

MAY 2014

St. Paul Antiochian Orthodox Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wednesday / Friday Fast Officially, as per the Holy Synod of Antioch, immediately following Bright Week, there is no fasting until Ascension. Some, nevertheless, resume the regular fast sooner (or a modified fast in which meat is not eaten but dairy, fish, wine, and olive oil are) in order to maintain a stricter personal discipline. Also, there is no kneeling between Pascha and Pentecost.				5 pm WOCA clergy & clergy families BBQ at St. Paul's. No Vespers or choir practice.		Kh Martha's retirement party. 4-6pm. 6:30 pm Great Vespers
Myrrh Bearers Sunday 8:15 am Matins with Paschal Canon. Church School. 9:30 am Divine Liturgy No Catechism today. Prayers at 2 cemeteries.	5	6	6:30 pm Vespers 7	6:30 pm Vespers followed by 7:15 pm choir practice 8	9	9 - 11 am Women's fellowship at the Pavlik's. 9- 11 am Men's fellowship at St. Paul. 6:30 pm Reader's Vespers 10
Sunday of the Paralytic 8:15 am Matins with Paschal Canon. Church School. 9:30 am Divine Liturgy 12:30 to 2pm Catechism	11	12	6:30 pm Vespers 13 14	6:30 pm Vespers followed by 7:15 pm choir practice 15	16	6:30 pm Great Vespers 17
Samaritan Woman Sunday. 8:15 am Matins with Paschal Canon. Last Church School for yr 9:30 am Divine Liturgy 12:30 to 2pm Catechism	18	6:30 pm Parish Council Meeting. 19 20	6:30 pm Vespers 21	6:30 pm Vespers followed by 7:15 pm choir practice St. John the Almsgiver 22	23	9- 11 am Men's fellowship at St. Paul. 6:30 pm Great Vespers 24
Sunday of the Blind Man 8:15 am Matins with Paschal Canon. 9:30 am Divine Liturgy 12:30 to 2pm Catechism	25	26	Leave taking of Pascha. 8 am Matins with Paschal Canon & Divine Liturgy. Breakfast at local restaurant. 6:30 pm Gt. Vespers & Litia 27 28	Holy Acension 6:00 pm Divine Liturgy 29	30	6:30 pm Great Vespers with Litia for Pentecost 31

Why do we put rubber tires on cars? So that they give in, collapsing a little with every little stone or pothole in the road, and in this way they pass obstacles. If the wheels were firm and unyielding, they wouldn't be able to to move forward. It would fall apart after a short distance because of the vibration from small inconsistencies in the terrain. The same thing happens with yielding to others in the family. In this way, many problems are surpassed and continuous spiritual progress is assured.

Elder Epiphanius of Athens

St. Paul Antiochian Orthodox Church
P.O. Box 437
Lynnwood, WA 98046

IMPORTANT DAYS

- May 1 John Howell's Birthday
- May 2 Sherri Williams' Birthday
- May 3 Elle Petrakis' Birthday
- May 4 Sunday of the Myrrh-Bearing Women Name Day for Kh. Martha, Kh. Miriam, Jenny Davis, Yvonne Hill, Suzie Fahling and Suzy McCloy
- May 5 Jacob McGinnis' Birthday
- May 6 Fr. James' Birthday
- May 8: Ss. John, Basil the Elder, and Emmelia
Name Day for Bill McCloy, Elle Petrakis, Geraldine Jennings, Amelia Vollman, Emily St. Hilaire and Debbie McGinnis
- May 9: St. Chistopher Sean Timpane's Name Day
- May 11: St. Argyros Stan Lake's Name Day and Birthday
- May 13 Todd and Sarah Trembley's Anniversary
- May 14 St. Isidore of Chios Nash Wilson's Name Day
- May 16 St. Brendan of Ireland Brendan Fallin's Name Day and Nash Wilson's Birthday
- May 17 Kari Langsea's Birthday
- May 18 Sbdn. Patrick and Lori Pavlik's Anniversary, Nico Baldwin's, Violet Bernstein's and Severin Sharygin's Birthday
- May 21 Elie DeCassis' Birthday
- May 22 Elijah Wright's Birthday
- May 23 Ben Brooks' Birthday
- May 25 Bethany and Paul Tate's Anniversary
- May 26 Leona Rehm's & Namok Veach's Birthday
- May 27 Oliver Fahling's & Aiko Brooks' Birthday
- May 30: St. Macrina the Elder Lynn Muehleisen's Name Day, Jabran and Tina Soubeih's Anniversary, Brianna Miller's Birthday
- May 31 Ollokot Wilson's and Quinn Fahling's Birthday

INFORMATION

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Very Rev. Father A. James Bernstein,
Pastor

Rev. Protodeacon Philip Jenson
Rev. Deacon James Bryant