

St. Nicholas Cathedral

A Diverse Community Connected By the Orthodox Faith

Published by "The Dormition Guild"

CELEBRATING 40 YEARS OF AUTOCEPHALY

APRIL 2011

PROLOGUE

Kulich

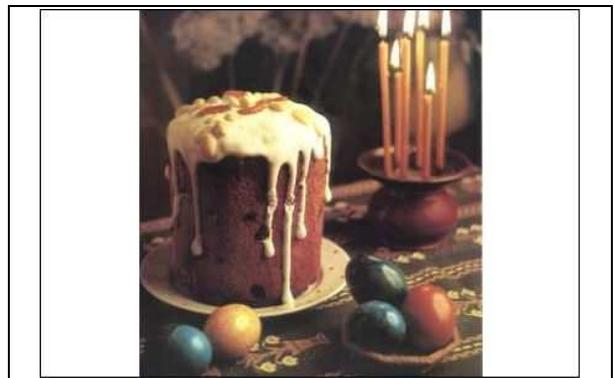
Kulich is perhaps the most important food on the Russian Orthodox Easter table. This is because it symbolized Christ's suffering on the cross. A yeast bread rich in butter and eggs it symbolized Christ himself, while the frosting on top symbolized his funeral shroud. Because of this symbolism the cake is often sliced into rounds to preserve the white cap so that it can cover the remaining portion.

Even the decoration of the kulich is important and symbolic. The XB stands for "Christ Has Risen". The kulich is carried to church to be blessed by the priest. When the priest announces "Christ Has Risen" the people reply "He truly has risen!"

Tiny kuliches are baked and given away, along with colored eggs to friends and family. It is believed that the more one gives away the more prosperous one will be.

*Information taken from **Cooking Debauchery***

Learn by doing – Dormition Guild is baking kulich on April 7 at the church. Your help is needed and don't forget to bring cans to be used for baking.

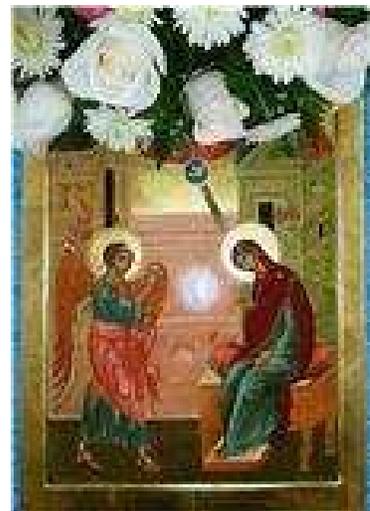


Icon Project

With great joy the first icon of the Annunciation was venerated on March 25!

We thank Joseph Konrad for sponsoring this icon.

Remember, you too can be an icon sponsor.



Please get in touch with Paulette Marko.

FROM THE PASTOR'S DESK

Archpriest Joseph Fester, Dean

We Never Get a Second Chance at a First Impression.

Dear Brothers and Sisters in Christ,

I have been asked to write a few words about my first impressions of St. Nicholas Cathedral and in so doing I want to also talk about how important first impressions are from the standpoint of those who visit our Cathedral for the first time.

From the moment I arrived here last month, I have felt nothing but love and good will from all of you. You have been kind and attentive and you have welcomed me with genuine warmth.

I have had two meetings with the Cathedral Parish Council, both very productive and both two hours in length. I am told that this is some sort of record for short meetings! My first impression of these meetings have shown me that our Council is populated with hard working, dedicated and talented parishioners. They are open to new ways of looking at things and trying new approaches that can build up the community of St. Nicholas Cathedral.

I have had many other meetings with various Cathedral committees, which again demonstrate a deep level of love and commitment for Christ and His Church here in the District.

Of course, the center of our life in Christ here at St Nicholas is our worship of God. The liturgical life centered on the Eucharist is what must influence and guide all our work. No doubt that there are always distractions during the Great Fast because the Devil does not want us to pray more, fast more, give more of our treasure to God and

those in need, thus he does his best to distract us. This Lent is no different. Yet, it is clear that when we gather at the weekday services of Lent and the Lord's Day cycle on Saturday and Sunday, we make every effort to "lay aside all earthly cares" and focus on the one thing needful, and that is our Lord Jesus Christ. We are blessed and should be ever grateful for the beauty that surrounds us when we worship and our call to be good stewards of this "heaven on earth" we call our spiritual home. The more we can gather as the Church in worship of the Triune God, the more we will become the people God created us to be.

And so, my first impressions are good ones and I would encourage everyone to remember that all of us came here for the first time once. Making a newcomer feel welcome here is very important. When you see a new face in our midst (which appears to be every Sunday) don't wait for someone else to be the first to say hello and welcome them, you welcome them. Let them know you are glad they are here. Invite them to stand with you or make sure they know they are welcome at the fellowship hour. Buy them a cup of coffee and sit with them.

Remember, we never get a second chance at a first impression.

MARK YOUR CALENDAR.....

April 17

Dormition Guild Lunch & Bake Sale!

Lenten Recipe

Vegan Spanish Casserole

Ingredients:

Olive oil for frying (I have some homemade Chili oil that I used)
1 cup each of 3 different types of beans of Beans (I used chickpeas, pinto and red kidney)
Half a large onion
3 cloves garlic, chopped
1 cup red bell peppers, thinly sliced
10 pitted black olives, chopped
2 tins tomatoes
2 table spoon tomato puree
Half a teaspoon salt
Dash of soy sauce
Black pepper
Fresh basil
1 Bay Leaf

Directions

In a large saucepan add the Olive oil and fry the Onion then add the garlic. Add the Peppers and Olives. Fry for 5 mins stirring all the time. Then add all of the Beans. Cook for a further 10 mins stirring now and again to make sure the beans don't stick to the bottom of the pan. Add both tins of tomatoes, the tomato paste, salt, soy sauce and bay leaf and place a lid over the saucepan. Simmer on a low heat for an hour to an hour and a half, stirring every 10 mins or so. 10 mins before cooking time is finished add some chopped fresh Basil. Serve with warm crusty bread.

Number of Servings: 6



Recipe for a Happy Home



½ cup thoughtfulness
½ cup cheerfulness
1 cup forgiveness
1 Tbsp spicy determination
4 Tbsp each: faith, hope, love
A pinch of tenderness

Swift away any grains of selfishness. Mix well.
Fold in 4 cups prayer. Pour into daily life.
Bake with the warmth of human kindness.
Serve with a smile – enough to last a lifetime.
Serves: Everyone

Source: The Lenten Collection, A Cookbook



If you are not sure of fasting rules during Great Lent check out the following web site:

<http://www.oca.org/OCFasting.asp>

"At all times it is essential to bear in mind that 'you are not under the law but under grace' (Rom. 6:14), and that 'the letter kills, but the spirit gives life' (2 Cor. 3:6). The rules of fasting, while they need to be taken seriously, are not to be interpreted with dour and pedantic legalism; 'for the kingdom of God is not food and drink, but righteousness and peace and joy in the Holy Spirit' (Rom. 14:17)."

Sister's Corner

Schedule of Daily Services for Great Lent,
2011 at the Entrance Monastery

- M, Tu, Th

6:00-8:30 am Midnight Office, Matins, 6th
Hour, 9th Hour, Vespers
8:30 pm Great Compline

- Wed, Fr

6:00-8:30 am Midnight Office, Matins, 1st
Hour, 3rd Hour, 6th Hour - 7:00 pm
Presanctified Liturgy at the Cathedral

- Sunday (if there is no evening service
at the Cathedral)

5:00 pm Vespers

9:00 pm Small Compline

Let us fast and pray, with and for each other!

Yours in Christ,
Abbess Aemiliane and
the Sisters with me in Christ

Concert

Path to Pascha – A Lenten Journey Through Music"

Sunday, April 10th at 4pm - St. George Greek
Orthodox Church, Bethesda, MD
Choral performances by The Byzantine Choir of
Washington, DC and Slaveya
~Lenten fare and drinks will be served
\$25/adults, \$10/students and children
All proceeds will benefit the humanitarian
work of IOCC.



Register today at www.iocc.org/dc

TRIP TO ST. TIKHON'S MONASTARY!

Come join the St. Nicholas Veterans Guild for their **Memorial Day pilgrimage to St. Tikhon's Monastery**. Our group will be departing from St. Nicholas at 11AM on Sunday, May 29th and returning in the evening of Monday, May 30th. A block of twenty rooms, a mix of queen size and two double beds, have been reserved at the Comfort Inn near St. Tikhon's.

The per -pilgrim price, which includes travel and lodging expenses, but excludes meals, is \$115.00. A sign-up sheet will be posted at St. Nicholas on Sunday, 27 March 2011. To make your hotel reservations, please contact Claire Powell by email at cemp18@gmail.com.

A 50% deposit is required with the remaining balance due 14 days prior to departure. Please make checks payable to: **The Russian Orthodox Church of St. Nicholas Veterans Guild of Washington, DC.**

Members from other parishes in the Washington Diocese are welcome to join us, space permitting.



Why We....

Use Prosphora

A Prosphora (Greek: πρόσφορον, offering) is a small loaf of leavened bread used in Orthodox Christian liturgies. The plural form is Prosphora (πρόσφορα). The term originally meant any offering made to a temple, but in Orthodox Christianity it has come to mean specifically the bread offered at the Divine Liturgy (Eucharist).

The Slavic tradition uses a separate Prosphora for each of these, sometimes with a different seal for each Prosphora—or at least a distinctive one for the Panagia. The laity may also present smaller Prosphora together with a list of the faithful living and departed whom they wish to have commemorated during the Liturgy. From each of these smaller Prosphora the priest will remove a triangular piece as well as several smaller particles while he prays of each of the persons listed and then returns the Prosphora to the offered. Please note that in this diocese only the Cathedral observes this tradition.



Thanks to Fr. Dn. Sergius Miller for providing the information for our *Why We* *Corner*. If you have a question about a tradition or custom in the church please send it to iburgen@gmail.com and we'll ask

Fr. Dn. Sergius to answer it in an upcoming newsletter.

Paschal Breakfast

Before you know it we will be singing Christ Has Risen! So as we prepare for this wonderful event we must also think of how we will break the fast together.

We are starting a new tradition! We ask that everyone brings a prepared food to be shared by all. This way everyone gets to participate in the beautiful church service. For years we have asked people to spend the service downstairs in the kitchen preparing a great feast for all to enjoy. Now it is time to allow everyone an opportunity to be in church responding with "Indeed He Has Risen".

Please sign up with your name and the food you will bring on the bulletin board.



St. Mark's Church

Wednesday, March 30, 2011 - Presanctified Liturgy followed by Lenten Lecture by our very own Father Deacon Patrick Mitchell. Bring a brown bag dinner and a friend.

Pilgrimage to Italy: Not of This World: The Shroud of Turin

Excerpted from Original
by John and Betty Slanta

“The other disciple, whom Jesus loved, reached the empty tomb ahead of Peter, bent over and saw the linen wrappings lying there and the cloth which had been round Jesus’ head lying apart were rolled up by itself. John 20:3-7

Having always been interested in the Shroud of Turin (Epitaphios or Plaschnitza), John and I traveled to Turin (Torino), Italy, to see the Holy Shroud of Christ, which was for the first time put on public display from April 10th - May 23rd, 2010, since last shown in 2000, after the Archdiocese of Turin “restored” the relic in 2002. During restoration, the original backing (sewn 500 years ago) was removed, burns scraped, and cleaned. The shroud is usually kept in a room to the side of Cathedral of San Giovanni Battista (St. John the Baptist). We were among an estimated 2.1M who witnessed the shroud in 2010.

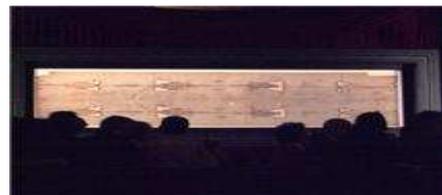
As we viewed the shroud, I was brought back to Holy Friday Lamentations...*“Every generation offers Thee its hymn of praise at Thy burial, O Christ”, the Hymn of Noble Joseph, whose generosity was shown to our Lord... “The noble Joseph, when he had taken down Thy most pure body from the Tree, wrapped it in fine linen and anointed it with spices and placed it in a new tomb.”*

We walked past Roman ruins beneath the Cathedral of San Giovanni Battista while Gregorian chant filled the narrow passageway. As we walked towards the shroud, suspended above the Cathedral sanctuary behind bulletproof glass in a well-lit frame, the line moved fast, allowing us

about five minutes to see the face of Christ. A woman’s voice (Italian) described the shroud: *“On the shroud, you can decipher the face, chest, hands, bloodied wrists, and scourged feet, wears at the front of the shroud between the dark lines are seen. From the center towards the left the face, the injuries-to the side, to the wrists and to the feet; from the center to your right, the neck, the back and the legs with the signs of the scourging and the wounds to the feet. We pray Lord Jesus. On the Holy Shroud we contemplate the signs of your suffering seen in the passion.”*

The shroud, off-white linen herring-bone weave, is rectangular; measuring 14.3 feet x 3.7 feet, wrapping Jesus lengthwise, with the fold at his head, not like a mummy. On the shroud, you see the brown image of the man’s face, arms, and hands folded in front. The front and back of his body meet at the middle, at the head. Jesus suffered greatly; red stains are visible throughout the body and head, where he was beaten and where the crown of thorns was placed, creating wounds on the front and back of his head.

My impressions on seeing the shroud? I was overcome with emotion, having come to Turin with the expectation of seeing something “not of this world”. We saw the shroud again and again, passing through the main Cathedral door, albeit much further than viewing from our 10 foot vantage point the first time. My Holy Friday will never be the same, remembering the holy shroud during Lamentations, *“In a grave they laid thee, oh my life and Lord.”*



Passages

Happy Birthday! Many Years



APRIL

- 02 Paul Koch
Harold Krivell
- 04 Maureen Skuby
- 06 Sasha Dockham
Catherine Vangellow
- 07 Leka Bozhich
- 08 Gregory Oleynik
- 12 Albina Lowe
- 14 Andrew Hill
- 15 Matushka Helen Oleynik - 90
- 16 Karen Koch
- 19 John Slanta
- 20 Br. Ken Kasovac
- 21 Elizabeth Manchuk
- 25 Daniel Osolinsky
- 26 Janet Yakubik
Eleana Howard
Alyssa Przystawik
Sharon Osmolovsky
- 27 Mary Bushallow
- 28 Dr. Ann Alaoglu
- 29 Sasha Yousuk
- 30 Daria Virvan
Andrew Garber

Chrismation

Many Years to Carl Forsberg, who took the name Gregory at his chrismation on 27 February, and to his sponsor David Romine.

On Sick Call

Dee Krisa
Helen Mikhalevsky
Nicholas Yanowsky

On The Mend

Betty Slanta

Memory Eternal

Irina Gordienko
Ksenia Krueger (Sharon Osmolovsky's
mother)
Justine Galioto

Please pray for our people in harm's way

Col. David Romine, Afghanistan
Col. Paul T. Calbos, Afghanistan



Warm greetings and fervent prayers for our homebound: Dr.Gennady Platoff; Serge Daniluck; Aristeides Papadakis; Matushka Helen Oleynik; Matusha Lydia Malasch; Olha Lyerly; Marie Yanowsky; Nina Soukhanov; Isabel Pfeifer and Anna Barnetas

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### Did You Know

*Hank Azaria* (actor), *Charles Malik* (force behind adoption of the Universal Declaration of Human Rights), *Frederica Matthewes-Green* (author/speaker) are all Orthodox Christians.

## Oops!

Forgot to wish Marti Evanoff a Happy Birthday on March 21! Many Years!!



## Congratulations!

to Suzanne Tolstoy and Marina Poutiatine for yet another successful Maslenitsa at the Russian Embassy

Special thanks to Mark Pietrzykoski and his assistants for the wonderful Blini Lunch held in our fellowship hall.



## Wonder Working Cup Coffee

### On Sale!

Starting 20 March and through Palm Sunday (17 April), a limited supply of 8 oz. bags of amazing coffees will be available for sale at the Gift Corner at \$7.99 each.

**Joseph Konrad** extends his gratitude to St. Nicholas Cathedral's parishioners and clergy during the last 4 years, for your warm welcome to this parish and the Orthodox Church. While he is moving away after Pascha, St. Nicholas will always have a special place in his prayers. Joseph Konrad extends his gratitude to St. Nicholas Cathedral's parishioners and clergy during the last 4 years, for your warm welcome to this parish and the Orthodox Church. While he is moving away after Pascha, St. Nicholas

will always have a special place in his prayers.

## May we introduce.....

### ANDREI GERICH

Mr. Gerich was born in Russia in 1919 and fled with his parents a year later to Latvia. He attended university in Riga then went to Germany in 1942 where he earned a master's degree in civil engineering.



Mr. Gerich came to the U.S. in 1950 to New Orleans then on to San Francisco. He taught in Monterey then studied at University of California, Berkeley where he earned a second master's degree in civil engineering. Mr. Gerich came to the Washington D.C. area in 1970. He worked at the U.S. Department of Housing and Urban Development (HUD) for 30 years.

Mr. Gerich has a son and a daughter. He married Lana in 1979. Andrei was on the Parish Council for two terms, acted as assistant warden and was the manager of the iconography project in the early 1990's.

His duties for this monumental task included all aspects from arranging for scaffolding to providing daily life assistance to the Russian iconographers to keeping track of individual icon sponsorship.

Many years to Andrei Gerich with our thanks for his good work at St. Nicholas.

**COMPASSION IN ACTION LENTEN RETREAT  
SATURDAY, APRIL 9, 2011; 11AM to 5PM**

NEWS RELEASE

Archdiocese of Washington  
March 19, 2011

The Washington Archdiocesan Assembly was held December 11, 2010. A status report from the OCA Strategic Planning Committee was presented, affirming among many things the need for the development of diocesan-level outreach ministries. In the discussion that followed, a decision was made by the delegates to sponsor a Lenten Retreat on "Compassion in Action", a new and developing program of the OCA Departments of Institutional Chaplaincies and Christian Service and Humanitarian Aid.

The "Compassion in Action Lenten Retreat" will take place on Saturday, April 9, 2011 at St. Mark Orthodox Church, 7124 River Road, Bethesda, MD from 11:00AM to 5:00PM. Members of the two OCA departments have been invited to be the retreat leaders. They will examine: compassion, spiritual implications of suffering and our Orthodox response to the hurting. The Akathist to the Theotokos, Joy of All Who Sorrow is one element of the retreat.

Compassion in Action: Parish Ministry Training will also be presented. The retreat will reveal the distinctive characteristics of this one to one ministry where a parish member, under the mentorship of the parish priest, develops a supportive relationship with a fellow parishioner, or other person outside of the parish family,

who is suffering mentally, emotionally, physically or spiritually. There will be an emphasis on the profound transformation of the persons and parishes – and dioceses - involved in this ministry of presence.

The vision for the Compassion in Action ministry was an outcome of the 2007 OCA Parish Ministries Conference held at Marymount University in Arlington, VA. The conference was attended by many faithful of the Washington Archdiocese. It is hoped that those attendees will come to this Lenten Retreat and be joined by other clergy, lay men and women from each parish of the diocese who together can take a step towards the development of a diocesan-level outreach program.

A Lenten Luncheon will be prepared by the St. Mark Youth Group Donations welcomed!

RSVP to 703-768-1184 or [csha@oca.org](mailto:csha@oca.org)  
See the attached Compassion in Action flyers.

**[Dormition Guild on the Web](#)**

Please visit us on the St. Nicholas Cathedral website [www.stnicholasdc.org](http://www.stnicholasdc.org) We are listed on the left side navigation menu so this and future newsletters are just a click away.