



Preparing for our Lenten Journey

As we prepare ourselves for the Lenten fast, let us remember...

“Fasting is a great thing but love is greater. If it is by fasting that devils are driven out, passions tamed, the body calmed, the spirit steadied, *it is by love that God makes His abode with men.* The Lord Himself emphasized fasting as necessary, but proclaimed love as the greatest commandment.

In the first half of the last century, Jelaldin Bey ruled over Ochrid. He was a rebel against the Sultan and an independent governor. At that time, the Church was ruled by Metropolitan Kalinik. Jeladin and Kalinik, although of different faiths, were very good friends and often visited each other. It happened that Jeladin Bey condemned twenty-five Christians to death by hanging, and the execution was to take place on Great Friday. The Metropolitan, deeply distressed by this event, went to Jeladin and besought him to mitigate the sentence. While they were talking, the hour of the midday meal arrived, and the Bey invited the Metropolitan to eat with him. A dish of lamb had been prepared for the meal. The Metropolitan excused himself, as the fast prevented him from remaining to eat, and prepared to leave. The Bey was angered and said to him. ‘Choose; either you eat with me and free twenty-five people from hanging, or you refrain and they hang.’ The Metropolitan crossed himself and sat down to lunch, and Jeladin freed the people from the death sentence.

“Fasting is a great thing but love is greater.”

From ‘The Prologue from Ochrid: Lives of the Saints and Homilies for Every Day in the Year,’ Bishop Nikolai Velimirovic

Upcoming Events & Services

All Sunday services are as follows, unless otherwise stated.

9:30am Hours

10 am Divine Liturgy

12pm Potluck (Contact [Leighton Hannah](#) or use our new "[Sign-up Genius](#)" to stay in touch about what to bring)



Saturdays 3/23 and 4/13; Orthodox Christian Book Discussion, "The Way of the Pilgrim," 10-11:30 a.m. at the church. Contact [Valerie Holcombe](#) for details.

Saturday 3/2; Basket Foods with [Andrea Robel](#); 9am to 3pm; Cost \$15 per person includes supplies, lunch, and everyone taking home a sample tasting of Hrudak (Citig) Cheese, Butter, Hrin (horseradish with beets), and Bacon.

Date TBD; Paska (bread) with Andrea Robel ; 9am-5pm; Cost \$15

Saturday 3/16; Psanky (Ukrainian Eggs) Class with Gloria Kouvalo. Contact [Gloria](#) to sign up; participation may be limited to 10 people.

Coming soon..

The beautiful Lenten season is almost upon us! Throughout Great Lent, we Orthodox Christians place special focus on prayer, worship, fasting, and almsgiving. We encourage all parishioners to engage to the best of their ability in this journey, and will celebrate special Lenten services together as possible. Thank you for patience and forbearance with a modified schedule of services, as Fr. Photios maintains his full-time commitments at Homeward Bound in Asheville. A schedule of Lenten services will be released soon. Please email Fr. Photios with any questions or concerns. (fatherphotios@gmail.com)

Parishioner Spotlight: Dave & Chelsea Frew

Where are you from? Indiana

Where's home? Leicester



Who are your patron saints? St. Seraphim & St. Angelina

What piece of Orthodoxy do you most treasure?

Chelsea: What I treasure most is that Orthodoxy is holistic. It's every part of your life; from morning to night and from birth to death. Constant prayer and life in Christ in all things and at all times. I love that no matter where I am in my journey, or what I am struggling with, a Saint or church Father has already written about it. No matter what I need, Orthodoxy provides.

Dave: The Chalice. Communion. For a number of years as a protestant, it really troubled me that the bread and wine (grape juice actually) were considered symbolic. Symbols can convey real truth, but Christ didn't say "Take and eat...this symbolizes my body...this symbolizes my blood". He said "This IS my body...this IS my blood". And I was wanting communion to be just that; actual co-union, not a mere notion or sentiment.

Tell us your best "Orthodox blooper."

Chelsea: Our children are raised with candles from birth. And it always amazes me that you don't see things catching on fire. So it's a Pascha midnight service and I have my own two kids and am helping with a friend's four little ones. At one point I have three candles in one hand while settling two boys. Next thing I know, my candles are taken out of my hand from behind. When I look up, the paper wax collectors are ablaze in the sand under the icon of the Theotokos. Thank goodness a brother in Christ was watching and saved the day. And of course, it wasn't the children but I who almost started a fire.

Dave: While I was still a catechumen at St. Alexis Carpatho-Russian parish, I visited an Antiochian church. During the liturgy, the priest said something I had never heard at St. Alexis - "Depart, ye catechumens, let all catechumens depart!" It seemed pretty clear and emphatic. So I slipped out. A few minutes later, a gentleman who noticed me leaving and came out to tell me they don't actually enforce that anymore and I was more than welcome to come back in for the rest of the liturgy.

