



St. Mary Romanian Orthodox Church, Saint Paul, MN
854 Woodbridge Street, St. Paul, MN 55117

The bulletin

APRIL 2024

SĂ POSTIM DE PĂCATE!

Hristos a Inviat!

Parish priest:
**Mircea
Vasiu**

office (651)488-5669
cell (734) 497-4544
Email:
[frmirceavasiu
@yahoo.com](mailto:frmirceavasiu@yahoo.com)

Lenten Retreat
Page 3
Coming events
Page 6

SPOVEDANII in Postul Mare CONFESSIONS In fiecare

Vineri la 6:00pm (sau
după slujbă)

Sâmbătă după Vecernie
- 5:00pm

Duminică de la 9:00am
- 9:40am

**Click here for
[APRIL CALENDAR](#)**

**Programul Slujbelor
din Săptămâna Mare**
Page 5

**Palm Sunday FISH
Dinner page4**

Postim pentru a putea birui patimile, pentru a creste in dragoste față de aproapele nostru si pentru a ne putea ruga lui Dumnezeu cu o inimă mai curată; postim pentru păcatele noastre, in semn de pocăintă si de ascultare, in-torcându-ne din "*tară străină*" in care am risipit viata no-astră.

Postim pentru că păcătuim adesea, cu gandul, cu cuvantul si cu lucrul (fapta); chiar de am birui însă toate patimile, tot am mai avea nevoie de post, spre a nu cădea din nou in aceleasi păcate.

Trebuie sa fim constienti ca, lipsirea pentru un timp de

anumite alimente, este cel mai mic lucru pe care suntem datori sa il facem in vremea postului.

Postul strict alimentar este lipsit de roade duhovnicesti, căci asceza trupească luată in sine, adică neinsotită de lupta cu patimile, nu ne arată mai buni decat diavolii, care nicio-data nu mănancă, ci postesc neincetat de hrana. Postul strict alimentar este, de fapt, un regim, bun numai pentru sănătatea trupului, drept pentru care, primirea Impărtășaniei după un astfel de post se face cumva fara o pregătire adevărată.

Cont. in pagina 3

THE FAST - RETURN TO OURSELVES

Now, during the Great LENT, any faithful seeks a change for the better. He gives up meat and animal products and prays more and more intensely, rekindles in his heart the candle of Spirit.

By contrast the ever rushed post-modern man has a hard time

understanding these simple things, questioning the fast, spiritual sacrifices and rituals. Glued to his computer, Android phone, IPod and the social media he is used to getting it instantly all. Some even prefer cable TV religion instead of attending the actual church service. (cont. page2)

Still, though it is good to use any means for evangelizing, the Orthodox Church calls us from ancient of times to return to our own senses, through fasting, prayer and inner change by repentance, love of God and man are the proposed goals. Only when all this is achieved, we commune with Christ, after a sincere repentance of our sins. All this has one purpose: to disconnect us from the corruption of passions and dependencies, to enlighten us by the saving Grace and mystically unite us with Christ.

Repentance and Resurrection (the springtime of the soul) are given to us through this unique prayer of St. Ephraim - "Lord and Master" of our lives - Jesus Christ - to take away from us the soul-destroying passions of "sloth, despair, lust of power and idle talk." - as we keep the soul-saving forty days of the Fast. This prayer is meant to be used in our homes just as much as we use it in the church; and if we offer up this prayer with sincerity and regularity in our everyday lives, then we will create that peculiar atmosphere in our homes which makes this season so unique and beautiful for us as Orthodox Christians.

No one can achieve this joy spontaneous-

ly without effort and self-deprivations. Any healing takes time and cannot be forced through modern technologies. Spiritually healing is even more complex. In order to reach to the sanctity of life and the kingdom of God, we first must run from all "corruption" (like addictions, bad habits). Then, we must be enlightened by God's word in the holy sacraments and only then may we become Christ-bearers. He only can turn us into chosen vessels and partakers of God by grace, not nature.

As St. Peter confirms this understanding of Fast and explains that the ultimate reward cannot be receive but only when we "escaped the corruption that in the world through last" (2 Peter 1,4)

Now is the time of fasting, a suitable time for cleansing the soul. This is the most important thing, for a soul to be able to accept the grace of God, so that those treasures will be stored up in the soul, which will not be taken from it. And then the path of life will be straight; in the soul there will be peace and joy

PASCHAL CANDLES LUMĂNĂRILE DE PASTI DIN ALTAR



Were donated by:
Georgia M. Omorean (\$160)
IMO of her sister Ann Marinkov
Nicolae & Marinela Grigore Family(\$160)
Pentru sănătatea familiei si binecuvantare.



"If you are headed in the wrong direction, remember: God allows U-turns."

"Postul acela este adevărat care este prezent in toate, pe toate le curățește, pe toate le vindecă".

(Sf. Grigorie Palama)

Mai ales in vremea postului, cand sufletul nostru poate lucra mai cu putere, suntem datori sa indepartam din noi gandurile cele rele si pornirile cele patimase. Sfantul Chiril al Alexandriei ne indeamna la post, luand aminte mai ales la cele dinlauntru ale noastre: *"Nu numai prin lepadarea mancarurilor ne vom face curati, ci si slobozind mintea noastra de lucrurile din pricina carora a fost gasit leacul postului."* Cand trupul este hranit cu masura, sufletul capata putere asupra acestuia si se straduiește mai cu putere sa scoata din el inclinarile cele spre pacat.

Să postim de păcate ! Postim cu adevarat atunci cand harul lui Dumnezeu se arata lucrator in noi, cand ajungem sa ne vedem pacatele, cand scapam de cate o patima si cand ne sunt mai dragi rugaciunea si liniștirea (isihia). Intr-o cantare de pocainta, sufletul celui credincios se roaga, zicand: *"Posteste de rautate, suflete al meu, desfatan-du-te intru dumnezeiasca dragoste; deschide usa la toate felurile de bine, incuind intrarea rautatii, prin infranare si prin rugaciune."*

Atata timp cat omul este alcatuit din doua parti (trup si suflet), postul trebuie sa fie si el din doua parti (post trupesc si post sufletesc);

precum trupul nu se poate desparti de suflet in aceasta viata, tot asa, nici postul trupesc nu trebuie despartit de postul sufletesc.

Postul cel trupesc trebuie sa fie insotit intotdeauna de lupta cu patimile si de lucrarea virtutilor: despartirea de rautate, infranarea limbii, retinerea de la manie, fuga de certuri, ferirea de defaimari si de minciuni.

Astfel, crestinul este dator sa practice simultan toate virtutile, pe cele sufletesti si pe cele trupești, dupa cum spune o cantare a Bisericii: *"Postul cel curat este departarea de pacate, instrainarea de patimi, dragostea cea catre Dumnezeu, grija de rugaciune, lacrimile cu strapungere si ingrijirea de saraci; caci asa a poruncit Hristos, in Scripturi."*

LENTEN RETREAT

(for adults & children)

CONVORBIRI DUHOVNICEȘTI

ÎN POSTUL MARE

Sunday, April 14 @ 12pm

Sf. Liturghie @ 10am

**"CLIMBING THE SPIRITUAL
LADDER - Attitude & Discipline"**

With **Rev. Fr. Timotei Sas**

COFFEE HOUR:

We would like to thank Psa. Anca for organizing the coffee hour, to Psa Eugenia & Mirela Oliva for their help and to all the supporters & donors in the last months : Gabriela

Jancik, Mirela Oliva, Silvia Antonescu, Irinel Ardeleanu, Mihaela Schiopu, Psa. Anca, Carmen Husar, Popa Carmen, Psa Eugenia, Panait Silvia, Pasha Bortnova.

We are looking for coffee hour sponsors. Please see/contact Psa Anca for details.



We would like to thank the Ardeleanu family for flowers decoration on the Sunday of the Holy Cross .

VĂ RUGĂM , să faceți donații de tip "PLEDGE" (periodic) pentru a ajuta biserica noastră.

Puteti dona si online prin PAYPAL

<https://saintmarymn.org/Donations.aspx>

Deasemenea, vă rugăm să deveniți membri activi ai parohiei noastre. Membria este de

\$175 / an

– din care noi plătim \$85 la Sfânta Episcopie.

Vă mulțumim anticipat.

PALM SUNDAY

FISH DINNER

MASA DE PESTE

DE FLORII



Sunday, April 28, 2024

- 12:00pm

Din Menu:

- ◆ Baked fish & garlic sauce
- ◆ potatoes / Cartofi natur
- ◆ Green salad & bread
- ◆ Mashed beans
- ◆ Fruits and more

MONTHLY OFFERINGS

Anonymous	\$ 500 - Pledge donation
Gerald & Juliann Larson	\$ 200 - Altar needs
Liliana Badea	\$ 100 - Pledge donation
Nicoleta Agrigoroae Bolos	\$ 100 - FOCUS donation
Prascovia Bortnova	\$ 50 - FOCUS donation
Nicolae Manciu	\$ 200 - Pledge donation
Fr. Mircea & Psa Anca	\$ 75 - Pledge donation
Silvia Antonescu	\$ 50
Constanta Korolchuk	\$ 100 - Pledge donation
Carmen Husar	\$ 200 - IMO Lucian Husar
Daniela Voller	\$ 100
Eugenia Popa	\$ 50
Theodora Huisheere	\$ 75 - IMO Dorin Vasin
Gheorghe Daniela	\$ 100

PayPal donations

Doina Neculescu	\$ 50
Anca Zamfirescu	\$ 50
Matthew Andriescu	\$ 25
Michael Becroft	\$ 100
Stefan & Margelusa Alexa	\$ 1,000

2024 MEMBERSHIP (\$175)

Panait Cezar, Silvia & Greta
 Cerghizan Eugenia
 Zeimet Mary
 Tudor Maria
 Roley Ioana
 Vincze Turcean Dorina
 Candet Irina
 Antonescu Silvia
 Husar Carmen
 Vasin Elisabeta

YOU PREACH FIRST

Did you know that you preach first at every Holy Liturgy? That’s right! The first sermon preached at each Holy Divine Liturgy is not done by the priest, but by you! For you see, you preach the first message of good cheer before the beginning of each service when you say “good morning” or “good evening” to those you meet in the parking lot or in the narthex, hallway, classrooms, or at the church entrance. You preach the message of welcome when you slide over in the pew instead of forcing others to squeeze in front of you. You preach the message of hope and joy when you sing enthusiastically with the choir during the Holy Liturgy. You preach the message of respect when you listen attentively to the scripture readings and sermons by your priest. You preach the message of faith and commitment when you give to the church, at least the suggested minimum stewardship amount.

Dear friends, if you preach your messages first in a positive and consistent manner, then guess what happens? The message from the pulpit that the priest gives will be ever so much better received because you see, you preached first.



St. Mary Romanian
Orthodox Church

APRIL 2024

GREAT LENT MARCH 18 – MAY 5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7. 3rd Sunday of Great Lent - Holy Cross 9:00 am Utrenia / Confessions <u>10:00 am Divine Liturgy</u> 11:15 am Sunday school 5pm MEOCCA Lenten Vesper St. George Antiochian O.C.	8.	9.	10.	11. +) Holy Hierarch Callinicus of Cernica	12. +) Martyr Sava of Buzau No Service	13. No Service
14. 4th Sunday of Great Lent - St. John Climacus 9:00 am Utrenia / Confessions <u>10:00 am Divine Liturgy</u> 12pm LENTEN RETREAT 5pm MEOCCA Lenten Vesper St. Mary Greek Orthodox	15.	16. 7:30 pm Parish Council Meeting	17. 6:30 pm Great Canon of St. Andrew of Crete	18. + St. Tikhon, Enlightener of North America;	19. 6:00 pm Confessions 6:30 pm Denia Acatistului Maicii Domnului	20. 9:00 am Church Cleaning 5:00 pm Vespers/ confessions
21. 5th Sunday of Great Lent - St. Mary Magdalene 9:00 am Utrenia / Confessions <u>10:00 am Divine Liturgy</u> 11:15 am Sunday school 5 pm MEOCCA Lenten Vesper St. Stephan Romanian OC	22.	23. + St George 6:00 pm Confessions 6:30 pm Divine Liturgy	24.	25. +) Holy Hierarch Pahomius of Gledin, bishop of Roman	26. 6:00 pm Confessions 6:30 pm Divine Liturgy of Presanctified Gifts	27. 9:00 am Akathist 9:30 pm Divine Liturgy Parastas de obste 5:00 pm Vespers
28. Palm Sunday Duminica Florilor 9:00 am Utrenia / Confessions <u>10:00 am Divine Liturgy</u> 11:15 am Sunday school 12:00PM FISH DINNER 5 pm MEOCCA Lenten Vesper St. Herman OCA	29. Săptămâna Mare Holy Week	30. +Holy Hierarch Callinicus of Cernica, bishop of Ramnic	1. May 6:00 pm Spovedanii 6:30 pm Sf. Maslu Holy Unction Confessions	2. May 6:00 pm Spovedanii 6:30 pm Denia celor 12 Evanghelii 12 Gospels	3. May 10:00 am Ceasurile Imparatesti /Royal Hours 6:00 pm Vecernie 6:30 pm Denia Prohodului	4. May <i>Incercati sa acordati timp sufletului si rugaciunii ; Nu lasati spovedania pe ultima zil</i>
5. SF. PASTI HOLY PASCHA 12:00AM Resurrection Service Binecuvantarea cosurilor 10:00 AM Divine Liturgy 12:00 PM Reception hour	6. +Bright Monday 9:30 am Holy Liturgy	7.	8. (Fast free)	9.	10. +) Izvorul Tămăduirii Life-giving Fountain of the Mother of God. (Fast free)	11.

CANDLES IN THE FRONT AND INSIDE THE ALTAR



On **03/03, 2024** – donated by the Grigore family for blessing and good health;

On **03/10, 2024** – donated by the Painait family for Robert's birthday blessing - La multi ani!

On **03/17, 2024** – donated by the Ardeleanu family for Emanuel's 44th birthday - La multi ani!

On **03/24, 2024** – donate de Corina Hansen with the occasion of her husband's, Alex, birthday - La multi ani!

On **03/25, 2024** – donate de Elisabeta Vasin in memoria lui Dorin Vasin si a parintilor Alexandru si Rozalia - Dumnezeu sa-i odihneasca!

On **03/31, 2024** – donated by Catalina, Alex & Ana Gradinaru for good health & blessings;

**A DONATION FOR
ALTAR CANDLES IS
\$ 50**

If you want to donate candles for Holy Altar please see the chart in "epitrop's area" (pridvor – pronaos) and sign up for a Sunday or Holyday.

COMING EVENTS

1. **Pomenirea Morților** /Great Lent MEMORIAL SERVICES - SATURDAY, April 27 at 9:30am
2. **PALM SUNDAY FISH DINNER** – April 28, 2023 – after Divine Liturgy .
3. **HOLY WEEK**, April 29– May3 - Special Services in Church ([see Calendar...](#))
4. **Blessing of the Water** – Sunday, May 12
5. Spring **PICNIC** - Sunday, June 9 from 12-3pm



**Sluja de PASTI
Holy PASCHA Service
MAY 05, 2024
12:00 am** (midnight) &
binecuvantarea cosurilor
10:00 am Divine Liturgy &
Blessing of the baskets



We are looking for donators for flowers donors for the Tomb of our Lord and Easter Sunday (\$30) each pot). Please contact the epitrops and give your offering in time. Flowers may be taken home on Easter Sunday following the Divine Liturgy.

Căutăm sponsori pentru florile pentru Sfântul Mormânt al Domnului și Sfintele Paști. Pretul este de **\$30** un ghiveci. Florile pot fi luate acasă după Sfânta Liturghie din Duminica Învierii.



ST MARY ROMANIAN ORTHODOX CHURCH

854 WOODBRIDGE ST. SAINT PAUL, MN 55117

Lenten Adult & Children Retreat is organized by Ladies Auxiliary. Thank you!



LENTEN RETREAT

CONVORBIRI DUHOVNICESTI

Theme: CLIMBING THE SPIRITUAL LADDER

ATTITUDE AND DISCIPLINE

Speaker - Rev. Fr. Timotei Sas

Parish Priest at St. Mary Greek Orthodox Church, Minneapolis



CHILDREN LENTEN RETREAT

- ♦ Saints in Orthodox Church & Intercession of the Saints
- ♦ Art & crafts -Easter
- ♦ Questions and answers about Pascha, Accession of our Lord & Descended of the Holy Spirit (Pentecost)



**APRIL
14
2024**

Sunday, April 14, 2024

09:00 AM - Utrenia & Confessions

10:00 AM - Divine Liturgy

11:45 AM - Potluck Lunch

**12:15PM - 1:15PM - Lenten Retreat
Convorbiri duhovnicesti**

**Come and bring your children to the spiritual nourishment for the soul.
Everyone is welcome! Blessed Great and Holy Lent!**