



St. Vladimir Orthodox Church

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SUNDAY OF CHEESEFARE – EXPULSION OF ADAM FROM PARADISE MARCH 2, 2025

TROPARION, KONTAKION & PROKEIMENON

Troparion – Tone 3

Let the heavens rejoice! Let the earth be glad! For the Lord has shown strength with His arm. He has trampled down death by death. He has become the first born of the dead. He has delivered us from the depths of hell, and has granted to the world// great mercy.

Kontakion – Tone 6

O Master, Teacher of wisdom, Bestower of virtue, Who teachest the thoughtless and protectest the poor, strengthen and enlighten my heart! O Word of the Father, let me not restrain my mouth from crying to Thee: “Have mercy on me, a transgressor, // O merciful Lord!”

Prokeimenon – Tone 8

Pray and make your vows / before the Lord, our God!
V. In Judah God is known; His name is great in Israel.

LITURGICAL COMMEMORATION

Sunday of Cheesefare – Expulsion of Adam from Paradise

As we begin the Great Fast, the Church reminds us of Adam’s expulsion from Paradise. God commanded Adam to fast (Gen. 2:16), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendents became heirs of death and corruption. Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from the sinful desires and urges of our fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake of the life-giving Mysteries of Christ. At Forgiveness Vespers we sing: “Let us begin the time of fasting in light, preparing ourselves for spiritual efforts. Let us purify our soul, let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit....”

EPISTLE & GOSPEL READINGS

Epistle: Romans 13:11-14:4

And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. Receive one who is weak in the faith, but not to dispute over doubtful things. For one believes he may eat all things, but he who is weak eats only vegetables. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to judge another’s servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

Gospel: Matthew 6:14-21

For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

PRAYERS FOR THE SICK, CAREGIVERS, AND DECEASED (To add a name, please email daricekeyes@gmail.com)

For the Sick / Caregiver

Anthony (2/9)
Carmine (2/9)
Marianne (2/9)
Julie (2/9)
Thomas (2/9)
Alexandra (2/16)
Dorothy (2/16)
Michael (2/16)
Charlotte (2/16)
Subdeacon Sergius (2/16)
Melody (2/16)

Vasily (2/23)
Liam (2/23)
Kelly (2/23)
Alexandra (2/23)
Father Paul (2/23)
Matushka Mary (2/23)
Deborah (2/23)
Hannah (3/2)
Betty (3/2)
Trudy (3/2)
Anthony (3/2)

For the Deceased

John (2/9)
Donald (2/16)
George (2/23)
Edward (2/23)

SERVICES

Service Schedule for the Week of March 2

Sunday March 2 – **CHEESEFARE SUNDAY** 9:45 AM Hours, 10:00 AM Divine Liturgy followed by Ceremony of Mutual Forgiveness and then Coffee Hour in Daria Hall – **No Sunday School today**
Monday March 3 – 7:00 PM Great Canon of St. Andrew of Crete
Tuesday March 4 – 7:00 PM Great Canon of St. Andrew of Crete
Wednesday March 5 – 7:00 PM Great Canon of St. Andrew of Crete
Friday March 7 – 8:30 AM Confession, 9:30 AM Pre-Sanctified Liturgy followed by Confession
Saturday March 8 – 5:00 PM Vespers followed by Confession and Catechumen Class in the church basement
Sunday March 9 – **SUNDAY OF ORTHODOXY** 9:45 AM Hours, 10:00 AM Divine Liturgy followed by icon procession and then Coffee Hour in Daria Hall

DONATIONS

Weekly Giving

February 23 – 90 adults, 9 youth, \$3,807

ORTHODOXY 101

Fasting

It may be easier to say what fasting in the Orthodox Church is **not**, rather than what it is. Fasting is **not** the act of “self-denial” so many seem to think it is. We do not fast to bring suffering on ourselves because it “pleases God.” Fasting is not some “law” that wins us favor with God if we endure it. Nor does it bring guilt if we choose to ignore it. On the contrary! Fasting intimately concerns itself with *giving*, not *giving up*. It involves regaining control over things we have allowed to rule over us. Things like love of food or money, inclinations toward anger or pride, etc.

Orthodox Christians inherited the tradition of fasting from the Jews. In the Old Testament, the Hebrews would fast in preparation for certain feasts. In a more general sense, they would also fast to show humility before God. Fasting almost

always accompanied mourning and repentance. In time of necessity or danger, it was appropriate for an individual or the whole community to fast. Fasting, so to speak, reinforced urgent prayer.

In the New Testament, our Lord Jesus Christ references fasting many times, and participates in the practice Himself. After His Baptism in the river of Jordan, He withdrew into the wilderness, where He spent forty days and forty nights in prayer and fasting in preparation for His sacred ministry. Jesus taught his disciples and followers to fast. He told them not to fast like the Pharisees, but when they fast bodily they should be completely natural in their behavior — humble and penitent (Matt. 6:16-18).

Orthodox Tradition counsels us to fast from any food products that contain blood. Christ shed His blood for us, so we do not consume any “blood” or “animal” products. That means we fast from **meat, fish with vertebrae** (shellfish is okay), **dairy products (including eggs), oil, and wine.** (Oil and wine, up until the last couple of centuries, were stored in skins of animals. This is why we can eat grapes and olives, but not wine or olive oil.

Though food is one of the key things people think of when they think of fasting, one does not fast from food alone. For example, we should always try to fast from sexual activity, harsh speech, idle time, etc. during a fast. There are so many ways you can grow spiritually through this practice. The Old Testament Prophet Isaiah tells us fasting will “loose the bonds of wickedness.” It helps free us from sin and from the clutches of other gods. Isaiah likens fasting in the Orthodox Church to sharing with the hungry and caring for others: homeless, poor, naked, imprisoned, and thirsty. When we fast, we regain balance in our lives. We focus again on our ultimate goal: becoming closer to God.

Perhaps the best reason for Orthodox Christians to fast? Jesus Himself did. He prepared Himself for doing His Father’s work by fasting forty days and forty nights. While fasting He endured temptation as we all do, and set the ultimate example for us. Jesus shows us we all have the ability to overcome these temptations through prayer, fasting, and faith. Not only that, but fasting redirects our lives toward God and reminds us of our dependence on Him. It challenges us to put food in its proper place after Adam and Eve’s misuse of it in Paradise. We eat to live, rather than live to eat! As such, this aids us in attaining salvation. One of the Orthodox Church’s Lenten hymns illustrates this beautifully when it tells us to begin the fast with joy. It tells us that if we only fast from food and not from our passions/vices, we fast in vain. The true fast, it says, rejects evil, silences the tongue, lays aside anger, and cuts off lust, lying, and cursing.

PARISH ANNOUNCEMENTS

Parents, please be aware there will be no Sunday School today due to Forgiveness Sunday.

Daylight Savings Time begins next weekend, March 8/9. Please remember to move your clocks FORWARD one hour Saturday evening.

Next Sunday, March 9 is the Sunday of Orthodoxy. Please bring an icon for your child(ren) to carry in the icon procession around the inside of the church after Divine Liturgy.

On March 23 our parish will host a Lenten Mission Service at 5:00 PM, followed by a Lenten Potluck Supper in Daria Hall. On the credenza in the back of the church is a sign-up sheet for the supper. Please indicate what food item you can bring to share with everyone.

Wrap yourself in luxury! Handcrafted, one-of-a-kind scarves, in various colors lovingly crocheted by the ladies of The Assumption Altar Society. Prices range from \$6.00-\$12.00. Have someone in mind? Make great gifts! Get yours before they are gone.

Catechumen classes will be held every Saturday after Vespers. Everyone is invited to attend the classes, but those who wish to convert to the Orthodox faith must attend.

BIRTHDAYS THIS WEEK

Lourdes Montiel – February 28

Volha Stulhis – March 2

Matushka Mary Shafran – March 3

Vera Pschenyczny – March 3

Chris Villabon – March 5

Carmen Mateiescu – March 6

Mihaela Milosav – March 7

Ludwin Lopez – March 7

Pheodora Kasmer – March 8

Have a blessed birthday and may God grant you many years!

COFFEE HOUR

** If you are unable to accommodate your hosting date, please advise Darice as soon as possible so changes can be made.*

Hosts are responsible for providing and setting up the refreshments in Daria Hall at 9:00 AM and after Holy Communion, cleaning up after Coffee Hour including washing, drying and putting away dishes, taking out the trash, wiping down the tables, and cleaning up the Coffee Room including turning off and cleaning the coffee and tea pots. Hosts will be informed in advance if cream cheese, butter, or milk is needed. PLEASE NOTE: Your assigned Coffee Hour Support Person will provide guidance, however, the Support Person will leave Daria Hall at 9:55 AM to attend church services. If you have arrived late or are not finished, you will be provided the key to lock the Hall when you are leaving for church services. If you have any questions, please contact Alla Strauss.

SUGGESTED MENU:

Bagels / Breads

Donuts / Pastries

Desserts are available to use from the two freezers in Daria Hall -

Let Alla know ahead of time if you will need desserts so they can be thawed on Saturday

Fruit

Salads

Tortilla Chips & Salsa

Hummus

Sugar-free dessert

Oreos (they are all non-dairy)

If your menu includes a pork dish, please keep in mind that several of our parishioners do not eat pork, so please provide an alternative for them.

NOTE: Hosts may provide a luncheon for a specific event or holiday (panikhida, birthday, anniversary, holiday) with advance notice to reserve the specific date to host the event. The hosts will be responsible for all food preparation for such a luncheon.

Mar. 2 NO MEAT Tony & Chris Villabon, Cole Johnson

Mar. 9 FAST John Cassar, Christina DiDonato

Mar. 16 FAST Viktoryia Baranova, Tamara Karkusova

Mar. 23 FAST Chris Kasmer, Nina Laushell

Mar. 30 FAST Herman & Francine Meyer, Madeleine Sekulich & Mark McDevitt

Apr. 6 FAST Christine Waite, Alla Strauss

Apr. 13 FAST Alex Godun, Melody Stavisky

Apr. 20 PASCHA – No Coffee Hour

Apr. 27 Alan & Mimi Berck, Isaiah Maldonado

May 4 **FOCA Club, Kielbasa & Pierogi luncheon fundraiser**

May 11 Nina Schmidt, Monia & Jim Pitra

May 18 Anne Cheslock, Darice Keyes

May 25 Inna Lebedeva, Mihaela & Tiberiu Milosav

June 1 Blake & Jessica Kilgore, Alex & Rebeca Medina

June 8 Grace Ramus, Virgiliu & Gabriela Plesa

June 15 Sami Bachir, Tyler Burger

June 22 FAST Matthew Anderson, Ramazi Shubitidze

June 29 Nancy Mitsos, Ekaterina & Stanislav Uritsky
July 6 Fiyori Habtesilasse, Lemlem Woldearegay
July 13 FOCA Club & Ladies Altar Society – Enhanced Coffee Hour for St. Vladimir Feast Day Celebration
July 20 Helene Hopkins, Mary Ellen Jones
July 27 Amber Touch, Eleni Athanatos & Tom Sowanick

Have a healthy, blessed week!