



St Anthony Orthodox Church

Fr Nicholas Fine | Pastor | (503) 502-2817 | frnicholas@stanthonyorthodox.org

Services This Week

Wednesday, February 7th

Daily Vespers
6 pm

Friday, February 9th

Daily Vespers
6 pm

Saturday, February 10th

Great Vespers
5 pm

Sunday, February 11th

Orthros and Divine Liturgy
9 am

Daily Liturgical Guide

**Antiochian Archdiocese
Website:**

[https://antiochian.org/
liturgicday](https://antiochian.org/liturgicday)

“There is nothing upon earth holier, higher, grander, more solemn, more life-giving than the Liturgy.”

- **St John of Kronstadt**

Weekly Announcements

- Confessions available before/after any weekday service, after Great Vespers on Saturday, or by appointment.**
- Church School & Teen SOYO will meet TODAY.**
- St Anthony's Stewardship Committee invites all parishioners to enjoy a complimentary breakfast and a recommitment to our St Anthony's family NEXT SUNDAY, February 11th.**
 ♦ **ALL parishioners are invited to stay for the parish's 2023 Annual Meeting.** Members of the church will elect new members to serve on the Parish Council and vote on our 2024 budget.
- If you would like your house blessed, there is still time.** Contact Fr. Nicholas to make arrangements.
- Anyone who did NOT get a robo call on Sunday, January 21st about the church being closed,** contact Nike Bach (nike.bach@gmail.com) or Claudia Bogris (cbogris@aol.com) to add your email/phone.
- Join us for a Family & Friends Fellowship Night Pasta Dinner hosted by the 20/40 Group on Saturday, February 24th.** No charge, donations welcome! Menu includes: appetizers, pasta, salad, bread, soft drinks, dessert, coffee & tea. R.S.V.P by February 17th to Amanda Elsabee (aelsabee@gmail.com or 732-979-9929).
- Mardi Gras 2024 - Be True to Your School! (Or Team!)**
Join us on Saturday, March 2nd from 5-8pm
 - Vespers will start at 4pm
 - It's an early evening of family fun, food, music, dancing & games for kids of all ages! There will be a kids flag football game!
 - Wear your high school or college tee, sweatshirt or a jersey for your favorite team!
 - Tickets are \$25 for adults, \$10 for kids (12 and under) & \$60. for families. Cash or check. **See Enid, Karen or Daria for tickets.**
- The Teen SOYO Winter Coat Drive will continue through February 11th.** Coats, scarves, gloves, blankets, & other cold weather attire are welcome. Place items in the boxes located in the north entrance & in the church hall.

Thank you for worshipping with us this morning!

If this is your first time visiting, please introduce yourself to Fr. Nicholas at the end of Liturgy.

From Father:

Last week, I wrote about our posture during the divine services, particularly emphasizing the preference for standing throughout most of the service. Building upon that theme, I would like to highlight another posture—kneeling.

Kneeling is a penitential act, a profound demonstration of submission and reverence, where one bows their head and assumes a position on their knees. While the Orthodox Church does not frequently prescribe kneeling, it becomes a significant aspect during Great Lent and at the service known as “Kneeling Vespers at the feast of Pentecost.”

Another posture used occasionally during divine services is making a prostration. This involves bowing the entire body down and touching the head to the ground, the ultimate sign of penitence and reverence. Prostrating can also be part one's personal prayer rule and is called for during many of the services of Great Lent.

However, the Church instructs us that these postures are prohibited on Sunday. As the First Ecumenical Council states: “On the Lord's Day and at Pentecost, all must pray standing and not kneeling.” This is because Sundays are a perpetual celebration of the Lord's resurrection, a joyous and liberating event that doesn't align with penitential actions. Instead, on Sundays, we stand confidently, fully aware that our risen Lord, who calls us His friends, has triumphed over sin and death.

If a divine liturgy is celebrated on a weekday, it is not only acceptable but encouraged to kneel or prostrate at the consecration of the holy gifts, showing reverence and awe for our Lord's humility in giving us His body and blood. Nevertheless, it's essential to focus on our own prayers and the service rather than observing or commenting on the actions of others.

With love in Christ,
Fr Nicholas

9. The Luck of Saint Anthony's Tricky Tray continues.

- ✦ Go to our church Amazon registry, to donate a new item for the Church Tricky Tray (<https://www.amazon.com/registries/guest-view/2BC832EIL900N>).
- ✦ Also, please bring in any **NEW** items such as candles, soaps, coffee maker, air fryer, electronics, kitchen gadgets, jewelry, glass, crystal & any other donations, etc.
- ✦ We also need family & friends monetary donations.
- ✦ **See Leslie Carter or Christine Moomjy** if you have questions or to drop off donations.
- ✦ All donations due by **February 11th**.

10. Has the clutter piled up? Are you running out of closet space? Can't park the car in the garage? Then, we have the solution!
Donate all unwanted items to our Yard Sale - April 19th & 20th.

- Save gently used & clean items in labeled boxes (linens, home décor, working electronics, china, crystal, housewares, toys & small accent furniture are big sellers).
- **All items will be accepted on Sunday, April 14** after the coffee hour. Do not bring items to church beforehand as there is no storage space.
- Questions, contact **Valerie Joseph @917-597-6503**.

11. **Thank you to Helen Chimel and Eve Meyer for hosting today's coffee hour.**

12. **PLEASE SIGNUP FOR COFFEE HOUR - The 2024 Coffee Hour Schedule is posted in the church hall.** Parishioners are asked to PLEASE host at least ONE coffee reception a year. **Many dates are available.**

13. **If you have any news for our church e-newsletter, *The Desert News*, that goes out the 1st of each month, send it at least one week prior to Claudia Bogris (cbogris@aol.com).** If you are not receiving this monthly email, contact **Nike Bach (nike.bach@gmail.com).**

14. **Reminder: The UPCI Jesus Christ Tabernacle Church celebrates services** on Sundays (2pm - 5pm) and Thursdays (6:30pm - 9:00pm) in our church hall. Please clean your tables.

There will be a 40 day Memorial Service today for Diane Giardini, sister of Teresa Thomas. May Her Memory be Eternal!

“I no longer fear God, but I love Him.
For love casts out fear.”

-St Anthony the Great