



## St. Vladimir Orthodox Church

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### Sunday of Cheesefare: Expulsion of Adam from Paradise / Forgiveness Sunday March 14, 2021

#### **Troparion – Tone 7**

By Thy Cross Thou didst destroy death. To the thief Thou didst open Paradise. For the Myrrhbearers Thou didst change weeping into joy, and Thou didst command Thy disciples, O Christ God, to proclaim that Thou art risen,// granting 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.*

#### **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: 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 disputes 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.

### **Service Schedule for the week of March 14 – services will be streamed live**

**Today – MASKS REQUIRED** 9:45 AM Hours, 10:00 AM Divine Liturgy followed by Prayers for Mutual Forgiveness. After the Forgiveness Sunday prayers, there will be a Panikhida for the 1st anniversary of the repose of Paul Kavchok. The Panikhida will be followed by Coffee Hour in Daria Hall.

**Monday March 15 – MASKS REQUIRED** 7:00 PM Great Canon on St. Andrew of Crete

**Tuesday March 16 – MASKS REQUIRED** 7:00 PM Great Canon on St. Andrew of Crete

**Wednesday March 17 – MASKS REQUIRED** 7:00 PM Great Canon on St. Andrew of Crete

**Friday March 19 – MASKS REQUIRED** 8:30 AM Confession, 9:30 AM Pre-Sanctified Liturgy followed by Confession

**Saturday March 20 – MASKS REQUIRED** 5:00 PM Vespers (*no Divine Liturgy today*)

**Sunday March 21 – MASKS NOT REQUIRED** 10:00 AM Divine Liturgy followed by Coffee Hour

### **Weekly Giving**

March 7 – 61 adults, 20 youth, \$2,072

### **Parish Announcements**

***Masks will be required at all Holy Day services. Masks may be worn during any service, even those indicating No Mask.***

**Upcoming service schedule (Divine Liturgy 10:00 AM):**

Saturday March 13 – Masks not required

Sunday March 14 – Masks required

Saturday March 20 – Masks required (*no Divine Liturgy, Vespers only*)

Sunday March 21 – Masks not required

Saturday March 27 – Masks not required

Sunday March 28 – Masks required

Saturday April 3 – Masks required

Sunday April 4 – Masks not required

Saturday April 10 – Masks not required

Sunday April 11 – Masks required

Saturday April 17 – Masks required (*no Divine Liturgy, Vespers only*)

Sunday April 18 – Masks not required

Next Sunday, March 21, is The Sunday of Orthodoxy. The children will have a procession around the inside of church while holding their own icon. Parents – please remember to bring your child's icon to church next Sunday.

Included with the bulletin is a flyer for a Virtual National Lenten Youth Retreat which is being held on Zoom on Sunday April 11. Registration information is included – there is no charge.

New Parish Directories are available at the candle desk. There is one correction (so far!) – the email for the Milosav family is mihaelam@verizon.net. If anyone finds any other mistakes please let me know!

In order to properly social distance, we ask that parishioners **fill the front pews as well as all pews in the church before congregating in the back. Individuals should attempt to sit in a pew (one at each end) with another individual in order to free up pews for families. If your family is in need of a pew, please ask the person at the candle desk for assistance to see if individuals can be moved to open up a pew.** The choir loft is also available for a family. We must be vigilant in trying to prevent the spread of germs, so please do not attend church services if you have a fever, sniffles, cough, cold, sore throat, loss of smell or taste, etc. If individuals who attended church services are diagnosed with Covid, the church may need to shut down for a period of time. Father Volodymyr live streams Saturday Vespers and Sunday Divine Liturgy every weekend, so if you are home you may still participate in the services on line. Thank you for your consideration and cooperation!

During the pandemic we are grateful that our parishioners have continued to contribute every week so the church can remain operational. Please continue to pray for everyone's health and well-being!

# *Virtual National Lenten Youth Retreat*

## **“Rediscovering Pascha”**

*After a year of Pandemic*

A gathering via Zoom of Orthodox Youth grades K - 12

Sunday April 11 4 -7:00 pm (Eastern time)

Join our Retreat Leaders:

*Archpriest Timothy Hojnicki & Archpriest Benjamin Tucci*

As they remind us of the pathway to the Feast of Feasts

Our Lord’s Resurrection

### **Registration Required**

To Register go to our registration page at

<https://forms.gle/poHQ7xdrXDNVhDS5A>

or visit our website [www.orthodoxfellowship.org](http://www.orthodoxfellowship.org)



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