

# THE ST. ELIZABETH NEWS

## A loving Community of Orthodox Christians

### St. Elizabeth Orthodox Mission Church

2265 E. Cherokee Drive Woodstock, GA 30188

*A parish of the American Carpatho-Russian Orthodox Diocese*

*Ecumenical Patriarchate of Constantinople*

*Ruling Hierarch: His Eminence Metropolitan Gregory of Nyssa*



Reverend Father Matthew Dutko Pastor/Administrator

Father Deacon Steven Hanes

Phone: 404-268-6359 Email: [fatherdutko@gmail.com](mailto:fatherdutko@gmail.com)

[www.stelizabethga.org](http://www.stelizabethga.org)



Christ is among us! He is and always shall be! Welcome to St. Elizabeth Orthodox Church! Thank you for being here to worship our Lord, God, and Savior Jesus Christ! If you have never been to an Orthodox Church before, you are about to participate in the Divine Liturgy. The Divine Liturgy is celebrated every Sunday of the year. Liturgy means the work of the people. That means that we all have special and holy work to do this morning, and that all of your prayers are necessary! We hope you will stay after the Liturgy and join us in fellowship next door. Please feel free to ask Fr. Matthew any questions you might have! May the joy, hope, and salvation found in Christ's Resurrection be with you always and may God grant you many happy and blessed years!

### Sunday of Saint John of the Ladder

4th Sunday of Lent

Epistle: [Hebrews 6:13-20](#)

Gospel: [Mark 9:16-30](#)



## Glory be to Jesus Christ!

### This Week's Music...

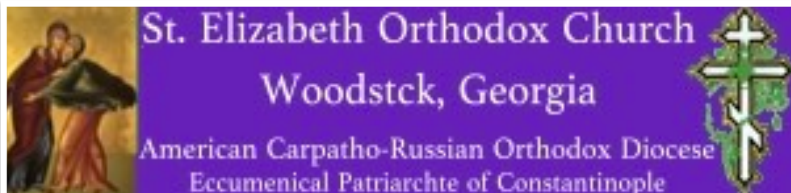
**Tropar & Kondak Tone 8-** Page 102

**Tropar for the Annunciation Tone 4-** Page 155

**Tropar for the Holy Angels Tone 4-** Page 220

*Glory to the Father and to the Son and to the Holy Spirit, Now and Ever and Forever. Amen.*

**Kondak for the Annunciation Tone 8-** Page 155



### The Leave of the Feast of the Annunciation



**St. John Climacus**, or St. John of the Ladder (*Climacus is Greek for of the ladder*) was an ascetic saint who spent most of his life struggling and striving for holiness. St. John is said to have been born around the year 570 AD. At the age of just sixteen, he left his



home and joined the Monastery of St. Catherine's on Mt. Sinai. Just four years after the young St. John entered the Monastery on Mt. Sinai, *the place where Moses received the Ten Commandments*, he was tonsured a monk.

Imagine the faith of this young man who at twenty-years old, hears Christ calling him to the monastic life and answers that call. Our Lord is calling each of us to Him. God is inviting us to participate in His holiness, just like He called Saint John.

When we look at St. John's life and read his writings, his book titled *The Ladder of Divine Ascent*, we see clearly laid out before us the path of struggle that leads to Holiness; *The Ladder of Divine Ascent* that leads to Christ and to Paradise. St. John began the ascent of this ladder as a young man; the time for us to begin that climb is right now. In every breath we take, we are given the opportunity to repent and receive the gift of life in Christ. Remember the words that St. John Chrysostom gives to us in his Paschal Homily which we hear every year on Holy Saturday: "If any have arrived only at the eleventh, let him not be afraid because he comes so late." Even if we come at the eleventh hour it is not too late! So, no matter our age, no matter if we have taken this Lent seriously so far or not, today let us all heed the wise words of St. John of the Ladder and either begin or continue our ascent to Paradise. *But how do we do this?*

*For the next few weeks, think, how can I enter into the desert like Saint John, even in small ways? Can I let go of my earthy cares and come to more Church services? After all it is St. John who tells us that avoiding the Holy Services of the Church is a sign of the deadening of our souls. Can I worry less about my own needs and do more good for my neighbor? It is during lent that we are reminded to give alms, which means to do good deeds. Can I focus less on the food that sustains my body and instead focus on the Heavenly Bread, the spiritual foods of prayer, forgiveness, repentance, and love that sustain my soul?*

**Continued on the Next Page...**

## Monthly Schedule

**Wednesday 03/29 9 am-** Food Prep- Getting Cabbage Leaves Ready for Halupki (Cabbage Rolls)

**5:30 pm-** Moleben to the Cross

**6 pm-** Adult Class on the Book of Acts taught by Dr. Timothy Furnish

**Thursday 03/30 9 am-** Halupki Rolling

**Friday 03/31 9 am -** Halupki Packing

**4-6 pm-** Food Sales

**6 pm-** Presanctified Liturgy

**7 pm-** ACRY Hosting Potluck Dinner and Game Night

**Saturday 04/01 11-3:30-** Food Sales

**4 pm-** Great Vespers

**Sunday 04/02 10 am- Divine Liturgy**

**Wednesday 04/05 5 pm-** Canon of Saint Andrew of Crete

**6 pm-** Adult Class on the Book of Acts taught by Dr. Timothy Furnish

**Friday 04/07 4-6 pm-** Food Sales

**6 pm-** Presanctified Liturgy

**Saturday 04/08 9 am-** Divine Liturgy: Lazarus Saturday *Holy Week Begins*

**11-3:30-** Food Sales

**4 pm-** Great Vespers

**Sunday 04/09 10 am-** Divine Liturgy: The Entrance of our Lord into Jerusalem *Parish Family Group Picture After Liturgy*

**1 pm-** Bridegroom Matins

**Monday 04/10 9 am-** Presanctified Liturgy

**6 pm-** Bridegroom Matins



After all Lent is also known as *The Great Fast*. The opportunities to enter into the desert are put right before us all throughout Lent, don't wait until the eleventh hour, come, seek out, and find Christ now, so that you can journey with him to the Cross. Seek and find Him Who receives us into Paradise; just like the Icon for Sunday of Saint John of the Ladder shows Christ receiving His servants into His arms.

St. John spent forty years living humbly in silence, prayer, and fasting. He is an example for us of the power of repentance and he implores us to that end in his writings. St. John guides us, reminds us, and shows us the power of a repentant heart. In his Book, *The Ladder of Divine Ascent* St. John says, "As fire burns and destroys dead wood, so do pure tears cleanse all impurity, both inwardly and outwardly." The power of our heartfelt tears over our sins provide the fuel for our souls to be saved. St. John likens our tears of repentance to Baptism, we are cleansed and made holy in the Baptismal waters of our own tears. We always need to be reminded of the gift our Lord and His Church gives to us in Holy Confession. Now during Great Lent, we need to come once again before the Icon of Christ, and with repentance in our hearts and tears in our eyes over the sorrow of our own sinfulness ask for our Lord's forgiveness. We need to take advantage of this gift while God graces us with the strength and opportunity to do so. In this very moment, with this very breath; God is waiting for us.

In St. John's writings he warns us to avoid the *passions* and teaches us how to do so. He tells us how difficult it becomes to even acknowledge our struggles the more we become used to them, the more we give them a home in our hearts. However, the journey of a thousand miles begins with the first step, and so as we spend time in the desert of our hearts, we need to seek out those things which prevent us from seeking first the Kingdom of God and evict them from our home; we need to evict the sinful passions from our hearts. St. John was especially concerned with *vainglory*, or pride. St. John tells us to battle this passion through "humble-mindedness", by seeing the greatness of our own sins; by seeing ourselves as the *first among sinners*.

Before his death, St. John of the Ladder was asked to come out of his isolation in the desert, where many people would come to seek his wisdom, and to become the Abbot of the St. Sinai Monastery. It was during

this time, near the end of his earthly life that monks from another monastery asked him to write down and preserve his teachings, which became his famous spiritual guide, *The Ladder of Divine Ascent*. His teachings provide for us a path to holiness and show to us the way to a Holy life in Christ and Salvation in His Kingdom. Let us follow St. John's example throughout the remainder of Lent and all throughout our lives. Glory to God for all things! [If you are interested, you can follow this link and purchase his book here.](#)





# Traditional Saint Elizabeth's Parish Family Paschal Feast

Our Parish family at Saint Elizabeth's has a beautiful tradition we follow as we celebrate the Resurrection of our Lord. Following the Paschal Divine Liturgy, we bless baskets that we've all prepared in our homes, filled with our favorite foods, and share in the feast together. This tradition has become something that we love and look forward to with great anticipation each year. Sharing in the joys of the Resurrection in fellowship with our brothers and sisters in Christ is so important for all of us. It's good for the soul. I ask all of you to please stay after the Liturgy on Pascha (04/16) and share in this joyous event with your parish family. Invite your family and friends and give them the blessing of sharing in the joys salvation given to us by our Lord. There will be seating inside and outside under tents and the grills will be hot! Make the most of the rest of the days of Lent to truly appreciate the joys of the Great Day!





# How do I make an Easter Basket?

The next page has pictures and descriptions of many items that you would find in a Traditional Carpatho-Rusin Easter Basket. Similar foods could be found in any Eastern European or Russian basket. But that doesn't mean that's what you need to put in yours. You can use the picture on the next page as guide. A basket usually has a basket cover and candle (*along with the food of course!*).

The basket is filled with all the foods that we've fasted from in Church over the days of Lent & Holy Week. That means that your basket should be filled with all the things you plan to eat as you *break the fast* and celebrate the Paschal Feast here at Saint Elizabeth's.

As we celebrate the Resurrection of Christ, we celebrate the Feast of Feasts; and so like with any celebration, we should share in a joyous meal. It is a long standing tradition in the Church to prepare a basket with the foods you've been fasting from and bring it to Church to have it blessed by the Priest. At Saint Elizabeth's we bless our Easter Baskets following the Divine Liturgy on Pascha. Bring your basket and share in the feast!

If you have any questions about preparing an Easter Basket please let me know. **You can make this a tradition that your children will cherish, associate with Christ's Resurrection, and look forward to each year!**



*The Blessing of Easter Baskets*



# HOW TO PUT TOGETHER A TRADITIONAL EASTER BASKET

"TEXT ADAPTED FROM AN ARTICLE BY FR. BASIL KRAYNYAK, GCU MESSENGER, APRIL, 1979" ILLUSTRATED BY FR. JONATHAN BANNON



**PASCHA** - The Easter Bread (Pron. Pa-ska.) A sweet yeast bread rich in eggs, butter, etc. Symbolic of Christ Himself who is our True Bread. Usually round loaf baked with a golden crust decorated with a symbol indicative of Christ. Sometimes a cross (+) of dough is placed on top encircled by a plait given it a crowned effect or Greek

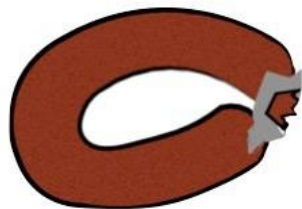
**CHEESE** - (Rusyn: Hrudka or Sirec) A custard type cheese shaped into a ball having a rather bland but sweet taste indicative of the moderation that Christians should have in all things. Also creamed cheese is placed in a small dish and both are decorated with symbols (see Pascha) out of cloves or pepper balls.



**HAM** - (Rusyn: Šunka - pron. shoon-ka.) The Flesh meat popular with the Slavs as the main dish because of its richness and symbolic of the great joy and abundance of Easter. Some may prefer Lamb or Veal. This is usually well roasted or cooked as well as other meats so the festivity of the day will not be burdened with preparation and all may enjoy the Feast.

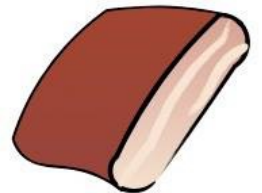


**BUTTER** - (Rusyn: Maslo pron. ma-slo.) This favorite dairy product is often shaped into a figure of a Lamb or small cross and decorated as the cheese. This reminds us of the goodness of Christ that we should have toward all things.

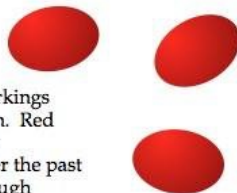


**SAUSAGE** (Rusyn: Kolbasi-pron. kolbus-i.) A spicy, garlic sausage of pork products indicative of God's flavor and generosity.

**BACON** - (Rusyn: Slanina pron. sla-ni-na) A piece of uncooked bacon cured with spices. Symbolic of the overabundance of God's mercy to us.



**EGGS** (Rusyn: Pisanki pron. pi-sun-ki) Hardboiled eggs brightly decorated with symbols and markings made with beeswax, indicative of new life and resurrection. Red eggs are also traditional date back to a story with St. Mary Magdalene. Having been dyed with onion skins saved over the past year, red shows the color of life and victory that came through Christ's blood.

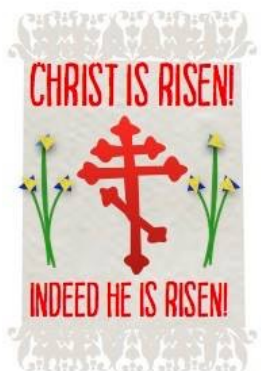


**SALT** - (Rusyn: Sol' pron. sol') A condiment necessary for flavor reminding the Christian of his duty to others.



**HORSERADISH** (Rusyn: Chrin pron. khirin) Horseradish mixed with grated red beets (optional) symbolizes the Passion of Christ still in our minds but sweetened with some sugar because of the Resurrection. A bitter-sweet red colored mixture reminds us of the sufferings of Christ.

These articles are placed in a wicker basket. A decorated candle is placed inside and is lit at the time of the blessing. A linen cover usually embroidered with a picture of the Risen Christ or symbol with the words "Christ is Risen" is placed over the food when brought to the Church. In some places a large Easter Bread (Pascha) is made and brought separately in a large linen cloth. If the origin of the people was from a wine growing area, a sweet wine may be brought





## Lent & The Feast of the Annunciation

“Let it be to me according to your word...” (Luke 1:38)

These are the words of Mary, the Mother of God as she hears the proclamation from the angel Gabriel that she, as a virgin, will bare a son. Not just any son, but *The Son*, the one who “will reign over the house of Jacob forever, and of His kingdom there will be no end.” (Luke 1:33)

In this moment Mary didn't have all the answers; she didn't know exactly what her future would hold. Mary didn't know that about 33 years and nine months after her visit from Gabriel, that she would be standing at the foot of the Cross, beholding her beloved Son Crucified. Her Son whom she nursed, cared for, and loved with all her heart lifted upon the Cross for the salvation of the World.

Mary didn't know what the future would hold, but she did trust her God; she had faith and obedience and she showed it! Mary trusted God at the Annunciation, and even in her bitter pain, she trusted Him at the Cross. The pain the Mother of God experienced at the foot of the Cross is powerfully and beautifully expressed in the hymns of the Church...

*WITH A MOTHER'S SORROW, SHE CRIED WEeping:  
WOE IS ME, O MY CHILD!  
WOE IS ME, O LIGHT OF MY EYES!  
THE BELOVED FRUIT OF MY WOMB!  
FOR WHAT SIMEON FORETOLD IN THE TEMPLE HAS COME TO  
PASS THIS DAY:  
A SWORD PIERCES MY HEART!  
BUT CHANGE MY GRIEF TO JOY BY YOUR RESURRECTION!*

Yet even as *the sword pierces her heart*, even as Mary lays her beloved Son to rest in a tomb, her faith is ever-present; she knows that her *grief will be turned to joy*, just as all of our grief will be turned into joy by *Christ's Resurrection*. Mary trusts her Son and her God, just as she did when she said “Let it be according to your word” at the Annunciation.

Take these words of Christ's Mother and let them guide you through the rest of this Lenten Season and the rest of your life. Mary shows what we as people are capable of. From the Annunciation to the Cross and the empty tomb: Mary trusted, loved, and followed God. “Let it be according to your word”, *Thy will be done*.

If we love Christ like Mary, then just like Mary we will accept and receive the love our God is always offering to us, and be with Him in Paradise, just like she, the Heavenly Queen, is.

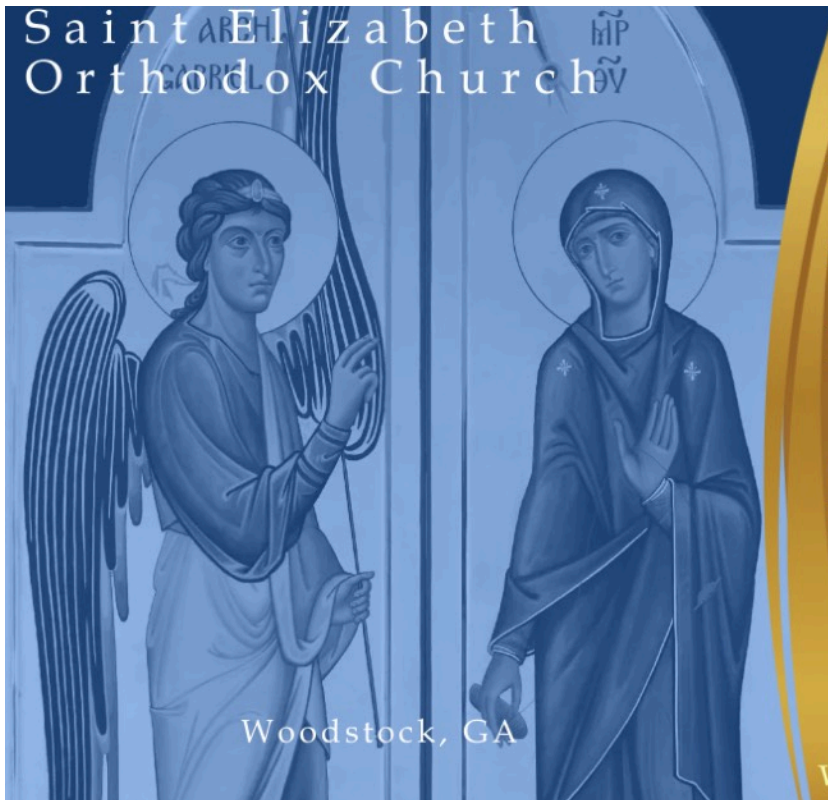


## Announcements:

- **Sunday School Today!** - Dismissal Before Announcements
- **The ACRY will meet following the Presanctified Liturgy on Friday 3/31.** The Liturgy will begin at 5:30 pm and be followed by a Potluck hosted by the ACRY and a family game night with board games. Bring your own game to share with the group! The ACRY will also be hosting a Bright Friday Cookout on 4/21!
- **Little Saints-** Orthodox Youth Education Ministry- Thanks all the volunteers and to Rachel Prince for coordinating a weekly Sunday School program for our youngsters! Please see or email Rachel Prince if you would like to volunteer. Lesson Plans for volunteers will be posted weekly on our website here.
- **Sisterhood of Saints-** A new opportunity for fellowship in Christ is now going to be offered to the women of the parish on the 2nd and 4th Wednesdays of the month from 10-11:30am sometimes at the church and other times in the homes of different parishioners. The purpose of this group is for women in the parish to gather together in prayer and learn more about the Orthodox Faith. At each meeting the group will focus on the life of a female saint and discuss educational opportunities for the *Little Saints*, youth Sunday School ministry. If you would like to know more please let Rachel Prince know that you are interested by emailing her at, [rachelbprince@gmail.com](mailto:rachelbprince@gmail.com).
- **Coffee Hour: Every Sunday will be potluck Sunday!**
- **Altar Society Lenten Project** -The Altar Society will be collecting NEW Men's socks and NEW Men's underwear to be given to an organization who supports the homeless community. There will be boxes set up in the atrium for your donations.
- **New Saint Elizabeth Monthly Magazine - Thank you to all the folks who already turned in articles! This is very exciting and I'm looking forward to publishing the finished product in conjunction with the Paschal Bulletin!** All parishioners are encouraged to participate in this new ministry. Write an article on anything related to the Orthodox Church and submit to Fr. Matthew for review and publication. Your article could be about theology, Church History, personal experience, parenting, spirituality, or really anything that would be appropriate in an Orthodox Magazine. Please consider writing an article for the first issue! The deadline to submit an article has been pushed back to April 6th.







The Annunciation and the Resurrection both reveal the humanity and divinity of Christ. At the Annunciation, the Word becomes flesh, taking on human nature and revealing the fullness of humanity in the person of Christ. At the Resurrection, we see the glorification of the human nature of Christ, revealing the fullness of divinity in the person of the Resurrected Christ. Both events reveal the mystery of the Incarnation, in which the fullness of God is united with the fullness of humanity in the person of Christ.

Become a Member of Saint Elizabeth's!  
[www.stelizabethga.org](http://www.stelizabethga.org)

Saint Elizabeth Orthodox Church

# SPRINGTIME

Lenten & Easter

# FOOD SALE

Pickup's on select Fridays & Saturdays

In March, & April

Fresh & Frozen Pierogi  
 Nutrolls  
 Poppy & Apricot  
 Halupki-  
 Cabbage Rolls  
 Pascha Bread

Order Today!

[www.WoodstockInternationalFoodFestival.com](http://www.WoodstockInternationalFoodFestival.com)

**LENTEN FOOD SALES**  
 WANT TO HELP, BUT DONT HAVE THE TIME?

make a special donation!

Potatoes - \$150	Poppy- \$75
Butter - \$200	Raisins- \$50
Milk- \$75	Onions- \$80
Eggs- \$75	Olive Oil-\$50
Sugar- \$100	Flour- \$150
Cheese- \$200	Propane- \$150
Nuts- \$200	Containers- \$200
Apricot-\$75	Beef- \$200
Cabbage- \$75	Rice- \$100
Tomato Sauce-\$100	

**BECOME A FOOD SALE SPONSOR!**

BECOMING A FOOD & SUPPLY SPONSOR WILL HELP TO OFFSET COSTS AND HELP OUR PARISH FAMILY TO REACH OUR YEARLY FUNDRAISING GOAL FASTER!

THANK YOU SO MUCH FOR ALL THE LOVE, GENEROUSITY, AND SUPPORT! YOUR SUPPORT OF THE FOOD SALES HELPS TO ALLOW OUR PARISH TO THRIVE!

10% OF THIS YEARS SALE WILL BE GOING TO SUPPORT THE CONSTRUCTION OF A NEW BUILDING FOR OUR DIOCESAN SEMINARY: CHRIST THE SAVIOUR SEMINARY IN JOHNSTOWN, PA



### Parish Family Prayer List

*For the Health of:* Evelyn & the Melnikoff Family, Pani Betty Jean Baranek, Fr. James Gleason, The Paccio Family, Kara, Joanna, James, Anna, Basil, Dianna, Denise, Alex, Jason, Athanasia, Ethel, Tyler, Maria, Page Family, Dean, Margaret, Metropolitan Gregory and his family, Rick, James, David, Joseph, Maria Starcova, David & Paulette Novak, Suzette, Bob, David, Marilyn & family, Mark, Fr. Dcn. Stephen, Michelle, James, Rachel, Kate, Fr. Blaschak & Family, Larry, Alexandra, Tammy, Trahan & Skiba Family, The Hood Family, the Mileshko Family, the Blanar Family, Burt, Sandy, Stephanie, Mary, Tommy, Stephen, Emilia, Simon, Alisha, & Aaron Zak, the Puziculiks Family, Fr. Andy, Davina, & Alexandra, Stan, Fr. Dcn. Charlie & Family, Justin, Charlie, Herbert and Mary Schleining, Spencer, Julie, Anna, Galina & Family, Irinia & Family, Fr. Jim & Pani Kathy Dutko, Rick, Katlain, Elenor, Teddy, Mark, Robert & Cindy, Melissa, Ben, Anthony, Rachel, Christine, Cora, Rick, Michelle, Tim, Robert, Tripp, Rachel & Family, The Kelemecz Family, Leonard, Leo, & the Oлару Family, Joanna Price, Kim, Isaiah, the Wells Family, Dave, Ashley & family, Mary, Tim, Andrew, Robert, Derrick, Michael, Eli, Ean, Ellie, Amber, Christopher, Deborah, Ethan, Rosemary, Mike, Elaiane, Roy, Lin, Dave, Sarah, George, & Edward, Stephen, Caleb, Amelia, Simon, David, the Gdovin Family, the Rodgers Family, Mike & the Kundrat Family

*For the Departed:* Patricia+, James+, Stephen+, Anna+, Charles+, Robert+, Loraine+. Helen+, Lewis+, Jeane+, Vera+, George+, George+, Ernie+, Eddie+, Maria+, Carl+, Mark+, Barry+, Jospeh+, Phillip+, Jenny+, Peter+, Bryan+, Rebecca+, Fr. Paul+, Maria+, Fr. Hazuda+, George Smisko+, Helen Spanovich+, Bob+, Alma+, Bo+, Saddle+, Fr. William George+, Violet+, Fr. Kozar+, Benjamin+, John Haddad+, Fred & Helen Mileshko+, Anna+, Natalie+, Lilly+, Christine+, Anna+, Tamara+, Anastasia+, Yvonne+, John+, Betty+, Ada+, Peter+ & Wanda+, George+, Jerry+, Barb+ & Harry+, Beth+, Louise+, Nikolay+, Boris Melnikoff+, David+, Fr. Michael+, Natalie+, Helen+, Ted+, Tom+, Mike+, Madeline+, Tim+, Fr. John Baranek, Reader Stephen+, Dean+, Fr. Larry+, Kris+, Wathen+, Pani Elenor+, Fr. Michael+, Sally+, David+, Gene+, Kenny+, Ava+, Fr. Tony Jospeh+ & Pani Patsy+, Anatoly+, Fr. Scott+, Steve+, Claudia+, Dave+, Fr. John Duranko, Michael+

*Through the prayers of the Birthgiver of God and Ever-Virgin Mary, St. Elizabeth, The Holy Fathers & Mothers, and all the Saints, may our Lord God and Saviour Jesus Christ have mercy on us and save us!*

Holy Saint Elizabeth Pray for us!



Eternal Memory!

Saint Elizabeth Orthodox Church  
**Become a Steward**  
 I chose you and appointed you that you should go and bear fruit.  
 John 15:16  
 THANK YOU FOR YOUR GENEROSITY  
 Fill out a Stewardship Offering Card Here!  
[www.stelizabethga.org](http://www.stelizabethga.org)

Keep Your Parish Family in Your Prayers!

Christ is Among us!