



# The Witness



The Monthly Newsletter of Holy Apostles Orthodox Christian Church  
Cheyenne, WY

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## Great Lent

Some brief words by Fr. Thomas Hopko

The season of **Great Lent** is the time of preparation for the feast of the Resurrection of Christ, It is the living symbol of man's entire life which is to be fulfilled in his own resurrection from the dead with Christ. It is a time of renewed devotion: of prayer, fasting, and almsgiving. It is a time of repentance, a real renewal of our minds, hearts and deeds in conformity with Christ and his teachings. It is the time, most of all, of our return to the great commandments of loving God and our neighbors.

In the Orthodox Church, Great Lent is not a season of morbidity and gloominess. On the contrary, it is a time of joyfulness and purification. We are called to "anoint our faces" and to "cleanse our bodies as we cleanse our souls." The very first hymns of the very first service of Great Lent set the proper tone of the season:

*Let us begin the lenten time with delight ... let us fast from passions as we fast from food, taking pleasure in the good words of the Spirit, that we may be granted to see the holy passion of Christ our God and his holy Pascha, spiritually rejoicing.*

*Thy grace has arisen upon us, O Lord, the illumination of our souls has shown forth; behold, now is the acceptable time; behold, now is the time of repentance (Vesper Hymns).*

It is our repentance that God desires, not our remorse. We sorrow for our sins, but we do so in the joy of God's mercy. We

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mortify our flesh, but we do so in the joy of our resurrection into life everlasting. We make ready for the resurrection during Great Lent, both Christ's Resurrection and our own.

## From Fr. Paul...

Dear Ones in Christ,

As we prepare for and enter the holy season of Great Lent, we should remember these words of Fr. Hopko at all times: "We mortify our flesh, but we do so in the joy of our resurrection into life everlasting." In Romans, chapter 6, St. Paul writes about how, in order to resurrect with Christ, we first must be crucified and die with Christ. This means that, no matter how our earthly lives eventually end, we must all be martyrs for Christ, dying to sin for Him.

This process, however, is one of joy, according to Fr. Hopko. How can this be? Whenever we find ourselves having grown upset, angry, despondent, etc toward situations and others, our initial reaction is to see how we can change the situation or the person(s) causing us to feel this way... But we know that this is a losing battle. The culprit, in reality, is neither the situation nor our antagonist; it is our own pride. In the Christian struggle, pride is our first and greatest enemy, and where pride is routed out, Christ is welcomed in. Whatever our particular struggles, let us never forget that our first job in Great and Holy Lent - and the reason for our increased prayers and fasting - comes down to the simple task of decreasing our thoughts and concerns about ourselves, about **our** experiences and **our** feelings and **our** expectations of others, and increasing our thoughts and concerns for Christ and our neighbor. It is about decreasing the **I** and the **me** and making more room in our hearts for our All-merciful Savior.

I pray that, individually and together, we can all welcome Christ's aid in this struggle for humility and selflessness. May the Lord guide us!

*Fr. Paul*

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## Lending Library News:

A big thank-you to all those who have donated books to our Lending Library and to those who will donate books.

Please note: When you check out a book, please sign the Check Out Notebook with your information, being sure to put the date you check out the book(s) and put in the date you **return** the book(s). Thank you for your cooperation.



## Lenten Speaker: Joy Corey

**When: Saturday, March 21st  
10:00am- 12:00am**

**Where: Willow Room at the Public Library**

**This talk is open to the public, so invite your friends! Joy will also speak briefly just for our parish and offer a Q&A session after the Divine Liturgy on Sunday the 22nd. Be sure to plan on attending, so mark your calendars now!**

Joy Corey is the author of two books: The Tools of Spiritual Warfare and Divine Eros: A Timeless Perspective on Homosexuality. For this particular talk, she will focus on the former. With the blessing of her Priest and Bishop, Joy has led Bible studies for 35 years and teaches a class entitled "Spiritual Circle" in her home once a week. Her true passion, however, is her jail ministry... Drawing from her own life and her great knowledge of Orthodox Saints and spiritual writings, she only rarely accepts speaking offers, so we are sure to benefit from this great opportunity. Her books will be soon available in our bookstore.



Holy Apostles is participating in  
Cheyenne's Day of Giving  
Undie Sunday again this year!

Please bring donations of new underwear for  
any age and size, male or female, to church on  
March 1 or March 8

There will be collection boxes in the entrance area  
by the coat room



## Assisting in Upcoming Services (February only)...

### Prosforo

2/1/15 (2) – Lexie Garrett  
2/2/15 (1) – Tina Marquardt  
2/8/15 (2) – Kathy Joannides  
2/10/15 (1) – Christine Pappas  
2/14/15 (1) – Sarah Pullos  
2/22/15 (2) – Fay Zaharas

### Greeter

2/1/15 – Chris Karajanis  
2/8/15 – Estelle & Jim Haefele  
2/15/15 – Driko Pappas  
2/22/15 – Nick Bellack

Please keep an eye out for updated lists; all is subject to change!

### Fellowship

2/1/15 – Christine & Driko Pappas  
2/8/15 – Tara & Greg Pappas  
2/15/15 – Tina & Rob Marquardt  
2/22/15 – Kelly & Steve Zaharas



*Thank you for your service  
and dedication!!!*

## Conversing with the Fathers...



*Each month, our "Conversing with the Fathers" class will meet to discuss one of the works of a Holy Father of Orthodoxy. This is a wonderful opportunity to read, study, and converse about the Divinely-breathed words of the Saints of our Church. The class meets the first Monday of each month. Please join us in this holy work! Below are the first three books of our series...*

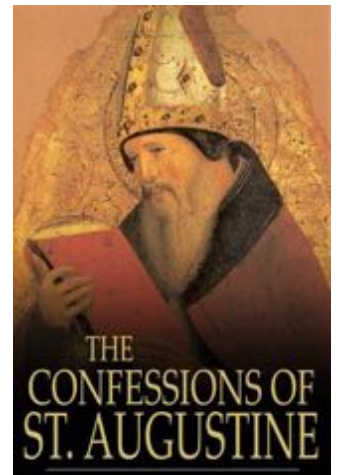


### **March selection (to be read in February and discussed at the March meeting):**

Our March selection will be a significant change of pace, as we go to a much more modern Father: the 19th-century Saint, Theophan the Recluse and his work *Kindling the Divine Spark: Teachings on How to Preserve Spiritual Zeal*. These instructions to women examine many essentials of the spiritual life, including: how the heart is purified, inner suffering, spiritual zeal, how to train oneself to pray, and mystical union with the Lord. It contains twenty sermons and a brief Life of St. Theophan. Though originally offered to nuns, it comprises a conscious teaching of spirituality suited to the needs of both men and women, whether lay or monastic.

### **April selection (to be read in March and discussed at the April meeting.):**

For our April selection, we will read the most famous Christian autobiography ever written: *The Confessions of St. Augustine*. St. Augustine - today, known as one of the greatest Fathers of the West - did not begin his life in a pious upbringing, as with so many of the other Fathers of the Church. Rather, St. Augustine, against the desires of his pious mother, St. Monica, became a pagan philosopher, lived and had a child with a concubine, and had no interest in Christianity. This incredible book chronicles his transformation.



## Some Words from Modern Saints & Elders...

St. Theophan the Recluse (+1894)



1) "Examine yourself to see whether you have within you a strong sense of your own self importance, or negatively, whether you have failed to realize that you are nothing. This feeling of self-importance is deeply hidden, but it controls the whole of our life. Its first demand is that everything should be as we wish it, and as soon as this is not so we complain to God and are annoyed with people."

2) "Where there is no prayer and fasting, there are the demons."

3) "Be encouraged! Take up prayer more readily and continue without interruptions—and you will soon achieve your desired goal. Soon a reverent attention to the One God will be established, and with it, inner peace. I say soon, not now, or in a day or two. Months may be

required, sometimes, even years. Ask the Lord and He will help."

4) "The Lord chose the apostles, that they should be with Him, and that he might send them forth to preach, and to have power to heal sicknesses, and to cast out devils.

"Every Christian is chosen—chosen for similar deeds, namely: to be with the Lord, through unceasing remembrance of Him and awareness of His omnipresence, through the preaching and fulfillment of His commandments, and through a readiness to confess one's faith in Him. In those circles where such a confession is made, it is a loud sermon for all to hear.

"Every Christian has the power to heal infirmities—not of others, but his own, and not of the body, but of the soul—that is, sins and sinful habits—and to cast out devils, rejecting evil thoughts sown by them, and extinguishing the excitement of passions enflamed by them.

"Do this and you will be an apostle, a fulfiller of what the Lord chose you for, an accomplisher of your calling as messenger. When at first you succeed in all this, then perhaps the Lord will appoint you as a special ambassador—to save others after you have saved yourself; and to help those who are tempted, after you yourself pass through all temptations, and through all experiences in good and evil.

But your job is to work upon yourself: for this you are chosen; the rest is in the hands of God. He who humbles himself shall be exalted."



THE LADIES PHILOPTOCHOS OF SAINT CATHERINE PARISH INVITE YOU TO A

**CLEAN MONDAY RETREAT  
MONDAY, FEBRUARY 23, 2015**

at St. Catherine Greek Orthodox Church  
5555 S. Yosemite Street, Greenwood Village, CO 80111, (303)773-3411

The theme,  
"GREAT LENT"

will be presented by local clergy  
Father Dennis Schutte, Father Jordan Brown and Father Evan Armatas

**RETREAT SCHEDULE**

- 9:30am - Registration and coffee (Fellowship Hall)
- 10:00am - Opening Prayer (Sanctuary)
- 10:20am - 11:10am - 1st Presentation - "God's call and our response" with Father Evan (Sanctuary)
- 11:20am - 12:10pm - 2nd Presentation with Father Dennis and Father Jordan (classrooms)
- 12:20pm - 1:00pm - Silent monastic style lunch with spiritual readings and reflection (fellowship hall)
- 1:10pm - 1:55pm - 3rd Presentation with Father Dennis and Father Jordan (classrooms)
- 2:00pm - 2:15pm - Concluding remarks with Father Lou (sanctuary)
- 2:15pm - 3:00pm - Compline Service and Kiss of Forgiveness

Cost to attend is \$20 payable at the door (Please make checks to St. Catherine Philoptochos)  
Please RSVP to Helen (email preferred) at [helen@stcatherinechurch.org](mailto:helen@stcatherinechurch.org) or leave a voice mail at (303)773-3411 ext.106

*And also, our own...*

## **Cheyenne Parishes Lenten Retreat**

We will celebrate the Divine Liturgy for the 3rd Saturday of Souls on February 28th at Sts. Constantine & Helen and go into our retreat immediately following. The topic will be "Making the Most of Your Lenten Journey." Please look for details very soon!

# FEBRUARY

| sun                                                                                                                                                                                | mon                                                                                                                        | tue                                                                                               | wed                                                                                                                                                  | thu                                                                                                      | fri                                                                                                                                    | sat                                                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1<br>8:30 Orthros<br>9:30 Liturgy<br>Sunday of the Publican and the Pharisee (Triodion Begins)<br>Lecture series on the Church (pt 3)                                              | 2<br>8:45 Orthros<br>9:30 Liturgy - Presentation of our Lord<br>5:30pm - Conversing with the Fathers                       | 3                                                                                                 | 4<br>6:00 pm Paraklesis                                                                                                                              | 5                                                                                                        | 6<br>9:30 Liturgy - St. Photius (at SCH)                                                                                               | 7<br>9:00am Orthodox Reading Group<br>6:00pm Great Vespers                                                                                                     |
| 8<br>8:30 Orthros<br>9:30 Liturgy<br>Sunday of the Prodigal Son                                                                                                                    | 9<br>5:30pm Fundraising Meeting                                                                                            | 10<br>7:00am Men's Group<br>8:45 Orthros<br>9:30 Liturgy - St. Haralambos                         |  11<br>NO Paraklesiis                                               | 12                                                                                                       |  13                                                 | 14<br>8:45 Orthros<br>9:30 Liturgy - Saturday of Souls                                                                                                         |
| 15<br>8:30 Orthros<br>9:30 Liturgy<br>Judgment Sunday (Meatfare Sunday)<br>HAYA meeting after Liturgy                                                                              |  16                                     |  17            |  18<br>6:00 pm Paraklesis                                         |  19                   |  20                                               |  21<br>8:45 Orthros<br>9:30 Liturgy - Saturday of Souls                   |
|  22<br>8:30 Orthros<br>9:30 Liturgy<br>Forgiveness Sunday<br>6:00pm Forgiveness Vespers (at SCH) |  23<br>6:00pm Compline at Holy Apostles |  24            |  25<br>6:00pm Presanctified Liturgy with Lenten Potluck following |  26                   |  27<br>6:00pm Salutations to the Theotokos at SCH |  28<br>9:30 Liturgy - Saturday of Souls at SCH - LENTEN RETREAT TO FOLLOW |
|                                                                                                                                                                                    |                                                                                                                            |  = strict fast |  = dairy, eggs, fish allowed                                      |  = wine/oil allowed |  = fish allowed                                   |                                                                                                                                                                |

# MARCH

| sun                                                                                                                                                           | mon                                                                                                                        | tue                                                                                                                                             | wed                                                                                                                                                                                                 | thu                                                                                                      | fri                                                                                                                                    | sat                                                                                                                                                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  1<br>8:30 Orthros<br>9:30 Liturgy                                            |  2<br>6:00pm Compline at SCH              |  3<br>7:00am Men's Group<br>5:30pm Conversing with the Fathers |  4<br>6:00pm Presanctified Liturgy with Lenten Potluck following                                                   |  5                     |  6<br>6:00pm Salutations to the Theotokos at HA     |  7<br>9:00am Orthodox Reading Group<br>6:00pm Great Vespers                                                                                                                                                                          |
|  8<br>8:30 Orthros<br>9:30 Liturgy                                            |  9<br>6:00pm Compline at Holy Apostles    |  10                                                            |  11<br>6:00pm Presanctified Liturgy with Lenten Potluck following                                                  |  12<br>5:30 PC Meeting |  13<br>6:00pm Salutations to the Theotokos at SCH   |  14                                                                                                                                                                                                                                  |
|  15<br>8:30 Orthros<br>9:30 Liturgy<br>HAYA meeting after Liturgy            |  16<br>6:00pm Compline at SCH            |  17<br>7:00am Men's Group                                     |  18<br>6:00pm Presanctified Liturgy with Lenten Potluck following                                                 |  19                   |  20<br>6:00pm Salutations to the Theotokos at HA   |  21<br>10:00-12:00 Joy Corey talk at Library (Willow Room)                                                                                                                                                                          |
|  22<br>8:30 Orthros<br>9:30 Liturgy<br>Joy Corey talk and Q/A after Liturgy |  23<br>6:00pm Compline at Holy Apostles |  24                                                          |  25<br>8:45 Orthros<br>9:30 Liturgy - Annunciation<br>6:00pm Presanctified Liturgy with Lenten Potluck following |  26                  |  27<br>6:00pm Salutations to the Theotokos at SCH |  28                                                                                                                                                                                                                                |
|  29<br>8:30 Orthros<br>9:30 Liturgy                                         |  30<br>6:00pm Compline at SCH           |  31<br>7:00am Men's Group                                    | 1                                                                                                                                                                                                   | 2                                                                                                        | 3                                                                                                                                      |  = strict fast<br> = wine/oil allowed<br> = fish allowed |