



THE ANTIPHON

The Parish Newsletter of
St Matthias' Church, Dallas, Texas

MARCH AD 2026

Dear Parish Family,

I'm excited to be heading into the midst of the Lenten season with you all. As I absorb how Lent is kept here at St Matthias', I'm reminded of a beautiful Orthodox hymn that is traditionally sung on the first day of Lent:

“Let us begin the Fast with joy. Let us give ourselves to spiritual efforts.

Let us cleanse our souls. Let us cleanse our flesh.

Let us fast from passions as we fast from foods,
taking pleasure in the good works of the Spirit
and accomplishing them in love

that we all may be made worthy to see
the Passion of Christ our God

and His Holy Pascha, rejoicing with spiritual joy.”

While I know I still have much to learn about the traditions of our parish, one thing I can say for certain is that this parish knows how to keep the season of Lent with joy. In this penitential season, it's easy to get caught up with Lenten disciplines: what we give up, what we take on, what sins we need to focus on putting away, and so on. While these are good and necessary things to do (especially repenting of sins), it's also very important for us to maintain a sense of hope and joy throughout the season, remembering why we are doing all of these things.

This sense of joy in Lent comes ultimately from our movement towards Christ as individuals and as a community. While we should focus on repentance and use the tools the Church has given us to help us on our way, we should always remember that our goal in everything is to become more like Jesus and to be filled with His grace – His divine life. If we maintain even the strictest Lenten disciplines, like the monks of Mount Athos in Greece, but if we do not refrain from sin and if we hold on to bitterness and our old selves, these disciplines will profit us nothing. No matter what Lenten disciplines you may have taken on this year, I encourage you all to keep walking through this season with a sense of lightness and joy, and continue to love and serve one another along the way.

Fridays in Lent

One thing that I'm confident will help you keep this season well is by joining us on Friday evenings in Lent for dinner and devotions. I must say that I'm happy to be keeping Lent in the traditional St Matthias' way of having dinner as a parish family and then spending time together contemplating our Lord's Passion and adoring Him, truly and mysteriously present, in the Most Holy Sacrament of the Altar. We had a great turnout at our first Friday evening together, and I hope to see even more of you there in the weeks to come! As a reminder, dinner is at 6:30 in the Great Hall. Devotions begin at 7:15 in the Church.

New Daily Mass Schedule

Finally, I'd like to offer another reminder about our new schedule for weekday liturgies at our parish:

Mondays – Matins at 8:15, Mass at 8:30

Tuesdays – Matins at 6:45, Mass at 7:00

Wednesdays – Matins at 8:30, Mass at 12:00

Thursdays – Matins at 6:45, Mass at 7:00

Fridays – Matins at 8:15, Mass at 8:30

Saturdays – Matins at 9:00, Mass at 9:15

If you haven't yet chosen a new devotion to take on for Lent this year, or if you feel like the Lord is leading you to greater devotion to the Eucharist, I encourage you to come and join us for at least one weekday Mass each week for Lent (and maybe beyond!). I've mentioned before how powerful the devotion and discipline of daily Mass has been for me in my spiritual life, and I would love to see more of you embrace this ancient and beautiful tradition of Christ's Church.

May you all have a holy and blessed Lent, so that you may greet with joy the Paschal Feast. Good strength and much joy to you. May our Lady, Mary, and our Patron, Matthias, pray for us.

Yours in Christ,
Fr Province



PRAYERS & SQUARES MINISTRY

The Prayers and Squares Ministry will meet Thursday, March 19th at 4:30pm. We have given over 300 quilts and many prayers to those in need. If you know someone who would benefit from extra prayers and support, please consider a quilt for them. Contact neperrine@gmail.com to make a request.



SAVE LIVES – GIVE BLOOD - LENTEN DISCIPLINE

St Matthias' will be holding our Lenten blood drive on Saturday, March 14th from 9:00am to 12:30pm in the parking lot in front of the Church. It is very quick and convenient (each person has an assigned time).

We will prepare a sumptuous breakfast for all donors so you even get a free (terrific) breakfast. (Just ask former donors – the breakfast is GREAT!) Please give! If you have any questions, can't wait to sign-up or want to help, please contact Don Conley.

FRIDAYS IN LENT

Friday evenings are one of the most significant additions to our life together in Lent, a wonderful aid to our Lenten journey. Guests are very welcome. These evenings are a great opportunity for low-key evangelism, so invite others to come; indeed, bring them with you.

Our evenings begin at 6:30 with a light, meatless meal. Then we gather in the church at 7:15 to pray the Stations of the Cross. These are followed by a brief sermon by a guest preacher. Our devotions end with Benediction of the Blessed Sacrament, a brief, beautiful service in which we adore Jesus Christ present in the Blessed Sacrament. The evening concludes by 8:15.

Once again, our corps of preachers are clergy of our diocese. They will be delivering mediations on the ten commandments. Each priest will give a spiritual talk on two commandments.

February 27th: **Fr Matthew Rogers, ssc**
Associate Priest, St Laurence Church, Southlake
Commandments #1 & #2

March 6th: **Fr Jacob Hootman**
Curate, St John's Anglican Church, Fort Worth
Commandments #3 & #4

March 13th: **Canon Ronald McCrary, ssc**
Assisting Priest, St Matthias' Church, Dallas
Commandments #5 & #6

March 20th: **Fr Timothy Taylor, ssc**
Assisting Priest, St Francis, Willow Park
Commandments #7 & #8

March 27th: **Canon Joel Hampton, ssc**
Canon to the Ordinary, Diocese of Fort Worth
Commandments #9 & #10