

in March's issue >>>

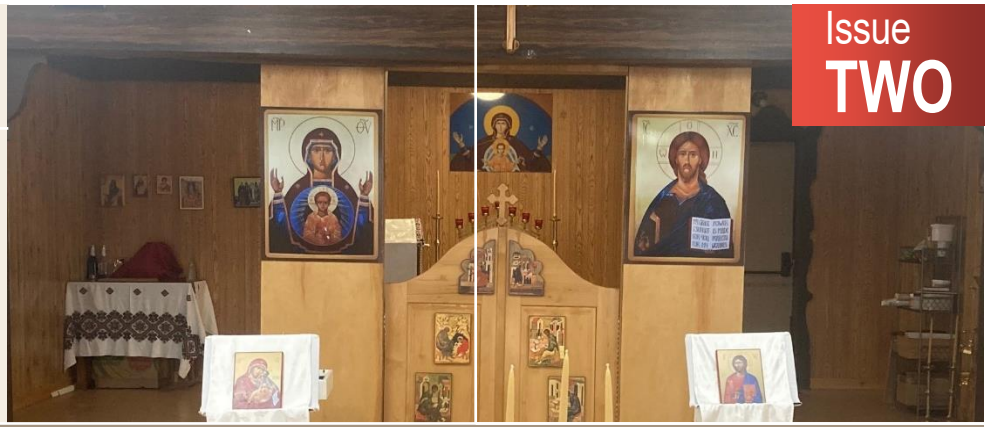
Father's Desk

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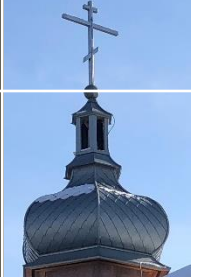
Outreach Ministry Updates



Issue  
**TWO**

St. Aidan Orthodox Church

# Faith/Family



Kootenay Spotlight >>>

## Angel Flight East Kootenay

This volunteer charitable organization fly's patients to Kelowna for free. Based out of Cranbrook International Airport, they can pick up and drop off patients from Golden and Invermere to Sparwood and Creston.

Their little twin Cessna 414A was joined in Dec 2021 by a 1979 twin-engined, 7-seat, fully de-iced airplane. This allows them to make more flights in the winter thanks to generous donations from RDEK, Teck, CBT and private donors. Retired pilots Brent Bidston and Rob McInnis volunteer their time and have just celebrated their 600<sup>th</sup> flight since starting in April 2019.

Click on the photo below to find more information on Angel Flight East Kootenay.



## Father's Desk

Feb. - Whenever we enter a fasting period, I am often asked "How should I fast?"

**You are blessed  
in proportion to  
the effort you  
make, but this is  
a marathon, not  
a sprint.**

This Month >>>

## First Saturday of Great Lent

St. Theodore the Recruit and the Miracle of the Boiled Wheat.

### Bring your Koliva to be blessed on March 4<sup>th</sup>

Fifty years after the death of St Theodore, Emperor Julian commanded that, during the first week of Great Lent in Constantinople, all the food in the marketplaces be sprinkled with the blood offered to idols. St Theodore appeared in a dream to Archbishop Eudoxius, ordering him to inform all the Christians that no one should buy anything at the marketplaces, but rather to eat cooked wheat with honey (koliva).

In memory of this occurrence, the Orthodox Church annually celebrates St. Theodore the Recruit on the first Saturday of Great Lent. Koliva is prepared in the Orthodox Church for services to commemorate the dead, as Christ said, "Unless a wheat grain falls into the earth and dies, it remains alone; but if it dies, it bears much fruit." (John 12:24) When planted, the wheat is buried in the soil, but when the season is right, a new plant will grow.



So we believe that the Christian will be raised in a new body in the resurrection. Wheat symbolizes the eternal cycle. People, like wheat, must be buried to grow and have new life.

[Click on the Koliva photo above for the Koliva recipe.](#)



### March 25 – The Annunciation of the Theotokos.

The Feast of the Annunciation is one of the earliest Christian feasts and may be translated as "good tidings." There are two main components to the Annunciation: the message itself, and the response of Mary, who chose to accept.

The Annunciation falls during Lent, but it is always celebrated with great joy. The Liturgy of Saint Basil or Saint John Chrysostom is served, even on the weekdays of Lent. It is one of the two days of Great Lent on which the fast is relaxed and fish is permitted (Palm Sunday is the other).

### Upcoming Events >>>

## March 2023

March 4 – 10:30am First Saturday of Great Lent – The Miracle of Boiled Wheat. Bring Koliva to be blessed.

- Great Vespers 5:30pm

March 5 – 1st Sunday of Great Lent - Sunday of Orthodoxy – Icon Procession around Church.

March 11– Great Vespers 5:30pm

March 12 – 2<sup>nd</sup> Sunday of great Lent - St. Gregory Palamas

March 17 – St. Patrick Day

March 18 – Great Vespers 5:30pm

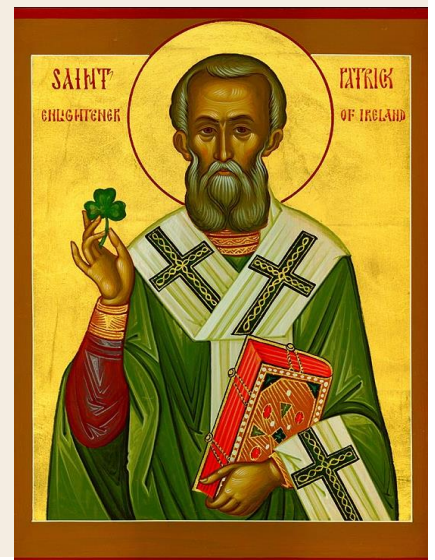
March 19 – 3<sup>rd</sup> Sunday of Great Lent - The Veneration of the Cross

March 20 – First Day of Spring

March 25 – The Great Feast of the Annunciation of the Theotokos

- Great Vespers 5:30pm

March 26 – 4<sup>th</sup> Sunday of Great Lent - St. John Climacus of the ladder



# Church School

On the Sunday of Orthodoxy, we invite everyone to participate in a celebration of icons. Bring your icons to be Blessed and to carry during the Procession around the church. Each of us has an icon which is meaningful in some way – whether passed down from generation to generation, or the first icon we received at our baptism or chrismation, whether painted, printed, or on our phone – icons define who we are, and themselves have a story to tell. Share and tell us about your treasured icons at church, on our Facebook page, and on Instagram.



The first of the Holy Forty Days, the Sunday of Orthodoxy, while marking one particular historical event, celebrates especially the fact that if God were amorphous, completely unknowable; if he were disinterested in his creation; if he had not revealed himself to us, then there would be nothing to depict on an icon.

Our God, however, has revealed himself to us. If then we receive in our midst on the wood and panels and the walls, the great images that are displayed there of grace and salvation for the whole world, then we proclaim him who was seen and lived among men and women – not a disinterested god – and cured sufferings and sickness with mighty acts of healing, and was crucified, and buried, and rose again – not a god of the myths. We confess that he did and suffered all this for our sake and for our salvation. Our worship on this day, our veneration, our love goes not to the material objects, but to God alone, who is so great and who has done so many marvelous deeds.

*Excerpts from Metropolitan Tikhon's homily, oca.org*

Ask Father >>>

**Q:** *How often should I come for confession?*

**A:** It is considered a bare minimum requirement if you are coming regularly to communion, to come for confession during the Church's 4

[Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]



*This month . . .*



*Church Youth*



# Coldest Night of the Year . . .

This Canada-wide winter walking fundraiser on Feb. 25<sup>th</sup> supports the hungry, homeless, and hurting in practical, meaningful ways. Our team, St.Aidans Walkers, were walking for **Community Connections** here in Cranbrook.

We had some fun while we raised money - each time our team got a new member, Rebecca (the team captain) made a donation and added a sticker to her face. Every time our team reached its fundraising goal, we added another \$400 to the goal and added a hair accessory to Rebecca's head.

We even managed to have some fun on our 2km walk before Vespers.



# Outreach Ministry Updates ...



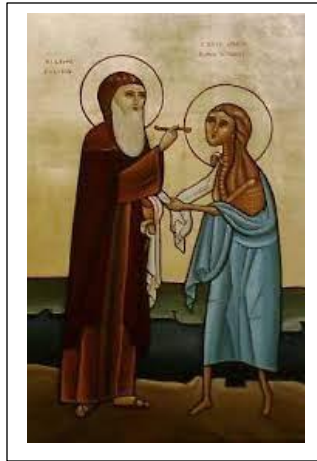
## Community Outreach

Fr. Andrew and Dcn. Paul have been serving Divine Liturgy once a month at the Green Home and Joseph Creek for the seniors living there. Both of them (but mostly Dcn. Paul) have also been leading a Sunday evening sing along gathering at either Rotary Park (in the summer) or the Anglican Church (during the winter, and while we complete our renovation).

An additional benefit to the Sunday night gatherings is that the Shelter for Ukrainians Society volunteers and the newly arrived Ukrainians attend so they can meet and get to know each other.

## Fasting Recipes

As we enter the Fasting season of Great Lent, please visit our website's St. Aidan Community page for [fasting recipes](#). There are many favorites posted by Presbyterian Jaime, Matka Trish, Cassandra, Kt, and Rebecca. We would love for you to post some of your favorites for us to try! Just click on the 'Submit your Recipe' section at the top of the recipe page.



## Lenten Reading

We have many blog posts on the Lenten season for you to read as well. Just type your keyword into the [search button](#) and they will come up for you. Topics include:

- fasting
- repentance
- the prodigal son
- the publican and the pharisee
- Zacchaeus
- St. Mary of Egypt
- St. Gregory Palamas
- and many more

coming soon >>>

## *In The Next Issue*

*The 5<sup>th</sup> Sunday of Lent, St. Mary of Egypt*

*Lazarus Saturday / Palm Sunday*

*Holy Week services / Pascha*

*Youth Group*

*Church School*

*Outreach Ministry*



Click on the photo above to watch a short video and learn more.

The cross stands in the midst of the church in the middle of the Lenten season not merely to remind men of Christ's redemption and to keep before them the goal of their efforts, but also to be venerated as that reality by which man must live to be saved. "He who does not take up his cross and follow me is not worthy of me"(Mt. 10:38)oca.org

Contact us at (250) 420-1582 or [frandrewaplegate@gmail.com](mailto:frandrewaplegate@gmail.com)

**Saint Aidan Orthodox Church (NEW temporary location)**  
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**Saint Aidan Orthodox Church (Under**  
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**Cranbrook, BC V1C 2J6**