

*Welcome to St. Olympia Orthodox Church,
 a young and, God willing, growing community of worshipers.*

*Our priest is Fr. Peter Irfan, Acting Rector.
 You may reach him at 716-342-8520 (cell) or at fatherpeter777@yahoo.com.*

Please join us for prayer and fellowship.

Upcoming Services:
Saturday, March 14
Great Vespers: 5pm

Sunday, March 15
Matins: 8:45 am
Divine Liturgy: 10am

**Lunch and fellowship
 will follow the service**

*The above services are
 at St. Olympia Chapel
 123 Main Street
 Potsdam, NY, 13676*

*Daily Vespers at the
 Hermitage of Saint
 Olympia*
[<saintolympiahermitage.org>](http://saintolympiahermitage.org)

*5 PM - Monday
 through Saturday*

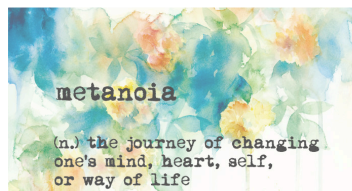
Upcoming Liturgies of the Presanctified Gifts!

Fridays, March 13, 20, 27 at 10 AM
Hermitage of Saint Olympia
(No evening Vespers on those days)

Wednesday, April 8, 6:30PM (note change of date!)
Archbishop Michael visiting!
St. Olympia Chapel

Lenten Mini-Retreat at the Hermitage of Saint Olympia
Saturday, March 21, 10 AM - 2 PM

Images of Repentance



A Lenten mini-retreat
 Saturday March 21st at 10 AM
 Edwards Senior Court Community
 Room
 16 Trout Lake Street, Edwards NY
 Presentation by Mother Sophronia of
 ST. Olympia Hermitage
 Light refreshments and lunch
 provided by members of St. Olympia
 Orthodox Church

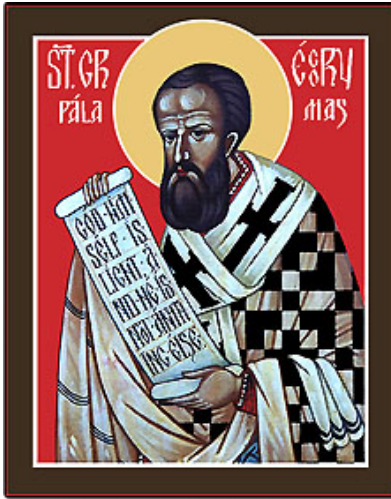
Schedule

Icon Lecture at 10 AM

Light Lunch at 12 PM

Great Vespers at 1 PM

Second Sunday of Great Lent: Saint Gregory Palamas



Holy and divine instrument of wisdom, joyful trumpet of theology, together we sing your praises, O God-inspired Gregory. Since you now stand before the Original Mind, guide our minds to Him, O Father, so that we may sing to you: “Rejoice, preacher of grace.”

Kontakion of Saint Gregory Palamas

Now is the time for action! Judgment is at the doors! So let us rise and fast, offering alms with tears of compunction and crying: “Our sins are more in number than the sands of the sea; but forgive us, O Master of All, so that we may receive the incorruptible crowns.”

Kontakion of Sunday of Saint Gregory Palamas

Excerpt from Vladyka Michael's *Archpastoral Letter for the Great Fast 2020*:

full text at https://www.nynjoca.org/news_200226_1

A Family Prayer Rule

This Lent I urge that each of us renew or establish a daily Family Prayer Rule. If you live with your parents, pray with your parents (and siblings) once every day. If you are married, pray with your spouse. If you have children, include them. And if you live by yourself, ask your guardian angel or patron saint to pray with you. Being alone in the spiritual arena is very difficult; we need the strength of all those who share the Faith with us, as we struggle against the passions, our weaknesses, our doubts and our fears ... in order to have a meaningful prayer life.

A Family Prayer Rule need not be long or rigorous; actually it should be something flexible ... that works for us. In his book *Acquiring the Mind of Christ*, Archimandrite Sergius, the Abbot of our Saint Tikhon's Monastery, suggests a very doable guideline for daily prayer, one we can use as a family in our homes: *First*, the Trisagion Prayers which are found at the beginning of every prayer book. *Second*, Psalm 50, (the perfect Prayer of Repentance: "Have mercy on me, O God..."). *Next*, the Nicene Creed (to daily renew our belief in the truths of our Faith). Then, the Jesus Prayer ("Lord, Jesus Christ, Son of God, have mercy on me") 5 or 10 times – with prostrations (or bows). *Lastly*, add petitions for members of the family, friends, neighbors, special needs, etc. (*italics added*)

Father Sergius also suggests that we read a chapter of the Scripture each day, and I think for a family that this is so important – that we all, young and old alike, read from the “love letter that the King of Heaven has written to us,” in the words of St. Tikhon of Zadonsk. You can follow the liturgical calendar for each day or begin with the first Gospel, and go chapter by chapter ... on to the second Gospel, and so on. For adults, this is certainly doable. For your children, you may want to make it simpler: the Trisagion Prayers, the Jesus Prayer, and the personal prayer requests. But somewhere in each week, you should read the Bible stories to your children. I would add that every evening before going to bed, you also have a “mini” Rite of Forgiveness, asking each other, Forgive me, Mom ... forgive me, Dad ... etc., and close by saying, God forgives, and I forgive ... I love you, and God loves you.

This may take some time out of each evening ... but when you think about it, God gives each of us 168 hours of life each week. How much time do we give back to Him in prayer? If we attend Liturgy and Vespers each weekend, and spend half-an-hour of prayer each day, that adds up to not quite 4 percent of our week. Surely we can at least do this much.

Lent is the time, my beloved, to begin anew to re-build your and your family's relationship with the Lord through prayer ... a daily rule of prayer. And when the Great Fast is over, this family rule is one thing you don't stop doing; don't go back to the way it was ... go forward and Heavenward.