Numerous times in the Bible, our Christian Life is compared to a RACE. Each year we run another leg of the journey; each year brings us closer to our goal of the Lord’s Kingdom. All ‘runners’ long to win but what do we actually need to do to accomplish this?

Since our goal is salvation, we need DISCIPLINE. Just think of the astronauts that have “The Right Stuff.” They are chosen carefully and go through rigorous training, all to become disciplined. Likewise, believers must be disciplined. This should be evident in our devotional life and in everything we think, say and do. Physically and morally, we need to achieve self control. Strive to be temperate in all things. Ultimately, we must be guided by the Holy Spirit and not by the flesh.

We also need DIRECTION. In Philippians 3:13-14, we are instructed to “forget things that are behind.” Leave your past behind, forgetting old wrongs. We cannot win by looking back. “Reach forth” to seize opportunities to serve Christ. Stretch forward with anticipation, eagerly welcoming all the spiritual challenges that await us. We should “keep pressing toward the goal.” Make the best use of your time and talent in service to the glory of God. Live life with eternal rewards in mind.

We do want to be dressed correctly for this race. Lay aside your earthly cares. Extra weight will only slow you down. Be willing to lose the unnecessary weights that may be hindering your progress. Remember that it will all be worth it, when we finally reside with our Saviour.
Memorials
Mary S. Kosmas + 1 Year
James Constand +1 Year
Stavros D. Mitropoulos +40 Days
Theodore D. Mitropoulos + 9 Years
Peter Jameson + 20 Years

FLOWERS & CANDLES
Donated by Their Loving Families

PALM SUNDAY AND HOLY WEEK: This year, since COVID-19 restrictions are lighter than last year’s, we are encouraging more people to attend Church as many as we can fit safely. For that reason, on Palm Sunday we will be offering two simultaneous Liturgies, one in our Sanctuary and one in our large hall. We can hold approximately 400–450 people using this method. Please arrive before 9:30 to have a seat. On Good Friday and Holy Saturday we will also be utilizing these additional seating areas, as well as live streaming these services to these other rooms, but our limit will still be at no more than 450 people. Thank you for your patience.

PARISH PROCEDURES AND DIRECTIVES UPDATED BY OUR METROPOLIS:
Please visit the church’s website for the updated parish procedures and directives as provided by the Metropolis of Detroit.

KEEPING IN TOUCH WITH YOUR CHURCH: Interested in receiving the Weekly Church Bulletin and other communications from the church via email? Please email the church office at Office@StNicholasTroy.org so we can add you to our email distribution list. Once set up, you will receive the Church Sunday Bulletin the Friday before as well as any other electronic communications. It’s that simple! HOWEVER: If you unsubscribe for any reason, your email address will be removed and you will need to SUBSCRIBE through the Church office. https://www.stnicholastroy.org/document_center/Parish20Council/20210301%20Metropolis%20-%20COVID%20Reopening%20Directives.pdf

CAREFUL IN THE NARTHEX! Though we might be all tired of COVID-19 safety measures, it is still important ESPECIALLY IN THE NARTHEX that we maintain social distancing, wear our masks correctly, and keep our conversation to a minimum. Please arrange to socialize outside the church whether in the parking lot or your homes, but in church please respect safety measures that are in place. For more information related to our COVID-19 protocols and procedures please visit our website. ~Thank you for your support and cooperation.

KOLIVA and COVID-19: Koliva that will be distributed after Divine Liturgy must have already been placed in individual sealed plastic bags and placed in a basket for distribution. Koliva will not be served from a tray in church until further notice. If you should bring Koliva on a tray, you may not serve it yourself, you must take it home.
Y.A.L: Will be sponsoring a Lenten Lecture on next Wednesday, April 14! Come hear Fr. Demetrios Andrews speak about practical ways to put our faith into action! If you or someone you know may be interested in joining the group or attending this events, please reach out to YAL@stnicholastroy.org for more details or email links!

GOLF LEAGUE: Calling all golfers! The St. Nicholas Golf League will be starting soon. We play on Monday afternoons at 3:00 p.m. at Sylvan Glen Golf Course in Troy. If you are interested in joining our league please call: Joann Kefalas 248-766-9492

BOOKSTORE: The Holy Week - Easter/Pascha service book, hardcover $30, is a very meaningful book to have in hand. This book will further enrich your spiritual journey throughout Holy Week as you see the impactful words on the pages while hearing them in church or from home by livestream. Contact Maria at bookstore@stnicholastroy.org or 248-362-9575 to reserve your copy of the Holy Week - Easter/Pascha book or for other book or icon inquiries. Now in stock is The Lucky Egg children’s book, hardcover $20. The bookstore opens immediately after and not during Divine Liturgy until 12:30 p.m. and also, weekdays during regular office hours.

Το Περιβόλι Της Παναγίας (PANAGIA’S GARDEN): We are looking for experienced gardeners to supplement and beautify the already splendid grounds of our St. Nicholas church. This group will work as a team and under the direction of a master gardener to create spaces of reflection, prayer, and enjoyment of God’s creation on our church property. If you are interested in becoming a part of the ‘Panagia’s Garden’ team, please e-mail the church office at: office@stnicholastroy.org or simply call 248-362-9575 and let us know!

YOUTH PROTECTION TRAINING: Our Greek Orthodox Archdiocese of America has mandated that all individuals who interact with our youth must participate in online abuse prevention training and a screening program through Presidium. Online training is done using the Armatus® Learn to Protect System. The training sessions need to be completed annually and the background check every two years. You will be receiving (or have received) reminder emails from them indicating that you are due to renew your training certification. Log in at http://praesidiuminc.com/login to see your updated requirements. If you cannot remember your password, please click the link on the login screen to reset your password. The Praesidium Support Team is also available to help you log in at: support@praesidiuminc.com. Thank you for your continued dedication and commitment to maintaining a safe environment for our children!

ECHO DEADLINE THE 10TH OF EVERY MONTH: All Echo items should be submitted NO LATER than the 10th of every month. Please e-mail your flyers or announcements to Maggie at echo@stnicholastroy.org. Make certain all submissions have been spell-checked, grammar-checked and reviewed before submitting them.

The Lenten Lecture Series
April 14

Faith in Action (Part 1) Fr. Demetrios Andrews, Executive Director of Project Mexico, will speak to us about practical ways that we can put our faith into action today! Since his involvement with Project Mexico, Father Demetrios has expanded the international service reach of our Orthodox Christian faithful here in America. He is coming to share the practical side of spirituality. What does Orthopraxia mean for you and me, and what possibilities exist today for service projects to fellow Orthodox the world over and at home?

Presanctified Liturgy at 6 p.m. Lecture will begin at 7:15 p.m. COVID-19 seating restrictions apply. Inquiries, please contact Father Paul or Father Michael at the church 248.362.9575 or Presv. Katerina 248.778.6205 or Patti Spiliadis-Bologna pattibologna@mac.com
PRAYER OF PROTECTION FROM THE CORONAVIRUS

Blessed is our God always, now and ever and to the ages of ages. Amen

Heavenly King, Comforter, the Spirit of Truth: You are everywhere filling all things; Treasury of blessings and Giver of life: come and abide in us, cleanse us of every impurity, and save our souls, O Good One!

Holy God, Holy and Mighty, Holy Immortal, have mercy on us (3).

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

All holy Trinity, have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for Your name’s sake. Lord, have mercy. (3)

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Our Father, who are in heaven, hallowed be Your name. Your kingdom come, Your will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from the evil one. For yours is the kingdom and the power and the glory, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages. Amen.

Prayer for Protection from the Coronavirus
(Offered by His Grace Bishop Alexis of Bethesda–OCA)

O Almighty God, Lord of heaven and earth, and of all creation visible and invisible, in Your ineffable mercy and compassion look down upon Your people who are gathered in Your holy name. Be our helper and defender in this day of our affliction. You know our weakness, and our timidity. You hear our cry for help which we offer from a contrite and humbled heart. Spare us, O Lord, our Philanthropic God, from the scourge of the coronavirus which has ravaged our world. Send Your Archangel Michael to watch over and protect us. Grant health and recovery to those suffering from this virus. Guide the hands of the physicians and all those who minister to us in our infirmity. Preserve, as well, those who are healthy that we may encourage and serve each other, that all together we might glorify and praise Your most honorable and majestic Name, Father, Son and Holy Spirit, now and forever and to the ages of ages. Amen.

What happens after divine liturgy?
- Antidoron will be blessed by our Priests and distributed via plastic bags in the aisles. This is to prevent congregating around the Priests during distribution.
- Please do not kiss Father Paul or Father Michael’s hand.
- Upon exiting the Nave, please exit the church immediately; do not congregate in the Narthex. Please keep your mask on until you fully exit the church building.
- Upon exiting, please follow the directions of our ushers maintaining proper social distancing guidelines while respectfully exiting church.

What is the church capacity?
- Our seating capacity in church while maintaining physical distancing is 165 parishioners.
- Our overflow capacity in the community room while maintaining physical distancing is 50 parishioners.
- Once we have reached the seating capacity in both rooms, we will kindly ask our parishioners to wait in their cars and then we will welcome them into church to receive antidoron.

Can our ministries meet at church?
- Per the Metropolis guidelines and directives, the priest and parish council may decide to use the church and/or other related buildings for ministries.
- All ministries must receive prior approval and follow the safety guidelines established by the Metropolis and Parish COVID 19 Procedures & Protocols. Health Checks will be completed prior to entrance to the church building. Temperature checks with a touchless thermometer, mask wearing is mandatory, seating while maintain the physical distancing protocols, area must be sanitized after use, only the community room will be allowed to be used. Please submit your request to the priest and parish council for approval.

For those of you in attendance, you acknowledge that while the Church has taken the necessary safety measures, we cannot guarantee the safety of everyone present.

Additional information for attendees:
- At risk persons (those with pre-existing health conditions and those over the age of 65 are strongly encouraged to stay at home.
- Anyone who is currently experiencing any symptoms of illness must stay at home or will be refused entry into church.
- The cry room will only be available for the use of the restroom, which will be only the ones available. If its occupied, please wait in the Narthex area.
- The choral duties will continue to be performed by chanters singing on opposite sides of the Church.
- Until further notice, coffee hour is be suspended.
- We will continue cleaning and sanitizing our Church after every service.
- Until further notice, all printed materials and liturgical books will not be used. Bulletins will be provided at the end of the service. The church’s website also has the bulletin available at www.stnicholasctros.org.

March 2, 2021

Please be patient, kind and respectful and we’ll get through this together as our St. Nicholas family.

Please continue praying to our Lord during these challenging times.
Your patience and continued understanding are greatly appreciated.
SMALL ENTRANCE
(WITH THE BOOK OF THE HOLY GOSPELS)

Come, let us worship and bow before Christ. Save us, O Son of God who rose from the dead, as we sing to You: Alleluia.

APOLYTIKIA
Resurrectional

Let the heavens sing for joy and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades, He delivered us; and He granted the world His great mercy.

With the rivers of your tears, you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John, our devout father. Intercede with Christ our God, for the salvation of our souls.

Of the Church
A Standard of firm belief and an icon of gentleness, of self-control an instructor, you were revealed to your sacred flock, by the reality of your deeds, for this reason you acquired, by humility, heaven’s heights, and by poverty riches, Father and Great Hierarch Nicholas, intercede with Christ our God, to sanctify and save our souls.

KONTAKION
Of the Prodigal Son

O Champion General, I your City now inscribe to you, Triumphant anthems as the tokens of my gratitude, being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, from all kinds of perils free me, so that unto you, I may cry aloud: Rejoice, O Unwedded Bride.

Τῇ ὑπέρμαχῳ στρατηγῳ τα νικητη ρια, Ὡ ς λὐτρωθέι σα τω ν δέινω ν έὐ χαριστη ρια, Ἀ ναγρα φω σοι η  Πο λις σοὐ Θέοτο κέ. Ἀ λλ' ω ς έ χοųσα το  κρα τος α προσμα χητον, Ε κ πανοι ων μέ κινδὐ νων έ λέ紫外ος, Ἰ να κρα ζω σοι Ἰω ανή Πατη ρη μω ν ο σιέ, πρέ σβεὐέ Χριστω   τω   Θέω  , σωθη ναι τα ς ψὐχα ς η μω ν.

κανό να πι στέως και  έι κο να πραο τητος, έ γκρατέι ας Δι δα σκαλον, α νέ δέιξέ  σέ τῇ  ποι μνῇ σοὐ, η  τω ν πραγμα των α λη θέια ·

ΚΑΝΟΝΑ ΠΙΣΤΕΩΣ ΚΑΙ ΕΙΚΟΝΑ ΠΡΑΘΗΣΤΟΣ, ΕΥΓΚΑΤΑΣΤΑΣΙΣ ΔΙΔΑΣΚΑΛΟΥ, ΑΝΔΡΕΥΕΣΕΙΣ ΣΕ ΤΗ ΠΟΙΜΗ ΕΝΤΟΥ, ΟΙ ΠΡΑΓΜΑΤΩΝ ΑΛΛΕΙΑ ΣΕ ΤΟΥ ΕΚΤΗΡΟΥ, ΤΗ ΠΕΧΕΙΑ ΣΕ ΤΟΙΟΤΟ ΠΛΟΥΣΙΟ, ΠΑΤΕΡ ΙΕΡΑΡΧΑ ΝΙΚΟΛΑΟΣ, ΠΡΕΣΒΕΥΕ ΧΡΙΣΤΩ ΤΟ ΘΕΟΥ, ΣΩΘΗΝΑΙ ΤΑΣ ΨΥΧΑΣ ΗΜΩΝ.

ΚΟΝΤΑΚΙΟΝ
Of the Prodigal Son

O Champion General, I your City now inscribe to you, Triumphant anthems as the tokens of my gratitude, being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, from all kinds of perils free me, so that unto you, I may cry aloud: Rejoice, O Unwedded Bride.

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**Epistle Reading**
**Sunday of the St. John Climacus**

Sing praises to our God, sing praises.
Verse: Clap your hands, all you nations.

**Hebrews 6:13-20**

Ψάλατε τῷ Θεῷ ἡμῶν, ψάλατε.
Στίχ. Πάντα τὰ ἔθνη κροτήσατε χείρας.

Ἀδελφοί, τῷ Ἀβραὰμ ἐπαγγελμένος ὁ θέος, ἐπεὶ κατ’ οὐδένος εἶχεν μειζόνος ὁμός, ὡμόσων καθ’ ἐαυτόν, λέγων, ἢ μὴ εὐλογῶν εὐλογήσω σε, καὶ πληθύνων πληθύνω σε. Καὶ αὐτοῖς μακροθυμήσας ἐπέτυχεν τῆς ἐπαγγελίας. Ἀνθρώποι μὲν γὰρ κατὰ τούς μειζόνος ὁμόσων, καὶ πᾶσας ἀυτοῦ ἀντλογίας πέρας εἰς βεβαίαν ο δρόκος. Ἐν ὧν περισσότερον βουλόμενος ὁ θεὸς ἐπιδέξει τοῖς κληρονόμοις τῆς ἐπαγγελίας τὸ ἀμέτρητον τῆς βουλῆς αὑτοῦ, ἐμείπτεσεν ὁμός, ἵνα διὰ δύο πραγμάτων ἀμεταθέτων, ἐν ὧν ἀδύνατον φευγάται θεόν, ἵσχυραν παράκλησιν ἔχουσαν οἱ καταργοῦντες κρατήσας τῆς προκείμενης ἐξήπτος, ἵνα ἄγκυραν ἔχουσαν τῆς ψυχῆς ἁσφαλεῖς τε καὶ βεβαιαν, καὶ εἰσερχομέναν εἰς τὸ ἐσώτερον τοῦ καταπέτασματος ὅπου πρόδρομος ὑπὲρ ἡμῶν εἰσῆλθεν Ἑσσώς, κατὰ τὴν τάξιν Μελχισεδέκ ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

Εβραίους 6:13-20
At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd had come running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

Mark 9:17-31
## April 2021

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<th>Sunday</th>
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<tbody>
<tr>
<td>4   3rd Sunday of Lent</td>
<td>Orthros Divine Liturgy 9:30 a.m.</td>
<td>5  Grand Compline 6:00 p.m.</td>
<td>6  Parish Council Meeting 7:00 p.m.</td>
<td>7  Pre-sancified Divine Liturgy 3rd Lecture 6:00 p.m.</td>
<td>8</td>
<td>9  4th Salutations to the Virgin Mary 7:00 p.m.</td>
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<td>Y.A.L. Meeting 7:00 p.m.</td>
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<td>11 4th Sunday of Lent</td>
<td>Orthros Divine Liturgy 9:30 a.m.</td>
<td>12  Grand Compline 6:00 p.m.</td>
<td>13  Philochoos Zoom Meeting 7:00 p.m.</td>
<td>14  Pre-sancified Divine Liturgy 3rd Lecture 6:00 p.m.</td>
<td>15 Argonauts Meeting 11:00 a.m. Men's Group Meeting 6:30 p.m.</td>
<td>16  The Akathist Hymn 7:00 p.m.</td>
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<td>18 5th Sunday of Lent</td>
<td>Orthros Divine Liturgy 9:30 a.m.</td>
<td>19  Grand Compline 6:00 p.m.</td>
<td>20  AHEPA Meeting 7:00 p.m. D.O.P Meeting 7:00 p.m.</td>
<td>21  5th Presanctified Liturgy 6:00 p.m.</td>
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<td>25 Palm Sunday</td>
<td>Orthros Divine Liturgy 9:30 a.m.</td>
<td>26 Holy Monday Bridegroom Service 7:00 p.m.</td>
<td>27 Holy Tuesday Bridegroom Service 7:00 p.m.</td>
<td>28 Holy Wednesday Sacrament of Holy Unction 3:00 p.m. Bridegroom with Unction 7:00 p.m.</td>
<td>29 Holy Thursday Vesperal Divine Liturgy of St. Basil Holy Communion 8:00 a.m. The Passion of Christ 6:30 p.m. The Lamentations 7:00 p.m.</td>
<td>30 Holy Friday Reading of the Royal Hours 8:30 a.m. Vesper of the Descent from the Cross 3:00 p.m. Pascha 12:00 a.m.</td>
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<td>31 May Holy Saturday Vesperal Divine Liturgy of St. Basil 8:30 a.m. Resurrection Vigil 11:00 a.m.</td>
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St. Nicholas Greek Orthodox Church 760 West Wattles Rd Troy MI, 48098 248–362–9575

Coffee Hour Canceled. All Services Are Livestreamed. Please Go To www.STNICHOLASTROY.ORG

Office Hours Monday—Friday 9 a.m.—2:00 p.m.