

## E Bulletin – St Innocent Orthodox Church

The Church St Innocent of Irkutsk is a parish of the Diocese of the West,  
The Orthodox Church in America (OCA)

5657 Lindley Ave. Tarzana, CA 91356. Church Office: (818) 881 – 1123

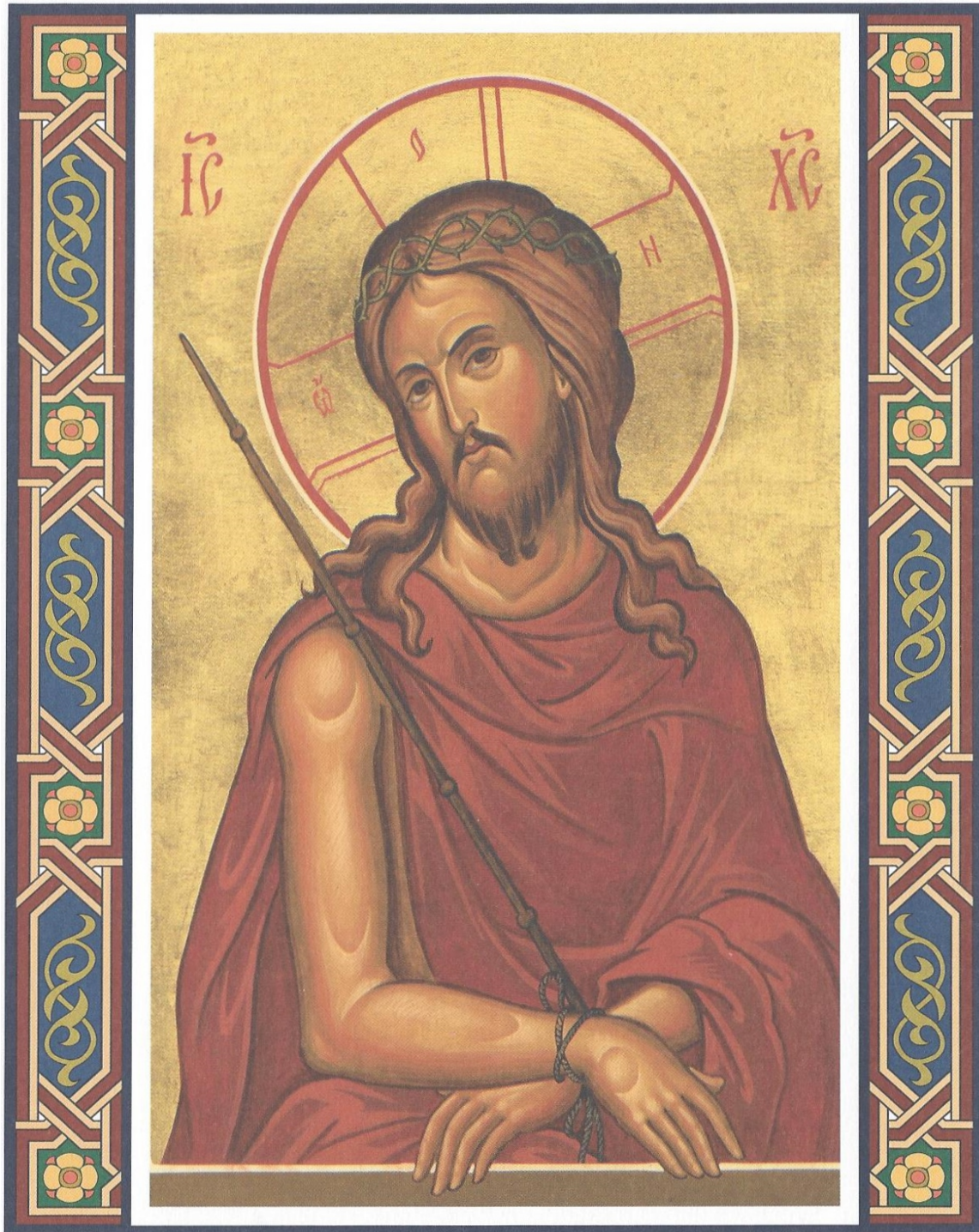
[stinnocenttarzana.org](http://stinnocenttarzana.org)

Fr. Yousuf Rassam

March 17<sup>th</sup>, 2024

Today's commemorated feasts and saints:

**SUNDAY OF CHEESEFARE – Tone 8. The Expulsion of Adam and Eve from Paradise.** Ven. Aleksy (Alexius) the Man of God (411). Ven. Macarius the Wonderworker, Abbot of Kalyázinsk (Tver' – 1483). Martyr Marinus. St. Patrick, Bishop of Armagh, Enlightener of Ireland (ca. 461).



## “LET US BEGIN THE FAST WITH JOY!”

**A**lthough some may associate Great Lent with suffering and sacrifice, our Church gently reminds us that the 40-day Fast which precedes our Lord’s Resurrection is actually a time for us to experience a great spiritual joy. The Church’s service book for Lent – the Triodion – calls this period the “spiritual spring which blossoms with the fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” For us to “harvest” these fruits, however, it is necessary for us to master two vital disciplines: PRAYER and FASTING.

St. John Chrysostom writes that prayer and fasting are like “two wings that carry a person to the heights of God.” They are the means for us to become mentally, physically and spiritually prepared to encounter the Lord in an intimate way. Prayer and fasting help us to become closer to God. The more time we spend in prayer, the less time we have to become consumed with the sins and temptations that are constantly placed before us. Fasting shows our willingness to cast aside the pleasures of the world, abstaining from wrong-doing as well as food.

While urging us to embrace these admirable virtues during the Lenten season, the Church reminds us of the emphasis that Christ Himself placed on prayer and fasting. There were countless times during His earthly ministry that Jesus became deeply immersed in practicing these disciplines. Indeed, when His disciples questioned why they were unable to cast out demons from a possessed young man, Christ pointed out to them that only through prayer and fasting could they ever receive the ability to do this!

Icon by Fr. Paul Drozdowski – www.pd-icons.com

*The Orthodox Weekly Bulletin* . . . . . Vestal, Cliffwood, New Jersey . . . . . Litho in U.S.A.

### SCHEDULE ALL SERVICES LIVE STREAMED.

**Matins Gospel:** John 20: 11 – 18 (*8<sup>th</sup> Matins Gospel*)

**This Week’s Epistle:** Romans 13: 11 – 14: 4 **Gospel:** Matthew 6: 14 – 21 (*Forgiveness*)

**Reader:** James

<b>Today</b>	9:30 am Liturgy, Forgiveness Vespers
Monday	11:00 am Lenten Hours & Vespers 6:30 pm Great Compline with Great Canon
Tuesday	11:00 am Lenten Hours & Vespers 6:30 pm Great Compline with Great Canon
Wednesday	12:00 noon Lenten Hours & Typika 6:00 pm Great Canon 6:30 pm Pre-Sanctified
Thursday	11:00 am Lenten Hours & Vespers 6:30 pm Great Compline with Great Canon
Friday	6:30 pm Pre-Sanctified
Saturday	5:30 pm Vespers
Sunday	9:30 am Liturgy, procession with icons

**Next Week’s Epistle:** Hebrews 11: 24 – 26, 32 – 12: 2 **Gospel:** John 1: 43 – 51 (*Orthodoxy*)

**Reader:** Matthew

**Office Hours:** Tuesday & Thursday, 10:30 am – 12:00 noon. **Confessions:** After Saturday Vespers and by appointment.

**Receiving Holy Communion:** We should draw near to our Lord and God and Savior, Jesus Christ, and receive Holy Communion often. Orthodox Christians, who have prepared themselves through prayer and fasting, and are at peace with all men, and have attended the Divine Liturgy from the beginning, (or, at the very least, have not missed the Gospel), and have made a recent Confession, should draw near.

Others should diligently seek to be properly disposed and prepared as soon as possible.

### Announcements:

Our Bulletins (\$60.00)	Alla Slobodskaya
	Izolda (Zoya) & Vladimir Sogokon
Our Altar Wine (\$40.00)	Gabriela Broncă & family good health & help in our needs.
Our Altar Candles (\$40.00)	Gabriela Broncă & family good health & help in our needs.
Our Altar Incense (\$20.00)	Gabriela Broncă & family good health & help in our needs.
Vigil – Golgotha I (\$7.00 /wk)	-
Vigil – Golgotha II (\$7.00 /wk)	-
Vigil – Prothesis (\$7.00 /wk)	-
- Broncă: Gabriela, Robert, & Carmen Iuliana.	Good health, & help in need. Repose: Tasia.
- Sogokon: for the health of Zoya, Vladimir, Irina, Anastasia, Vladimir, Vladimir.	

### Happy St. Patrick's Day

**The Patriarch of Bulgaria Neofit** reposed this past week, on March 13. Memory eternal!

**Sunday of the Forgiveness.** Great Lent begins on March 18, tomorrow, today is the last day for eating cheese & eggs. Pascha is May 5. The Great Canon is read this week, see the schedule. Please note that the commemoration of St Theodore will be Friday evening.

**Next Sunday is the Sunday of the Triumph of Orthodoxy.** Bring your favorite icon for the procession with icons after Liturgy.

**Sunday of Orthodoxy Vespers, Saturday March 23<sup>rd</sup>, 2024, 5:00 pm, at Holy Virgin Mary Cathedral, 650 Micheltorena St. Los Angeles.** Hosted by our Archbishop Benjamin. Following Vespers, in the Parish Hall: Reception.

**Confessions** before Presanctified, after Hours on Tuesday, after Compline Monday Tuesday & Thursday, after Vespers on Saturday, or by appointment.

**The Lenten Charity for the Diocese of the West is Diocese of Mexico**

**Maslenitsa** – there will be a blini dinner after Forgiveness Vespers today the last day before Lent, requested donation \$15.00.

**2024 Wall Calendars** are here at the Candle stand. Requested donation this year, \$10.00.

**Lectionary.** During Lent, we read (mostly), Mark & Hebrews on Weekends, and Isaiah, Genesis, and Proverbs on weekdays.

**Coffee Hour, This Week:** Blini-Maslenitsa **Next Week:** -

### USEFUL INFORMATION

**Donations** We now have a [Tithe.ly](https://tithe.ly/give?c=1324837) page to make donating to the parish easy. Just click this link: <https://tithe.ly/give?c=1324837>. Thank you and God bless!

**Streamed serices can be viewed** at our website <https://stinnocenttarzana.org/livestream> or <https://stinnocenttarzana.org/facebook>, the streamed services are also uploaded here <https://www.youtube.com/channel/UCEhqUqTl5kDekOrPPERcy5g>.

The daily readings and saints may be found here: <https://stinnocenttarzana.org/dailyreadings>.

### Troparion, Resurrection – Tone 8

Thou didst descend from on high, O Merciful One! / Thou didst accept the three-day burial to free us from our sufferings! // O Lord, our Life and Resurrection: glory to Thee!

### Kontakion, Triodion – Tone 6

O Master, Teacher of Wisdom, / Bestower of virtue, / who teaches the thoughtless and protects the poor: / strengthen and enlighten my heart. / O Word of the Father, / let me not restrain my mouth from crying to Thee: // Have mercy on me, a transgressor, O Merciful Lord.

## Resources for this Sunday

[Forgiveness Sunday: Readings, Hymns, Sermons, & Kontakion](#)

[Forgiveness Vespers](#), with a sermon by Fr. Alexander Schmemmann

*(Text of the Forgiveness Vespers service)*

### About Great Lent

[The Great Fast: To See Christ as He Is, by Archbishop Dmitri](#)

[Great Lent: A School of Repentance by Fr. Alexander Schmemmann](#)

### Further reading on Great Lent Liturgies

[Great Lent, Fast & Liturgy by Fr. Alexander Schmemmann](#)

### About Next Sunday

[1<sup>st</sup> Sunday of Lent, Sunday of Orthodoxy: Readings, Hymns, & Sermons](#)

*from the Lenten Triodion, for the Sunday of Cheesefare*

**Tone 6 – Podoben:** *“Having placed all their hope ...”*

The Lord my Creator took me as dust from the earth / and formed me into a living creature, / breathing into me the breath of life / and giving me a soul; / He honoured me, setting me as ruler upon earth over all things visible, / and making me companion of the angels. / But Satan the deceiver, / using the serpent as his instrument, / enticed me by food; / he parted me from the glory of God / and gave me over to the earth and to the lowest depths of death. // But, Master, in compassion call me back again.<sup>1</sup>

In my wretchedness / I have cast off the robe woven by God, / disobeying Thy divine command, O Lord, / at the counsel of the enemy; / and I am clothed now in fig leaves and in garments of skin. / I am condemned to eat the bread of toil in the sweat of my brow, / and the earth has been cursed so that it bears thorns and thistles for me. / But, Lord, who in the last times wast made flesh of a Virgin, // call me back again and bring me into Paradise.<sup>2</sup>

O precious Paradise, / unsurpassed in beauty, / tabernacle built by God, / unending gladness and delight, / glory of the righteous, / joy of the prophets, and dwelling of the saints, / with the sound of thy leaves pray to the Maker of all; / may He open unto me the gates which I closed by my transgression, / and may He count me worthy to partake of the Tree of Life // and of the joy which was mine when I dwelt in thee before.

Adam was banished from Paradise through disobedience / and cast out from delight, / beguiled by the words of a woman. / Naked he sat outside the garden, lamenting ‘Woe is me!’ / Therefore let us all make haste to accept the season of the Fast / and hearken to the teaching of the Gospel, / that we may gain Christ’s

<sup>1</sup> Gen. 1: 28; 2: 7; Ps. 8: 6-8.

<sup>2</sup> Gen. 3: 7,18-19, 21.

mercy //and receive once more a dwelling-place in Paradise.

*from the Lenten Triodion, for the Sunday of the Last Judgement, on Glory*

**Tone 6**

Adam sat before Paradise / and, lamenting his nakedness, he wept: 'Woe is me! / By evil deceit was I persuaded and led astray, / and now I am an exile from glory. / Woe is me! In my simplicity I was stripped naked, and now I am in want. / O Paradise, no more shall I take pleasure in thy joy; / no more shall I look upon the Lord my God and Maker, / for I shall return to the earth whence I was taken. / O merciful and compassionate Lord, to Thee I cry aloud: // I am fallen, have mercy upon me.'

*from the Lenten Triodion, for the Sunday of the Last Judgement*

**Tone 6**

Adam was cast out of Paradise through eating from the tree. / Seated before the gates he wept, lamenting with a pitiful voice and saying: / 'Woe is me, what have I suffered in my misery! / I transgressed one commandment of the Master, / and now I am deprived of every blessing. / O most holy Paradise, / planted for my sake and shut because of Eve, / pray to Him that made thee and fashioned me, / that once more I may take pleasure in thy flowers.' / Then the Saviour said to him: / 'I desire not the loss of the creature which I fashioned, / but that he should be saved and come to knowledge of the truth; // and when he comes to me I will not cast him out.'<sup>3</sup>



3 1 Tim. 2: 4; John 6: 37.



**Morning Hymn of St Patrick**  
*“St Patrick’s Breast-Plate”*

I arise today  
Through a mighty strength, the invocation of the Trinity,  
Through the belief in the threeness, / Through confession of the oneness  
Of the Creator of Creation.

I arise today  
Through the strength of Christ’s birth with his baptism,  
Through the strength of his crucifixion with his burial,  
Through the strength of his resurrection with his ascension,  
Through the strength of his descent for the judgment of Doom.

I arise today  
Through the strength of the love of Cherubim,  
In obedience of angels, / In the service of archangels,  
In hope of resurrection to meet with reward,  
In prayers of patriarchs, / In predictions of prophets,  
In preaching of apostles, / In faith of confessors,  
In innocence of holy virgins, / In deeds of righteous men.

I arise today  
Through the strength of heaven:  
Light of sun, / Radiance of moon,  
Splendor of fire, / Speed of lightning, / Swiftmess of wind,  
Depth of sea, / Stability of earth, / Firmness of rock.

I arise today  
Through God’s strength to pilot me:  
God’s might to uphold me, / God’s wisdom to guide me,  
God’s eye to look before me, / God’s ear to hear me,  
God’s word to speak for me, / God’s hand to guard me,  
God’s way to lie before me, / God’s shield to protect me,  
God’s host to save me  
From snares of devils, / From temptations of vices,  
From everyone who shall wish me ill,  
Afar and anear, / Alone and in multitude.  
I summon today all these powers between me and those evils,  
Against every cruel merciless power that may oppose my body and soul,

Against incantations of false prophets, / Against black laws of pagandom  
Against false laws of heretics, / Against craft of idolatry,  
Against spells of witches and smiths and wizards,  
Against every knowledge that corrupts man's body and soul.

Christ to shield me today

Against poison, against burning, / Against drowning, against wounding,  
So that there may come to me abundance of reward.

Christ with me, Christ before me, Christ behind me,  
Christ in me, Christ beneath me, Christ above me,  
Christ on my right, Christ on my left,  
Christ when I lie down, Christ when I sit down, Christ when I arise,  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me, / Christ in every ear that hears me.

I arise today

Through a mighty strength, the invocation of the Trinity,  
Through belief in the threeness, / Through confession of the oneness,  
Of the Creator of Creation.



**Of our charity, remember in your prayers:**

**March 17<sup>th</sup>, 2024**

**Special Intentions:**

Christians of Syria, Egypt; Met. Paul, Abp. John, in captivity.

Natalya & Alla in Donetsk

sister Oksana McGovern & family

Metropolitan Onuphry of Kiev, the brotherhoods of the Kiev Caves Lavra, the Pochayiv Lavra, & Svyatohirsk Lavra. The faithful of the Transfiguration Cathedral in Odessa, destroyed by shelling.

**The Sick and those in need of health:**

Archbishop Benjamin,

Archpriests Anthony Karbo, Nicolas Boldireff, Paul Waisanen, George Gray, Michael Regan, Andrew Jacobs; John Armstrong.

Abbess Susanna;

Matushki Alexandra Safchuk, Elizabeth Powell, Clara Mancantelli, Suzanne Senyo; Maria Vallens, Jean Moore;

OCA-DOW

Deacon Mark Story, Robert Peterson, Marios Perez, Barbara Anderson, Monika Cleenewerck, Marea Kuolt.

Manya Prybyla, Gregory Theophan Hoffberg; Leontina Himber; Virginia, Levon; Edmund Roschak, Darka Raicevich;

Karen Olds; Alla Miller, Mike Shinkarik, Andrew Sturmer; Bridget Merridy Strand, Assia Alexander, Scott T. Karen T.,

Dmitri G., Kyra; Linda Phillips; Ed Salm; Raphael; Magdalena Elizabeth; Ludmilla, Anna, Margarita Maximova,

Gayle Anne; Lana,

Our Parish

Jelica, Zharko

Darka, Ilija & Jovanna

Lea Ann (Leah) Bochnak

Laura Bochnak

Pia

sister Julia Azrael

Vladimir

Anya

Victoria Wilson

+Bernie Wilson

Laura, Eladia; Lydia

Manya Prybyla

Matthew, Alison.

Thaddeus Wojcik

Mildred Sturmer, Susan

Sturmer family

Martha Yarbrough

Yarbrough family

Margaret Banescu, Vona Leslee Christie, Hope Peacock and family.

Banescu family

Euphemia Marie Cox

John Ambrose Cox

George. Mihai

Maria Caratás

Mary, George Laurentiu, cancer treatment.

Florentina

Barbara, Steve

Scott & the Thompson family

Angela Apostol

Constantine Apostol

Yekaterina

Lydia

Hieromonk Ambrose (Young), Nicholas Juried & Amy. Archriest Michael Carney,

Fr. Yousuf

Matushka Sophia Haloulakos

Protodeacon George Haloulakos

Christina Dudchenko, Dcn. Sergius Miller, Kevin, Cecilia Gonzalez-Andrieu.

Deacon Nicholas Denysenko & family

Michael Rogozik

Yulia.

Lya, Marie, Yvonne

Gay Butu

Timofey

Dilaria

Kristina DeBree

Kevin Patrick DeBree

Reader John, Catherine, Dianna Bowen.

Danks family

Walter

Irina

Larry & Emma

Abbe Kulhanek

Anna

Elena

Pearl Ruggiero. Sheena Wickens, Veronica Clarkson, Anna Cruz, Anna Rossiter; Ward; Griselda Leon.

Diane Rhodes

Bruce Anderson, Audrey Anderson.

Subdeacon Polycarp Anderson & family

Larry McHargue; Laura; Robert; Kenny; Bill & Sara Love

Anne McHargue Witz & family

**Those Serving in the Armed Forces**

Peter, Elijah Hoffberg, Ronnie (Barnabas) Austin, Shae, Ian & Henry.

**For the Health and Salvation of the servants of God:**

Catechumen: Dalen, Kelly, & Jamie, & Timothy Muster; Emma.

Orion

Igor & Luda

Nikolina

Jovanna & Ilija

Zlata Okunev, Artemi & Erica

Charlotte, parents Jonathan & Michaela Durham

Vitaly, Lyubov, Ella, Karen, Oksana, Valentina, Irina, Sofiya, Vladimir, Olga, Natalya, Tatyana, Irina, Elena, Evgeny.

Tikhvin icon donors

Alla, Dmitriy Jr., Dmitriy, Igor, Elena, Juliya, Tamara, Fredi.

Alla Slobdoskaya

Elena, Marisa, Dimitrios (Jimmy), Nicholas, Alexander, Dimitrios, Dionisius.

+ Lola Macrina

Elijah, parents Aika & Dmitri Goudkov

Rowan. Galina.

Yelena, Anna, Wolfgang

Margarita, Christopher, John, Lauren, Ekaterina.

Margarita Maximova

**For the Health and Salvation of the servants of God:**

Catalina, Sofia, Florentina, Doina.

Calugaru family

Sherri, Nathanael, & Christopher, Amelia Marie.

**Of our charity, remember in your prayers:**

**For the repose of the souls of the departed servants of God:**

**March 17<sup>th</sup>, 2024**

Newly Departed Patriarch Neofit, Metropolitan of Sofia, Patriarch of Bulgaria, +March 13, 2024.

Newly Departed Elena + Feb 29, 2024

daughter-in-law Anna Shcheglova

Newly Departed Nina

Newly Departed Mariya, Mariya

Newly Departed Velentine

Gay Butu



Newly Departed Aleksei  
 Newly Departed Matushka Mariamna Soot, + Jan 16, 2024 DoW, Fr Stephen Soot family, Mark & Olga Soot family  
 Newly Departed Ludmilla  
 Newly Departed Mariya  
 Newly Departed Milton Knox, +Feb 22, 2024. Diane Rhodes  
 Mitred Archpriest Sergei Glagolev, +Sep 1, 2021, Matushka Gerry (Evgenia) Glagolev. +May 23, 2022. Christia, Marina, John & family  
 Matushka Anisia Boldireff +Sep 1, 2021 Archpriest Nicholas, Nathalie, Tamara, Marina, Michael & family  
 Matushka Tresja Denysenko Deacon Nicholas & Sofia Denysenko & family  
 + March 17: Archpriest Andrew Dedick, 1968; Protodeacon George Chevanik, 1978; Protodeacon Nikita Burba, 1988.  
 +March 18: Protopresbyter Thomas Hopko 2015. OCA  
 Subdeacon Patrick Bernard Wilson Diane, Victoria, Nicholas, & Stephen Wilson & family  
 Germogen & Olga Stephanenko Larissa, Tatiana  
 Matushka Priscilla Shipley +Sep 10, 2023 Fr Ian Shipley & family, DoW  
 Valentina Irina Jackson  
 Cor Brevet Delabruinene Natalya Slusar Nosa & family  
 Rodney Lake + May 20, 2021. son-in-law & daughter Thaddeus & Jacqui Wojcik  
 Paul Prybyla. +Jan, 10, 2021 Manya & family  
 Nicholas Vasiliev Davidovich, +October 12, 2022  
 Barbara Johnson daughter Nancy Smollen  
 Stanislava daughter Milena; family  
 Hormuzd (Emmanuel) Rassam, + Dec 21, 2022. wife Kaye Rassam, son Fr Yousuf Rassam, daughter Najma Fowner & family  
 Nun Seraphima (Anna Kremenetskaya) Konstantin, Taissia, Vladimir, Ioann Kremenetsky  
 Nun Nonna (Verna Harrison)  
 Igor  
 Lola Macrina  
 Edward Michael & Joan Sutyak Tamara, Christina, Michael, Anne & family  
 Leon & Claudine Snyder daughters Laura & Carol, & family  
 Dmitri Boris  
 David Mitred Archpriest Ian & Matka. Nina MacKinnon, DOW  
 Deacon Hennok Soot DoW, Fr Stephen Soot family, Mark & Olga Soot family  
 Evdokiya, Anatoliy, Domnikiy, Semen, Feodosiy, Ella, Grigoriy, Nadejda, Konstantin, Svetlana,  
 Valentina, Anna, infant Anatoliy, Olga, Anna, Peter. Alla Slobdoskaya  
 Anne Lewandowski + Raissa Dulian  
 Marina, Alexandra, Petr, Boris, Tatiana. Margarita Maximova  
 Hieromonk Vonifaty, Schemanun Savva, Priest Anatoly + Sep 9, 22; Monk Aristokliy June 1, 22; Andrei Vasilenko, April, 23; Archpriest Nikolay  
 Palahnyuk, June 13, 23; John Markevich, Oct, 23; Viktor Kotlishyn, Oct 19 23;  
 Rebecca Svetlana (Photini) Gushard son Wade Aiden Greer, Fr Yousuf  
 Basil Rosiczka