



Holy Apostles Greek Orthodox Church

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February 18, 2018:

Forgiveness Sunday

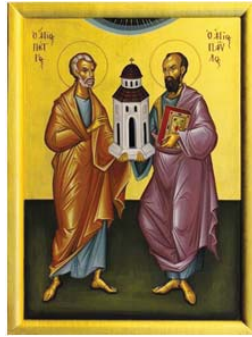
On Practicing the Jesus Prayer (Part Three) ***St. Ignatious Brianchaninov***

Begin by saying the Prayer Aloud.

The Russian hieromonk Dorotheus, a great instructor in spiritual asceticism, who was in this respect very much like St. Isaac the Syrian, counsels those who are learning the Jesus Prayer to recite it aloud at first. The vocal prayer, he says, will of itself turn into the mental.

After much vocal prayer there comes Mental Prayer.

"Mental prayer," he continues, "is the result of much vocal prayer, and mental prayer leads to the prayer of the heart. The Jesus Prayer should not be said in a loud voice but quietly, just audibly enough that you can hear yourself. It is particularly beneficial to practice the Jesus Prayer aloud when assailed by distraction, grief, spiritual despondency and laziness. The vocal Jesus Prayer gradually awakens the soul from the deep moral slumber into which grief and spiritual despair are wont to thrust it. It is also particularly beneficial to practice the Jesus Prayer aloud when attacked by images, appetites of the flesh, and anger; when their influence causes the blood to boil. It should be practiced when peace and tranquility vanish from the heart, and the mind hesitates, becomes weak, and—so to speak—goes into upheaval because of the multitude of unnecessary thoughts and images. The malicious princes of the air, whose ... **(Continued on the back)**



EPISTLE READING :
St. Paul's Letter to the
Romans 13:11-14; 14:1-4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness

put on the armor of light; let ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.



GOSPEL READING :
The Gospel According to
Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will

forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. "And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. "Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

UPCOMING EVENTS

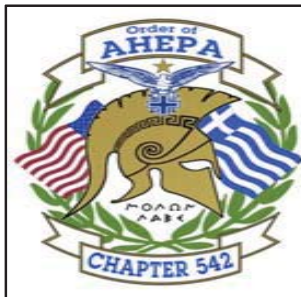
TASTE OF GREECE

— FEBRUARY 16-18, 2018 —

Today is the last day!
Join us at the Ashburn Firehouse
20688 Ashbrun Rd., Ashburn 20147
Noon to 7pm

Come for lunch AND dinner. Enjoy
performances by our Holy Apostles Greek
Dance Troupe.

Can't attend? Make a donation! Write "TOG
donation" in the memo section of your check.

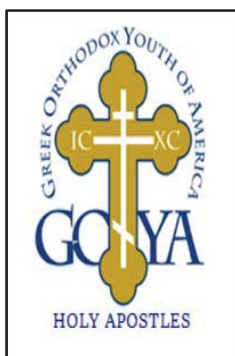


AHEPA Meeting

Wed. Feb. 21st, 7:30 PM

Home of Alex Kangelaris

We hope you can join us! For
more info, visit us at
ahepa542.org.



GOYA Consignment Sale Prep

Sat. Feb. 24th, 1:00 PM

Home of Christy Lisciandro

GOYANs will prepare items for the
March consignment sale fundraiser.

GOYA Meeting

Sun. Feb. 25th after Liturgy

Holy Apostles Church



GOYA Fundraiser Through Feb.

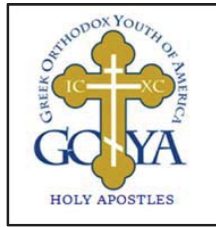
Collecting gently used children's
clothing and toys for resale at a
consignment sale. Look for the box in
the church hall. Hangers appreciated!
Contact: Lia (liaecon@comcast.net)

UPCOMING EVENTS



**Philoptochos Clothing
Drive for Mobile Hope
Through February
Holy Apostles Church**

Collecting New socks for boys and girls, NEW tee shirts for boys, NEW underwear for boys and girls. Drop off your items in the box by the Philoptochos bookcase.



GOYA Lenten Retreat

Sat., March 3rd, 11:00 AM

Holy Apostles Church

Discussion by Father George followed by lunch in the church hall.



PAREA (Our Company of Friends!)

Fasting Potluck Lunch

Tues. March. 6th, 11:30 AM

Blair residence

47753 Allegheny Circle, Potomac Falls, VA, 20165

RSVP to Marina (703-349-1842)



**Hope and Joy Salutations to the
Theotokos Service**

Fri. March 9th

Holy Apostles Church

Our participation in this service as a Ministry will take the place of our regular monthly meeting.



**St. John Chrysostom Oratorical
Festival, Sun. March 18th**

Holy Apostles Church

Students in grades 4-12 must select topics announced from the Archdiocese. Competition details are on our website.

Contact: Ergini B. Martnishn (ergini@aol.com)

SPECIAL ANNOUNCEMENTS

ATTENTION HIGH SCHOOL SENIORS! Student applications are now available for the Washington Metropolitan Area 48th AHEPA Scholarship program, The Awards will be presented during the May 20, 2018 Annual AHEPA AWARD DINNER. Applications must be postmarked no later than April 6, 2018 for consideration. Contact **Steve Martnishn** at smartnishn@aol.com or **Ergini B. Martnishn** at: ergini@aol.com, 703-652-4426.

Weekly Feature : Saturday of Souls

There are several Saturday of Souls throughout the year, 4 of which are during Lent, for the commemoration of the dead. Saturday is a traditional day of prayer for the dead, because Christ lay dead in the Tomb on Saturday.

Through the Apostolic Constitutions (Book VIII, ch. 42), the Church of Christ has received the custom to make commemorations for the departed on the third, ninth, and fortieth days after their repose. Since many throughout the ages, because of an untimely death in a faraway place, or other adverse circumstances, have died without being deemed worthy of the appointed memorial services, the divine Fathers, being so moved in their love for man, have decreed that a common memorial be made this day for all pious Orthodox Christians who have reposed from all ages past, so that those who did not have particular memorial services may be included in this common one for all. Also, the Church of Christ teaches us that alms should be given to the poor by the departed one's kinsmen as a memorial for him. Besides this, since we make commemoration of the Second Coming of Christ, and since the reposed have neither been judged, nor have received their complete recompense (Acts 17:31; II Peter 2:9; Heb. 11:39-40), the Church rightly commemorates the souls on Saturday of the Souls, and trusting in the boundless mercy of God, she prays Him to have mercy on sinners. Furthermore, since the commemoration is for all the reposed together, it reminds each of us of his own death, and arouses us to repentance.

ADDITIONAL ANNOUNCEMENTS



Purchase **raffle tickets** at the Taste of Greece. 1st prize- 55" LED HDTV, 2nd prize – iPad, 3rd prize - Wine gift basket. Tickets are \$10 each, 3 for \$20.

(Cover Message Cont...) presence is hidden to physical sight but who are felt by the soul through their influences upon it, hearing as they mount their attack the name of the Lord Jesus—which they dread—will become undecided and confused, and will take fright and withdraw immediately from the soul. The method of prayer which the hieromonk suggests is very simple and easy. It should be combined with the method of St. John of the Ladder: the Jesus Prayer should be recited loud enough that you can hear yourself, without any hurry, and by locking the mind into the words of the prayer. This last, the hieromonk enjoins upon all who pray by Jesus' name

February Weekday Liturgical Schedule

Mon. Feb. 19 Beginning of Great Lent,
7PM Great Compline
Wed. Feb. 21 9:30AM Pre-Sanctified Liturgy
Fri. Feb. 23 1st Salutations to the Theotokos
7:00PM Salutations
Sat. Feb 24 3rd Saturday of Souls 8:15AM,
Orthors. 9:30 AM, Divine Liturgy
Wed. Feb. 28 Pre-Sanctified Liturgy 9:30 AM,
Pre-Sanctified Liturgy



*There is no coffee hour today.
Join us at the Taste of Greece for
coffee and lunch! We'll see you at
the Ashburn Firehouse.*