatfare luncheon is today, March 10th! This will be our last fundraiser of the year before we begin accepting scholarship applications.

Many Years and God's blessing to our parish's newest enrolled catechumen, **Rachel Bongini**. She was enrolled last Sunday, 3/3. *God grant her Many Years!*

Lenten collection for the Parish Outreach program: As mentioned after Divine Liturgy last Sunday, the parish outreach leadership team is asking each person to bring either a pair of socks, can of tuna, or a can of soup each week during Great Lent. The collection begins on Cheesefare Sunday, 3/17. Thank you for your ongoing generosity toward those in need!

Parish Game Night!!! For all of the game fans in the parish, we have a special announcement! On Friday, March 15th, the Sisterhood is sponsoring a game night at 6:30 p.m. in the upper room of the church. Everyone is invited! This includes any family members or friends that you think would enjoy playing with us! An assortment of board games and cards will be available from which to select and play. However, please feel free to bring any additional games that you would like to play! Pizza and snacks will be provided to all who attend. It would be helpful, but not necessary, if those who attend could bring a meat-free snack, dish, or dessert to share! It would also be helpful if those who plan to attend could let Lesley Mann, (614) 390-9683, know so that we can be sure to order enough pizza for everyone!

Hope to see you all there!!

The Sisterhood

Bookclub "The Way of the Pilgrim" This month's bookclub selection is the Orthodox classic "The Way of the Pilgrim". A humble peasant tells of his journey out in the world and learning to pray unceasingly. He has a spiritual awakening as he prays "The Jesus Prayer". This small but powerful book is translated from the Russian original. Various versions are published in print and also as an ebook. Copies are available in our library and bookstore. The Bookclub meeting will be Thursday, March 28th at 6pm in our church Upper Room. Please contact Bob Ambrose or Mary Conroy for more information. All are very welcome to attend!

Cap City O Club Annual Lenten Soup Swap During coffee hour, we will host our annual Lenten Soup Swap and Sale on Sunday, March 18, 2024. We invite you to make and bring Lenten soup to swap and a couple extra to sell. We will sell each quart for \$8. The proceeds will help pay for the cabana we rent for the Zoombezi Bay outing we will host for the Church later this year.

How it works:

1. Pick up containers from Mat, Kyra, Barb, or Tammy Sun. February 25 – Sun. March 10
2. Make a Lenten Soup, package it in the containers we are providing, and add a label of the kind of soup.
3. Bring the soup to Church on Sunday, March 17, and put it in the upper room.
4. During coffee hour, those who brought soup will select containers equal to the number they brought. (Ex. You brought six, you can select six containers to take home, or you can take three and donate 3 to sell after all who brought soup are done swapping)
5. After the swappers select the soups they want, we will sell the remaining containers for \$8 each.

We are praying for:

Blessed Repose: The Newly Departed Archpriest Moses (Berry), Leland, Timothy, Timothy, Michael, Alexei, Kalliope, Peggy, Leslie, Mark, Julius, Betty Jo, Terry, Tyrah, Peter, Bernard, Phillip, and Carmen; for those martyred for the Faith, and victims of violence.

For the Health and Well Being:

- The ill, infirm, and suffering: Archbishop Nathaniel, Priest John, Archpriest Miroljub, Matushka Elizabeth, Michael, Nick, Nabil, Robert, Fr. Gregory, Dn. Gregory, David, Alan, Jennifer, Kathy and Phil, Aiden, Tim, Eric, Gregory, Ron and Cheryl, Norma-Jean, Cathy, Lubomir, Photini, Will, Annie, Sharon, Simeon, Mary and David, Matthew, William, Dorothy, Carol, Mary, Anthony, Elaine, Michael, Betty, Nadine, Elanor, Ben, Alberta; the newborn Xenia Christine (Elliott) as well as her parents - Natelie and Andrew.
- Those families who are with child: Kristen and Michael, Margaret and Benjamin, Kathryn and Michael, Annie and Rowan, and Rachel and Nick
- Those who are preparing for Holy Matrimony: Theadora and Joshua, as well as Amara and Gideon
- Catechumens of our parish (Benjamin, Jonathan, Mason, Emma, Evan, Brittany, Paul, Kaiti, Colleen, Holly, Nicole, and Rachel)

* All names listed above are remembered in the prayers offered before the start of the Divine Liturgy.

Many Years to: We have no names on our list for this week.

* Please inform Kristen Mayberry (kristen.harman@gmail.com) of any missing birthdays / anniversaries or if any of the dates are incorrect. Thank you!

Celebrated / Commemorated Today - From the Orthodox Church in America (OCA) website:

Saint Anastasia the Patrician of Alexandria lived in Constantinople and was descended from an aristocratic family. She was an image of virtue, and she enjoyed the great esteem of the emperor Justinian (527-565). Widowed at a young age, Anastasia decided to leave the world and save her soul far from the bustle of the capital. She secretly left Constantinople and went to Alexandria. She founded a small monastery not far from the city, and devoted herself entirely to God.

Several years later, the emperor Justinian was widowed and decided to search for Anastasia and marry her. As soon as she learned of this, Saint Anastasia journeyed to a remote skete to ask Abba Daniel (March 18) for help.

In order to safeguard Anastasia, the Elder dressed her in a man's monastic garb and called her the eunuch Anastasius. Having settled her in one of the very remote caves, the Elder gave her a Rule of prayer and ordered her never to leave the cave and to receive no one. Only one monk knew of this place. His obedience was to bring a small portion of bread and a pitcher of water to the cave once a week, leaving it at the entrance. The nun Anastasia dwelt in seclusion for twenty-eight years. Everyone believed that it was the eunuch Anastasius who lived in the cave.

The Lord revealed to her the day of her death. Having learned of her approaching death, she wrote several words for Abba Daniel on a potsherd and placed it at the entrance to the cave. The Elder came quickly and brought everything necessary for her burial. He found the holy ascetic still alive, and he confessed and communed her with the Holy Mysteries. At Abba Daniel's request, Saint Anastasia blessed him and the monk accompanying him. With the words: "Lord, into Thy hands I commend my spirit," the saint died in peace (ca. 567-568).

When the grave was prepared, the Elder gave his disciple his outer garment and ordered him to dress the deceased "brother" in it. As he was putting on the rassa, the monk noticed that she was a woman, but he did not dare to say anything. However, when they returned to the monastery after they buried the nun, the disciple asked Abba Daniel whether he knew the "brother" was a woman, and the Elder related to the young monk the life of Saint Anastasia. Later, the abba's narrative was written down and received wide acclaim.

The relics of Saint Anastasia were transferred to Constantinople in the year 1200, and put not far from the church of Hagia Sophia.

These eight passions should be destroyed as follows: gluttony by self-control; unchastity by desire for God and longing for the blessings held in store; avarice by compassion for the poor; anger by goodwill and love for all men; worldly dejection by spiritual joy; listlessness by patience, perseverance and offering thanks to God; self-esteem by doing good in secret and by praying constantly with a contrite heart; and pride by not judging or despising anyone in the manner of the boastful Pharisee (cf. Luke 18 : 11–12), and by considering oneself the least of all men. When the intellect has been freed in this way from the passions we have described and been raised up to God, it will henceforth live the life of blessedness, receiving the pledge of the Holy Spirit (cf. 2 Cor. 1 : 22). And when it departs this life, dispassionate and full of true knowledge, it will stand before the light of the Holy Trinity and with the divine angels will shine in glory through all eternity.

+ St. John Damascene, "On the Virtues and the Vices" from *The Philokalia: The Complete Text* (Vol. 2)

Policies, Procedures, and Parish Life

General Parish Concerns can be brought to Fr. Stephen, Lay Vice-Chair – Barbara Gossman, as well as any other parish council member for discussion during council meetings. Council does not address issues of concern via email due to privacy issues, sensitivity of topics, and the potential for misunderstanding.

Items for the Parish Bulletin: Please submit announcements for the bulletin to Kristin Mayberry at kristen.harman@gmail.com (copy Fr. Stephen as well) by 6:00 PM each Wednesday. Bulletin submissions may be revised when necessity arises. In the email subject line, include: **For the bulletin on (insert date) - (Include a brief description of the announcement).**

Outreach Program: Meals are handed out from the Annex on Saturdays from 11:00 AM-12:00 PM and Sundays from 11:00-12:30 PM. A food pantry is also open whenever meals are taking place. Please contact Debbie Seeds with questions. Volunteers can sign up to serve [here](#).

Charitable Giving: Our charities fund supports needs in the parish, the community, and throughout the Church – both nationally and abroad. Please contact Barbara Gossman.

Do you know of someone who is sick, hospitalized or a shut-in? Please let Fr. Stephen know!

The Prayer Group offers prayer for those in need. Submit requests to Connie Wargo. If you would like to be part of the prayer ministry, please let Connie know as well.

St. Elizabeth Group sends cards to parishioners and others who are seriously ill, hospitalized, or unable to leave the home. Please contact Kathy Johnson for information.

Youth Ministry and Christian Youth Education: Please refer questions and interest in becoming involved in these ministries to Joseph Mann and Cylas Conway.

College Students: We encourage you to make St. Gregory's your spiritual home away from home. Please contact OSU's Orthodox Christian Fellowship (OCF) spiritual advisor, Fr. Stephen.

Orthodoxy 101 sessions are led by Fr. Stephen. Sessions are ideal for those inquiring about Orthodoxy, new to the parish, as well as anyone who enjoys learning more about their faith! The current schedule can be found [here](#).

The Parish Choir: If interested in participating, please contact Kathy Johnson.

Confessions: Fr. Stephen hears confessions after Saturday Vespers or by appointment.

Parish Library and Bookstore: The small upstairs library is open for self-service at any time the church is open. Fill out the card with your name, email, and a date a month in the future and leave the card in the small box. A librarian is usually available to help in the upper room until noon on Sundays. For access to the main library in the Education Building, or bookmobile service, please contact Caren Stayer at 614-657-6259. The online library catalog is at: <https://cloud.collectorz.com/25424/>. The bookstore has Orthodox books and religious items in the Upper Room and is open after church services. For bookstore help or orders, please contact Mary Conroy at mobile 614-441-5794.

Memorial Prayers: May be offered one Saturday a month at 5:40 PM prior to the start of Vespers (unless there is a Memorial Liturgy offered that month). If there is an annual anniversary or 40th day Memorial requested, then a Google form will be shared to allow others to request prayers for the departed as well.'
