

THE VEIL



MARCH 2015

The Monthly Journal Covering The News at St. Mary



ON FASTING... WITH HELP!

By Rev. Fr. David G. Subu

During Great Lent, Orthodox Christians take up what might seem a peculiar discipline to many in the world today, including other Christians – a strict fast. The origins of this fast are found in the preparation for baptism which extended over time to include an entire 40 day period preceding the Passion Week (which is itself a special fasting period now). The form in the East was heavily influenced by the monastic tradition which made the season a time of increased effort in prayer, self-denial, and service. All the Church was inspired by these efforts, and for centuries, the entire body of Christ has made a communal effort to spiritual reinvigoration through this “Lenten journey.”

Invariably, however, the spirit of a thing gets lost and many get stuck obsessing over the letter of the law. My brother priest, Fr. Sergei Sveshnikov of ROCOR has published a very concise and helpful pamphlet on the subject entitled *Fasting for Non-Monastics* (very easily and cheaply available on Kindle) which addresses many of the challenges fasting presents today’s Orthodox Christians. It includes excellent advice on fasting, nutrition, age- and health-appropriate disciplines, etc. I would reprint it in whole for you if space allowed, and it wouldn’t cheat Fr. Sergei! Here are some highlights:

Is It a Sin to Break the Fast?

“So, is it a sin to break the fast? The answer to this question depends on what is meant by breaking the fast. As we have discussed, it turns out that most people – monastic and lay alike – deviate from the

rule in some way. If this deviation is meaningful and its purpose is to accommodate a real physiological need, then, it seems to me to be well within the spirit of fasting, even if it is not exactly according to monastic rules. If, however, the deviation is due to our gluttony, laziness, lack of discipline, or some other weakness, then we have something that should be corrected. Perhaps, the best way to think about sin in relation to fasting is not in legal terms – law, crime, and punishment, but in terms of preparation or exercise. Fasting is an ascetic discipline. The word “ascetic” comes from the Greek *ἄσκησις* which means “exercise” or “training.” In other words, imagine that you are a soldier preparing for a difficult and dangerous mission. It is not so much a crime to be lazy in your training or to cut corners as much as it means that you may not be well-prepared for your task and thus will not be able to complete it or even perish in the process. So, if people choose not to exercise the discipline of fasting, they are cheating themselves out of the training necessary to fight against the enemy – sins and passions – and will be unprepared to face the snares of the devil.”[1]

The Discipline of the Body

“Fasting, then, helps us restore the divinely ordained order to our being: the spirit or vector must always point to God, the soul must find its fulfillment in communion with God, and the body, in all of its complexity, must serve the soul in its service to God. We may, and will, talk about meat, fish, shrimp and the like, but the main point is: if you cannot be in control of your stomach, if this simple sack of flesh is the ruler your life, how can you hope to be in control of more complex physiology, or your mind, or your soul?! This is not even a purely religious matter but a matter of being a human be-

(Continued on page 2)

Protection of the Holy Mother of God Orthodox Church in Falls Church, VA
An English Speaking Parish Community of the Romanian Orthodox Episcopate, OCA

(Continued from page 1)

ing. I once heard some teenagers bragging about breaking a fast as if it were some accomplishment to eat a hotdog or bacon on a fasting day. In reality, it is simply the mark of an individual who lacks self-control and is ruled by his gut— nothing at all to brag about. If I were that person, I would not advertise this embarrassing infantile quality and try to work on developing more self-discipline.”[2]

The Spirit of the Typicon

“Many people seem to think that the Typicon forbids certain foods during Lent. They may, for example, assume that the Typicon forbids all animal products. This view is further advanced by clergy when we explain to our parishioners the basics of fasting. As shorthand, we may say that animal foods are not allowed during Lent, but all plant foods are allowed. This creates a Kosher-style approach to fasting, in which the fanciest vegan cakes and exquisite dark chocolates somehow become “Lenten.” Our pious Orthodox parishioners— much like pious Orthodox Jews— can be observed debating whether some ingredient is derived from an animal product and whether it is “kosher”— that is to say, Lenten. And much like in Kashrut, the focus shifts from the discipline of the body to the avoidance of certain ingredients for the sake of ritual purity. Fasting degrades into a religious vegan diet, in which some products become religiously unclean, while others are “kosher...”

“Of course, we all understand that the Typicon breathes very different air, an entirely different spirit. Not the spirit of slavery to the law of Kashrut, but a spirit of freedom from the desires of the flesh. Reading the Typicon, we may notice, contrary to popular belief, one very important thing: the Typicon does not contain any prohibition on any food. Unless we regard the remark about a monk “ruining” his Lent with fish as an indirect prohibition of fish, the Typicon actually does not prohibit any food or product whatsoever.

“The Typicon assumes that when we fast we do not eat or drink anything at all. I will repeat: Lent, according to the Typicon, is a complete abstinence from all food and drink. It treats Lent not as a religious diet, in which some foods are “kosher” while others are not, but as an exercise in asceticism. Thus, the Typicon does not have to forbid any food, since

none is eaten, nor any drink, since none is drunk. Instead, it allows certain things at certain times to offer us sustenance. So, on Tuesday of the first week of Lent, the Typicon allows those who are weak to have some bread and water after vespers. On all other days until Passion Week, the Typicon allows bread, water, and warm vegetables once a day. On Saturdays and Sundays oil and wine are allowed. In other words, the Typicon thinks better of us than we think of ourselves— it does not address gluttons with prohibitions, rather it addresses strict ascetics with allowances.



We must keep this in mind when applying fasting rules to ourselves: am I a glutton who needs prohibitions, or am I in danger of fasting too strictly for my own good and should heed the Typicon? When understood improperly, the fasting rules of the Typicon can produce such aberrations as arguments that vodka is a Lenten product since it is made from grains or potatoes and is thus not forbidden by the Typicon. True enough, the Typicon does not forbid vodka, and neither does it forbid beef steak, for that matter, as it simply does not forbid anything at all, as it assumes that we want to better ourselves in the freedom of the New Testament, rather than enslave ourselves to the dead stone tablets of the old Law.[3]

[1] *Sveshnikov, Sergei (2014-05-04). Fasting for Non-Monastics (Kindle Locations 60-71). . Kindle Edition.*

[2] *Sveshnikov, Sergei (2014-05-04). Fasting for Non-Monastics (Kindle Locations 94-101). . Kindle Edition.*

[3] *Sveshnikov, Sergei (2014-05-04). Fasting for Non-Monastics (Kindle Locations 310-338). . Kindle Edition.*

DOXA CON

Where Faith and Truth Meet Science Fiction and Fantasy

The Doxacon (Prime) Committee of Washington DC will host an out of this world fundraiser on Sunday, March 1 in anticipation of our second Washington DC based event November 13-14, 2015 at St. Sophia Greek Orthodox Cathedral Frosene Center. Our first event, held in 2013, brought in over 100 Christian fans of Science-Fiction and Fantasy for a weekend of presentations and discussions on the genre in relation to our Christian faith.

DOXA CON Prime 2015 Keynote Speakers are:



CLERGY KEYNOTE SPEAKER

Serving in Toronto, Canada, Fr. Theodore is known for his i-Sermon series on Ancient Faith Radio and commonly gives his thoughts on modern culture, our Orthodox faith and cinema.

Rev. Father Theodore Paraskevopoulos



LAY KEYNOTE SPEAKER

Known as "The Dean of Harry Potter Scholars" (Time Magazine), John Granger is an Orthodox speaker and writer whose principal focus is the intersection of literature, faith and culture. He is most well known as the author of several books analyzing Harry Potter novels.

John Granger

GET TO KNOW OUR PARISH COUNCIL!

Our Annual Parish Assembly was held February 8, which brought with it changes to our parish council slate. We said "good-bye" to Past-President, Christopher Thomas, and treasurer, Jonathan Jacobson, who served their maximum terms faithfully and with much dedication. Thank you for your service!

Below is a listing of the persons who said "yes" to serving our parish in leadership capacities for 2015:

- President: Kenneth Liu
- Vice-President: Sarah Zimmerli
- Secretary: Christina Jatras
- Treasurer: Christopher Grindstaff
- Epitrops (2): Claudia Spita
Catherine Donovan

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Archbishop NATHANIEL of Detroit, Hierarch
Rev. Fr. David G. Subu, Pastor
Protodeacon Peter Danilchick, Parish Deacon
Rev. Deacon Nicholas Dujmovic, Parish Deacon
Eugene Huang, Parish Subdeacon
Nicholas Jones, Parish Subdeacon
Marian Bogdan Maxim, Parish Subdeacon
Ken Liu, Parish Council President
Eleni Woglom, Choir Director
Renee Lerner & Irene Liu, Church School

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LENTEN RETREAT WITH HIS BEATITUDE, METROPOLITAN TIKHON:

*"The Ascetic Disciplines of the Orthodox Life:
Baptizing the Culture in an Age of Disbelief"*

March 28 & 29, 2015



Schedule of Events

SATURDAY (March 28, 2015)

12:30PM- Greeting and Opening Remarks

1:00PM - First Session

2:30PM - Blessing of Food & Crab Cake Luncheon

3:30PM - Second Session

5:15PM - Dessert & Coffee

6:00PM - Great Vespers

Sunday (March 29, 2015)

9:30AM - Hours

10:00AM- Divine Liturgy followed by Trapeza and Q & A
with His Beatitude, Metropolitan TIKHON

Sponsored by:

Holy Archangels Orthodox
Church (OCA)

1120 Spa Rd., Annapolis, MD

RSVP and Tickets:

www.OrthodoxAnnapolis.org

Rector - Fr. Robert Miclean

443-256-3767



**PAN-ORTHODOX
VESPERS
FOR
THE SUNDAY
OF ORTHODOXY**

MARCH 1, 2015

5:00 PM

Homilist:

HIS GRACE BISHOP ANTHONY

Auxiliary Bishop of the Antiochian Orthodox
Christian Archdiocese for the Diocese of Toledo
and the Midwest

Featuring the combined choirs of the Orthodox
Christian Churches of the
Washington, DC metropolitan region.

Location:

St. Peter and Paul Antiochian Orthodox Church
10620 River Road, Potomac, MD 20854
301-765-3400



ANNUAL OCMC LENTEN SOUP LUNCHEON

Sunday, March 15



Come and meet OCMC Missionary, Dr. **Bill Black**, who is planning a two year service term as a Lecturer in History and Theology at Makarios III Patriarchal Orthodox Seminary in Nairobi and Senior Lecturer in History and Theology at St. Paul's University in Limuru and Nairobi, Kenya!

The St. Juliana Fellowship will be selling delicious Lenten soups for dining in or taking home in support of Bill's monetary needs to fulfill his mission to train the next generation of leaders in Kenya.

REACHING OUT WITH IOCC EMERGENCY KITS

The Church School would like assemble 350 hygiene kits for the International Orthodox Christian Charities. The kits are distributed around the world when disaster strikes. We welcome donations of the following supplies. Each kit contains:

- washcloth
- comb
- nail clipper
- Bath-sized bar of soap,
- toothbrushes
- band-aids

A box will be available to collect any of the above items between NOW and March 29 in the Fellowship Hall. This is a great opportunity for parishioners to have a "hands on" experience in donating items that we take for granted that will be of great use in times of disaster. Please contact Irene Liu or Ellen Robinson for questions.



PASCHA BREAD SALE

APRIL 5

The Pascha bread sale fundraiser is scheduled for Palm Sunday after Liturgy.

Stephanie Kozemchak makes the bread following her grandmother's Ukrainian recipe. The bread is similar to challah and contains dairy, and raisins but no nuts. She has not adapted the recipe for gluten free flour as of yet, but will try if someone pre-orders it.

If people want to order bread without raisins, or to place an order to ensure that they get a loaf, they can contact her at: skozemchak@verizon.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <ul style="list-style-type: none"> • Sunday of Orthodoxy • 9am - 10am Choir Practice/ Matins • 10am - 11:40am Divine Liturgy • 11:45am - 12:30pm Fellowship/Church School • 5pm Pan-Orthodox Vespers (Ss. Peter and Paul) 	<p>2</p> <ul style="list-style-type: none"> • 7pm - 8pm Byzantine Chant Class • 7:30pm - 8:30pm NAMI: Family Support 	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p> <ul style="list-style-type: none"> • Memorial Saturday
<p>8</p> <ul style="list-style-type: none"> • St. Gregory Palamas • 9am - 10am Choir Practice/ Matins • 10am - 11:40am Divine Liturgy • 11:45am - 12:30pm Fellowship/Church School 	<p>9</p> <ul style="list-style-type: none"> • 7pm - 8pm Byzantine Chant Class 	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p> <ul style="list-style-type: none"> • 7pm - 9pm Holy Unction @St. Luke Serbian 	<p>14</p> <ul style="list-style-type: none"> • Memorial Saturday
<p>15</p> <ul style="list-style-type: none"> • Sunday of the Cross • 9am - 10am Choir Practice/ Matins • 10am - 11:40am Divine Liturgy • 11:45am - 12:45pm OCMC Soup Luncheon • 6pm - 7:30pm Discussion Group 	<p>16</p> <ul style="list-style-type: none"> • 10am - 12pm Office Hours • 7:30pm - 9pm Parish Council 	<p>17</p> <ul style="list-style-type: none"> • 10am - 12pm Office Hours • 12pm - 2pm Clergy Council @St. Katherine's GOC 	<p>18</p> <ul style="list-style-type: none"> • 6pm - 7pm Confessions • 7pm - 9pm Pre-Sanctified Liturgy and Lenten Dinner 	<p>19</p>	<p>20</p> <ul style="list-style-type: none"> • 10am - 10:30am Confessions • 10:30am - 11:30am Pre-sanctified Liturgy • 12pm - 1pm Book Study 	<p>21</p> <ul style="list-style-type: none"> • Memorial Saturday • 10am - 11am Memorial Liturgy • 5pm - 6pm Vespers with confessions
<p>22</p> <ul style="list-style-type: none"> • St. John of Ladder • 9am - 10am Choir Practice/ Matins • 10am - 11:40am Divine Liturgy • 11:45am - 12:30pm Fellowship/Church School 	<p>23</p> <ul style="list-style-type: none"> • 10am - 12pm Office Hours • 7pm - 9pm Matins of the Great Canon with life of St. Mary 	<p>24</p> <ul style="list-style-type: none"> • 7pm - 8:30pm Matins of Annunciation 	<p>25</p> <ul style="list-style-type: none"> • Annunciation • 6pm - 7pm Confessions • 7pm - 8:30pm Vespertal Liturgy 	<p>26</p>	<p>27</p> <ul style="list-style-type: none"> • 10am - 10:30am Confessions • 10:30am - 11:30am Pre-sanctified Liturgy • 12pm - 1pm Book Study • 7pm - 8:30pm Akathist Hymn 	<p>28</p> <ul style="list-style-type: none"> • 12:30pm - 6:30pm Lenten Retreat with Met. Tikhon @Holy Archangels
<p>29</p> <ul style="list-style-type: none"> • St. Mary of Egypt • 9am - 10am Choir Practice/ Matins • 10am - 11:40am Divine Liturgy • 11:45am - 12:30pm Fellowship/Church School 	<p>30</p> <ul style="list-style-type: none"> • FCPS Spring Break • 7pm - 8pm Byzantine Chant Class 	<p>31</p> <ul style="list-style-type: none"> • FCPS Spring Break 	<p>1</p> <ul style="list-style-type: none"> • FCPS Spring Break • 6pm - 7pm Confessions • 7pm - 9pm Pre-Sanctified Liturgy and Lenten Dinner 	<p>2</p> <ul style="list-style-type: none"> • FCPS Spring Break 	<p>3</p> <ul style="list-style-type: none"> • FCPS Spring Break • 10am - 10:30am Confessions • 10:30am - 11:30am Pre-sanctified Liturgy • 12pm - 1pm Book Study 	<p>4</p> <ul style="list-style-type: none"> • Lazarus Saturday • 10am - 11am Divine Liturgy • 11am - 3pm Church School Retreat/ Parish Clean-up Day • 5pm - 6pm Vespers with Group Confession

GOD GRANT YOU MANY YEARS!



March

Birthdays

- Asihel Betsuamlak
- Demiana Asghedom
- Dsa. Tanya Danilchick
- Joe "Joey" Coleman
- John Patrick Cleary
- Julie Grecco
- Kami Cleary
- Marilyn Thomas
- Marian Bogdan Maxim
- Maya Manser
- Michael Manser
- Morgan "Marie" Marshall
- Nadine Thola
- Natalya Sophia Beranek
- Nina Manser
- Renee Lerner
- Robert Lorentz
- Sarah Kathryn Jacobson
- Sophia Dill
- Todd Sweet
- Yvonne Athanasaw

Anniversaries

- 2 Joseph and Mina Coleman
- 8 Forest and Nadine Thola

Saint's Name Days

- 17 St. Patrick of Ireland: John Patrick Cleary
- 25 The Annunciation of the Most Holy Theotokos: Morgan "Marie" Marshall

EPISTLE READER



NO READER ASSIGNED

HOLY BREAD BAKER



BAKER NEEDED

MARCH COFFEE HOUR SPONSORS



**MARCH 1 (SPONSORED)
DOXACON fundraiser**

MARCH 8

Church School Snacks & Beverages	(1) SPONSOR NEEDED	(2) SPONSOR NEEDED
Adult Meal & Beverages	(1) DILL	(2) SPONSOR NEEDED
	(3) SPONSOR NEEDED	(4) SPONSOR NEEDED
Clean-Up	(1) SPONSOR NEEDED	(2) SPONSOR NEEDED

**MARCH 15 (SPONSORED)
OCMC Soup Luncheon Fundraiser**

MARCH 22

Church School Snacks & Beverages	(1) SPONSORS NEEDED	(2) SPONSORS NEEDED
Adult Meal & Beverages	(1) Johnson	(2) Aburdineh
	(3) SPONSORS NEEDED	(4) SPONSORS NEEDED
Clean-Up	(1) SPONSORS NEEDED	(2) SPONSORS NEEDED

**MARCH 29 (SPONSORED)
St. Mary Church School
IOCC Kit Collection Round-Up**

APRIL 5—PALM SUNDAY (Fish)

Church School Snacks & Beverages	(1) SPONSORS NEEDED	(2) SPONSORS NEEDED
Adult Meal & Beverages	(1) SPONSORS NEEDED	(2) SPONSORS NEEDED
	(3) SPONSORS NEEDED	(4) SPONSORS NEEDED
Clean-Up	(1) SPONSORS NEEDED	(2) SPONSORS NEEDED



CLICK HERE TO SIGN UP!
Group Organizing Made Easy!



AROUND THE COFFEE URN

News and events percolating in and around our community

Metropolitan DC Orthodox Mission and Outreach Mission dinner

The Metropolitan DC Orthodox Mission and Outreach Committee is again sponsoring a Mission dinner, to be held at St. Katherine Greek Orthodox Church, Falls Church, VA on Sunday, April 26, 2015.

*Guest Speaker: Very Rev. John Chakos
"Orthodoxy in the Guatemalan Highlands:
a light shines brightly".*

5:00 pm Pan-Orthodox Vespers
5:30 pm Hors d'oeuvres
6:00 pm Dinner and Presentation

The event is to benefit the OCMC, the International Orthodox Mission and Evangelization organization. The tickets are \$55.00 for adults; for those under 22, \$30; children under 6 are free; get a table for 10 for \$500. **The reservation deadline is April 21, 2015.**

SAVE THE DATE: Town-Hall meeting to discuss proposed revisions to the Statutes of the Orthodox Church in America

The Archdiocese of Washington D.C. will be holding a "town-hall" meeting for all interested parishioners to discuss a draft of the proposed revisions to the Statutes of the Orthodox Church in America.

The purpose of the town-hall is to broadly solicit input so as to refine the draft revisions prior to voting on them at the upcoming All American Council. The town-hall will be held from 4-6pm, Sunday March 8 at St. Luke Orthodox Church at 6801 Georgetown Pike in McLean, VA.

The original Statutes were adopted in 1971 and revisions are meant to better reflect our current needs and structure. Copies of the draft revisions will be made broadly available in the very near future. We welcome your participation and feedback in this upcoming town-hall.

SAVE THE DATES!

Volunteers needed for upcoming events!

Great Lent and what follows, bring plenty of opportunity to get involved with lots of activities that are good for the soul, for making friends, and make something that could be difficult...FUN!

Volunteers for Wednesday Pre-Sanctified Meals:

March 4: CANCELED
March 11: CANCELED
March 18: St. Juliana Fellowship
March 25: Parish Council – FISH DINNER!
April 1: Choir

March 15: St. Juliana Fellowship Lenten Soup Luncheon

Love making soup? This gig is for you! We are always looking for soup makers to help us raise funds for OCMC! Please see Carolyn Pritchky or Marilyn Thomas to sign up.

Saturday, April 11 & 12: Agape Meal Coordinator

Help organize what people bring to share to eat immediately following the Paschal service! Please see Psa. Stephanie to learn more.

Sunday, April 12: Annual Lamb Roast

Over 100 people annually attend. Volunteers needed to set up tables, help prepare the lamb/roast, help with the egg hunt for children, and to prepare side dishes to serve! Please see Psa. Stephanie to sign up!

Reader Dr. Jonathan Chaves to lecture at George Washington University

Parishioners are cordially invited to the Second East-Asian Humanities Lecture of 2014-15 at George Washington University to listen to Professor Chaves speak on his book: "Every Rock A Universe: The Yellow Mountains and Travel Writing in China"

Date: Friday, March 6, 2015, 3:00-5:00pm
Place: Lindner Family Commons in the Elliott School Building (Rm 602) , 1957 E Street. NW, Washington, DC 20052.

In this talk, Prof. Chaves will discuss his research, including his visit to the Yellow Mountains in the company of great landscape photographer, Wang Wusheng, and will show images of the Mountains. He will also read from the original text, and from his translations, of Wang Hongdu's work.

8th Annual

PASCHA LAMB ROAST EXTRAVAGANZA

Sunday, April 12

1:00-5:00 P.M.

SAVE THE DATE! EGG HUNT! LAMB DINNER! TRIVIA!

We are looking for more people to learn how to prepare and roast the lamb so we can keep this annual tradition going strong! For details, please speak with Hans Scheifele. To help with the Egg Hunt, please see Preteasa Stephanie.



THE VEIL JOURNAL

**St. Mary Orthodox Church
7223 Roosevelt Avenue
Falls Church, Virginia 22042**