

# The Scroll



## Sunday Services

Matins.....9:15 a.m.  
Sunday School .....9:20 a.m.  
Divine Liturgy.....10:30 a.m.

## Saturday Services

Confession..... 4:30 p.m.  
Great Vespers.....5:00 p.m.

## Weekly Services

Matins ~ Wed. & Fri.....7:00 a.m.  
Book Study ~ Sunday....5:00 p.m.  
Bible Study ~ Thurs.....11:00 a.m.

## Church Contacts

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## The Scroll

[thescrollnews@yahoo.com](mailto:thescrollnews@yahoo.com)

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and April calendars.

*Plus ....Bits and Pieces, From the  
Ministry Teams and Celebrations.*



**St. Mary Orthodox Christian Church**

344 S. Martinson Wichita, KS 67213

Rev. Fr. Aaron Warwick

Website: [www.stmarywichita.org](http://www.stmarywichita.org)

## **Fasting Guidelines for Great Lent and Holy Week**

### **Prayer and Almsgiving**

We will offer additional prayer services during Great Lent. In addition, we should look for opportunities to help those in need during this holy season.

### **Judging Others**

While we should always avoid judging others, we are especially careful not to judge during Great Lent. Most especially, we should remember that due to health or other concerns some people have been blessed to follow a diet less strict than outlined below.

We remember it is not our place to judge another's servant (Romans 14:4), and the kingdom of heaven is not about food and drink (1 Corinthians 6:13, 8:8, and 10:30; Colossians 2:16-17; Hebrews 9:10). **Our only concern during the fast is improving our own spiritual life and relieving those who are poor or needy (Isaiah 58:3-12).**

### **Traditional Dietary Restrictions Surrounding Great Lent**

**Week after the Sunday of the Publican and Pharisee (Feb. 13- 20):** No Fasting.

**Week after the Sunday of the Prodigal Son (Feb. 21 - 27):** Regular Wed./Fri. Fast

**Week after Judgment Sunday/Meatfare Sunday (Feb. 28 - Mar. 6):** No meat, but fish and dairy products allowed on all days, including Wed. and Fri.

**Great Lent begins on March 7, the Monday after Forgiveness Sunday/Cheesefare Sunday, with the following guidelines throughout Great Lent and Holy Week:**

**Meat** ~ Abstain from all meat including beef, chicken, lamb, pork, veal, buffalo, etc.

**Dairy** ~ Abstain from all dairy including milk, cheese, butter, eggs, yogurt, cream, etc.

**Fish** ~ Abstain from any fish with a backbone. This does not include shellfish.

**Wine and Oil** ~ Permitted on March 6 - 8 (5<sup>th</sup> Week of Lent with longer services) and all Saturdays and Sundays (though no oil is permitted on Great and Holy Saturday)

**Fish, Wine and Oil** ~ Permitted on March 25 (Annunciation)  
and April 17 (Palm Sunday)

**Total Fasting** ~ Complete abstinence from all food and drink is kept by those capable on Great and Holy Friday (April 22) and on the first two days of Great Lent (March 7 - 8)

## **Beloved in Christ,**

This coming month is an interesting month in the life of the Orthodox Church. For most of November and December we focused on Christmas. Throughout most of January we have been busy with New Year's, Theophany, starting back to school, and everything else that comes with the first of the year. In early March, we will begin focusing on our most holy season of Great Lent, Holy Week, and Pascha.

February is, thus, an interesting month for us as Orthodox Christians. It is sandwiched between two of the busiest and most active seasons of our year. It is easy for us to overlook. Fortunately, our Church helps move us from the season of feasting and "busy-ness" throughout most of January into a period of strict fasting and prayer in March and April. This year, that season of preparation just happens to cover most of February.

At Great Vespers on Saturday evening, February 12, we open the book of the Triodion, which is used throughout Great Lent and Holy Week. The first service in that book is for the Sunday of the Publican and Pharisee. From the Scripture readings and hymns, we learn that no amount of fasting or good works "earns" us the kingdom of heaven. The kingdom is a gift given to us by the Father through our Lord Jesus Christ. The Church prescribes a period of no fasting for the entire week following this Sunday of the Publican and Pharisee, confirming the Scriptural view of fasting: fasting is a good and beneficial discipline, but it does not make us worthy of God, as the Pharisee believed.

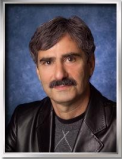
The following week, February 21-27, we slowly begin to work into the Lenten fasting discipline, returning to the Wednesday/Friday fasting. Sunday the 27<sup>th</sup> is "Meatfare" Sunday, where we say good-bye to meat products until Great and Holy Pascha. The week following that Sunday, February 28-March 6, we abstain from meat products throughout the entire week. However, dairy products are still allowed. Once again, the Church is easing us into the full Lenten fast after our recent season of feasting.

On the final Sunday before Lent, we say good-bye to dairy products. On that next day, "Clean" or "Pure Monday," we begin our full Lenten fast. But more importantly, on that final Sunday before Lent, the Church offers the greatest opportunity we have to prepare for Lent and Pascha. On that Sunday we hear from the Gospel that God will only forgive us if we forgive others. That evening, the final night before Lent, we gather as the Church for Forgiveness Vespers. At the conclusion of Vespers, and in final preparation for Great Lent, we line up and greet each person in attendance. We ask them to forgive us, knowing that our general sinfulness affects everyone in the community—even those against whom we do not sin directly. And we, in turn, forgive them, proclaiming God's forgiveness and mercy to all.

I look forward to journeying through Lent with all of you, and I pray that you will allow the Church's cycle of services and fasts to penetrate your lives in preparation for that greatest event in human history: the Death and Resurrection of our Lord Jesus Christ.

**Fr. Aaron**

# BITS AND PIECES



## **Operation Smile**

**Dr. Bruce Ferris** was in Guwahti, India, from November 27 through December 10, 2010, as part of an *Operation Smile* mission trip. While there, Dr. Ferris repaired cleft lips and palates on 208 patients. This is Bruce's 18<sup>th</sup> mission trip with *Operation Smile*. He has practiced plastic surgery in Wichita for 34 years.



## **Chrismations**

The following parishioners were chrismated on December 24, 2010:

### **Tom Patten**

Sponsor ~ Tom Laham  
Patron Saint ~ Saint Bede

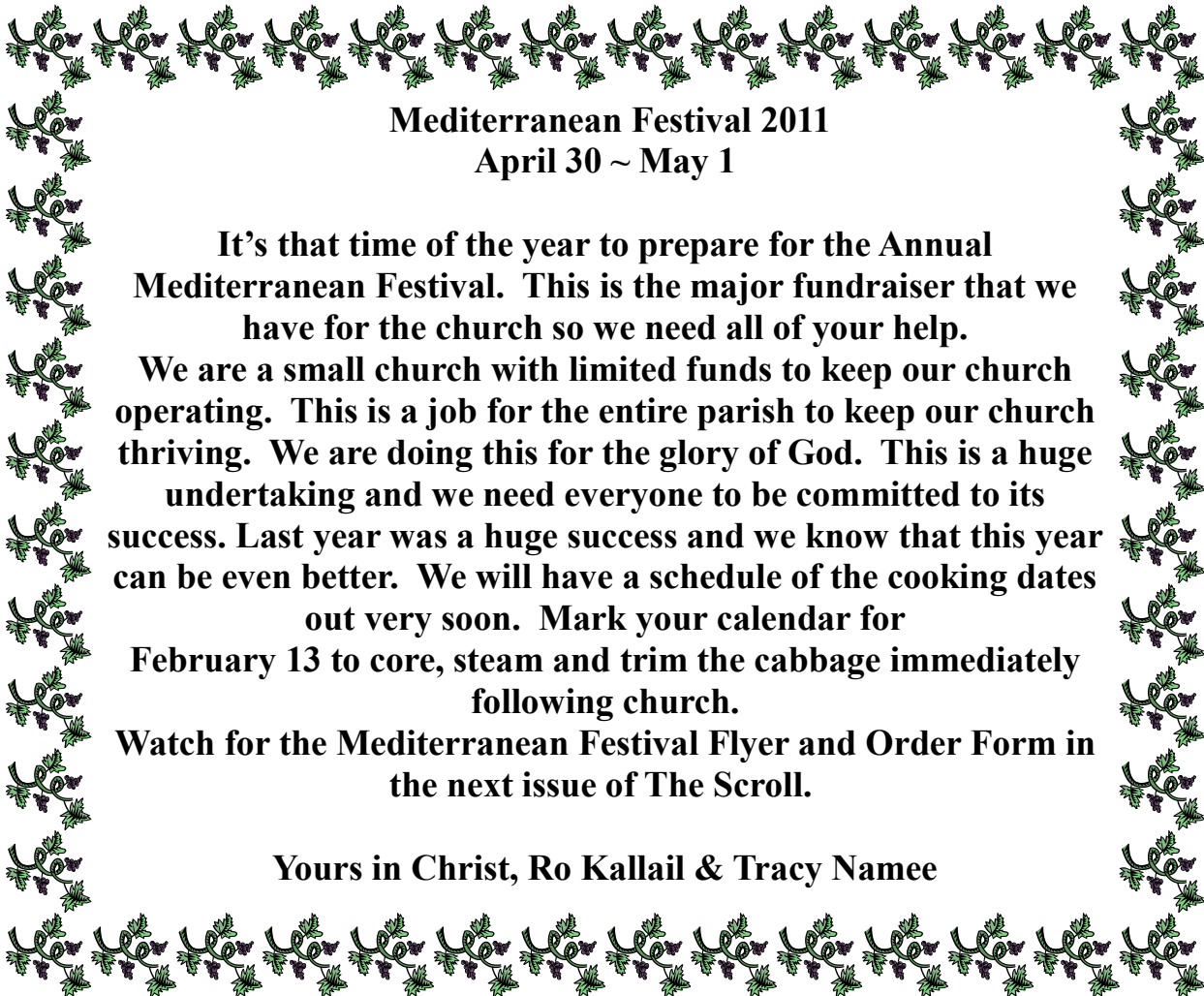
### **Tressa Patten**

Sponsor ~ Randa Haddad-Stevens  
Patron Saint ~ Saint Melangell

### **Zachariah Oller**

Sponsor ~ Deacon James Kallail  
Patron St. ~ St. Zachariah

*Congratulations and Many Years!*



## **Mediterranean Festival 2011** **April 30 ~ May 1**

**It's that time of the year to prepare for the Annual Mediterranean Festival. This is the major fundraiser that we have for the church so we need all of your help.**

**We are a small church with limited funds to keep our church operating. This is a job for the entire parish to keep our church thriving. We are doing this for the glory of God. This is a huge undertaking and we need everyone to be committed to its success. Last year was a huge success and we know that this year can be even better. We will have a schedule of the cooking dates out very soon. Mark your calendar for February 13 to core, steam and trim the cabbage immediately following church.**

**Watch for the Mediterranean Festival Flyer and Order Form in the next issue of The Scroll.**

**Yours in Christ, Ro Kallail & Tracy Namee**

## Memory Eternal



**George Eugene Laham Sr.**

On November 2, 2010, **George Eugene Laham Sr.** fell asleep in the Lord in Wichita, Kansas. George was a lifelong member of St. Mary Church.

George was born on June 22, 1926, in Wichita, Kansas, to Esa and Miriam Shaheen Laham. He attended Martinson Elementary School, Allison Junior High School, and North High School, all in Wichita. George joined the Army and served in World War II in the Philippines. After his military duty, George returned to Wichita and earned a Bachelor of Science degree in Accounting from Wichita State University. He was a residential real estate agent for over 60 years in Wichita. In 1959, George married Mary Ann Salome and together they raised four children.

George's family includes Greg and Elena Laham Somerhalder, David and Tracie Laham Vance, George Laham II, and Steven Laham. His grandchildren are: Tyler, Brandon, and Alexa Somerhalder; Julia Green; Westin Vance; Jennifer Frosch; and Jillian Reynolds. George's great-grandchildren are: Arianna and Hunter Frosch and Ben and Lexi Reynolds.

George cherished his faith, family and friends. He had a love of history and enjoyed reading. George had a passion for softball and baseball and enjoyed those sports both as a player and a spectator.

George will be greatly missed at St. Mary Orthodox Church.

**May his Memory Be Eternal!**

# Cook's Corner



*These recipes are appropriate for the Great Fast. (Check the Fasting Guidelines at the front of this issue re: days oil is allowed.)*

## Cauliflower and Garbanzo Stew

- 2 Tablespoons olive oil
- 1 Medium onion, chopped
- 1-1/2 teaspoons ground cumin
- ½ teaspoon ground ginger
- Kosher salt and black pepper
- 1 – 28-oz. can diced tomatoes
- 1 – 15 oz. can garbanzo beans (chickpeas), drained and rinsed
- 1 head cauliflower, cored and cut into small florets
- ½ cup raisins
- 1 – 5 oz. pkg. baby spinach, washed, towel-dried, and chopped (optional)
- Sliced almonds (optional)



Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, until beginning to soften, 4 to 5 minutes. Add the cumin, ginger, ¼ teaspoon salt, and ¼ teaspoon pepper, and cook, stirring until fragrant, 1 minute more.

Add the tomatoes and their liquid, garbanzo beans, cauliflower, raisins, and ½ cup water and bring to a boil. Reduce heat and simmer, stirring occasionally, until the vegetables are tender and the liquid has slightly thickened, 15 to 20 minutes. Fold in the spinach, if using, and cook just until wilted, 1 to 2 minutes more.

Serve over rice or couscous. Sprinkle with sliced almonds. Serves four.

## Hearty Black Bean Soup

“A Crockpot Recipe”

- 3 medium carrots, thinly sliced
- 2 celery ribs, thinly sliced
- 1 medium onion, chopped
- 4 cloves garlic, minced (or less to taste)
- 2 – 15 oz. cans black beans, rinsed and drained
- 2 – 14-1/2 oz. cans vegetable broth
- 1 – 14-1/2 oz. can diced tomatoes
- 1-1/2 teaspoons dried basil
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon hot pepper sauce (optional)



Combine all ingredients in slow cooker. Cover. Cook on low 9-10 hours or until carrots are tender. May be served over rice. Makes 6-8 servings.

*Note: If you prefer a thicker soup, use only 1 can vegetable broth.*

# From the Ministry Teams

## THE SCROLL



### Next Issue

Will Cover ~ **April/May, 2010**

Deadline to Submit News ~ **March 13**

To Be Distributed On ~ **March 27**

Send news items to: [thescrollnews@yahoo.com](mailto:thescrollnews@yahoo.com)

### The Scroll on Church Website

Beginning with this first issue of 2011, The Scroll will be posted on our church website, [www.stmarywichita.org](http://www.stmarywichita.org)

## TEEN SOYO



In December, Maren Dannenberg, Mary Shippy and I served dinner at the DUI Victim Center of Kansas' *Candlelight Vigil of Remembrance and Hope*. St. Mary was represented in the Delano District Christmas Parade on December 5, 2010, by the teens carrying the banner they made. On January 8, the teens met at the Wichita Ice Center for a fun time of ice skating. After a stop at Quik Trip, we returned to St. Mary to discuss upcoming events, eat snacks, and play a game. On January 25, the teens once again had an opportunity to volunteer at the DUI Victim Center of Kansas. We helped check in participants who attended a court ordered panel discussion. Our next meeting will be Saturday, February 5, beginning at Laser Quest. On February 13 after the Divine Liturgy, the teens will hold a Valentine's Day Bake Sale. Last but not least, our lock-in is scheduled for February 26-27. February is going to be a busy month for the teens of St. Mary! Looking ahead, our March meeting is scheduled for March 5. We plan to provide a Lenten spaghetti meal the first weekend in April. Our Holy Friday All-Night Vigil is scheduled for April 22-23. We hope many of you will participate with us. Thanks for your support of the St. Mary Teens.

~ **Vicki Jones, Sponsor**



## THE PARISH COUNCIL

The Parish Council officers for 2011 are:

Dr. Bruce Ferris ~ Chairman

Michael Zarich ~ Vice-Chairman

Randy Janssens ~ Treasurer

Helen Stitt ~ Secretary

New Members-at-Large are: Bob Laham, Dennis Fairbanks, and Chet Shippy. Those completing terms are: Eric Namee and Ken Dannenberg.

# From the Ministry Teams



## **20/40 Fellowship**

St. Mary's 20/40 Fellowship is enjoying its first year of meetings. We have met at our members' residences for food and conversations on recent saints or feast days.

We meet every other month and during the fasting periods of the Church, we participate in service projects. This past Nativity Fast, we painted bathrooms, sorted infant formula, and folded clothes for the Treehouse.

During the coming Great Fast, we would like to offer a service of yard cleaning and/or other housework to those in the parish who are unable to do it themselves. We will have a sign-up sheet during coffee hour on Sunday. Please have in mind what you would like done and let me know if you own the tools we would need to accomplish what you would like done. The dates available for this work will probably be Saturdays in March or April. Please have in mind what dates you would prefer the work to be done.

The next meeting is on Tuesday, February 8, at 6:30 p.m. at St. Mary's. To find out more information, please see the Facebook group page (search for St. Mary Orthodox Church – 20/40 Fellowship).

*~Lori Oller, Sponsor*



## **DILLON'S CERTIFICATES**

**Remember To Buy Dillon's Certificates Sundays After Liturgy!**

**It's an easy & effective way to benefit our parish with a minimum of effort.**

**Works just like cash at the register. Certificates available in \$10 and \$25 denominations.**

**It's SO EASY.....You get a 4% discount on everything you purchase.**

**Our parish gets those savings.**

**You can purchase.....Groceries, Medicine, Chocolate, Gasoline.**

**Dillon's will give you change back!**

*An average fuel or grocery purchase today exceeds \$25.*

*Dillon's certificates from St. Mary ease the pain because that \$25 contributes \$1.00 to our parish.*

*Using \$250 of Certificates monthly (fuel & groceries) generates \$120 yearly for St. Mary parish.*

***The Dillon Certificates table is just inside the parish hall every Sunday following Liturgy.***

### ***About The Scroll***

**The Scroll** is the news magazine of St. Mary Orthodox Christian Church, 344 S. Martinson, Wichita, KS, 67213. It was first published in March of 1974 as a newsletter and has evolved to its present magazine-style format. **The Scroll** includes information about our Orthodox Christian faith as well as news of our parish community. Deadline dates for publication are listed in each issue of **The Scroll** and also in the weekly church bulletins. Inquiries and news items should be sent to: [thescrollnews@yahoo.com](mailto:thescrollnews@yahoo.com) or to the above church address C/O The Scroll.

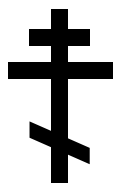
*All news must be received by the announced deadline dates. Submitted material may be edited for content and space limitations. All items submitted should include the name of the person sending the material as well as identifying the original source of previously published pieces.*

## **THANKS**

### **SCROLL DONATIONS**

**Abdallah & Juliette Abdayem  
St. Mary Parish**

**Mrs. Louise Andeel  
Oklahoma City, OK**



## **LOOKING AHEAD**

### **February 14**

Valentine's Day

### **February 21**

President's Day

### **February 27**

Meatfare Sunday

### **February 28**

Meat Fast All Week

### **March 5**

Roll Cabbage Rolls

### **March 12**

Roll Grape Leaves

### **March 13**

Orthodoxy Sunday  
Daylight Savings Time Begins

### **March 25**

Annunciation of the Theotokos

### **March 26**

Make Kibbee

### **April 17**

Palm Sunday

### **April 22**

Holy & Great Friday

### **April 24**

**HOLY PASCHA**

***Christ is Risen!***

***Indeed He is Risen!***

### **April 30 ~ May 1**

Mediterranean Festival