



## St. Vladimir Orthodox Church

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### SUNDAY OF CHEESEFARE: EXPULSION OF ADAM FROM PARADISE

March 17, 2024

#### TROPARION, KONTAKION & PROKEIMENON

##### **Troparion – Tone 8**

Thou didst descend from on high, O Merciful One! Thou didst accept the three day burial to free us from our sufferings!//  
O Lord, our Life and Resurrection, glory to Thee!

##### **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 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.

## **PRAYERS FOR THE SICK, CAREGIVERS, AND DECEASED**

Dates are when the name was added to the bulletin; names will remain in four bulletins and then removed. To add the name again, please email Darice at daricekeyes@gmail.com.

### **For the Sick / Caregiver**

Father Paul (2/25)

Matushka Mary (2/25)

Alexandra (2/25)

Julie (3/3)

Kelly (3/3)

Liam (3/3)

Dorothy (3/3)

Carmine (3/10)

Marianne (3/10)

Melody (3/17)

Subdeacon Serge (3/17)

Nancy (3/17)

Michael (3/17)

Charlotte (3/17)

Vera (3/17)

### **For the Deceased**

Ann (2/25)

Joseph (2/25)

Kyra (3/10)

Frank (3/10)

## **SERVICES**

### **Service Schedule for the week of March 17**

**Sunday March 17 – CHEESEFARE SUNDAY** 9:45 AM Hours, 10:00 AM Divine Liturgy followed by the Ceremony of Mutual Forgiveness. Then Coffee Hour in Daria Hall.

**Monday March 18 – Beginning of Great Lent** 7:00 PM Great Canon of St. Andrew of Crete

**Tuesday March 19** – 7:00 PM Great Canon of St. Andrew of Crete

**Wednesday March 20** – 7:00 PM Great Canon of St. Andrew of Crete

**Friday March 22** – 8:30 AM Confession, 9:30 AM Pre-Sanctified Liturgy followed by Confession

**Saturday March 23** – 5:00 PM Vespers followed by Confession

**Sunday March 24 – SUNDAY OF ORTHODOXY** 9:45 AM Hours, 10:00 AM Divine Liturgy with Icon Procession, followed by Vespers for **FEAST OF THE ANNUNCIATION**, then Coffee Hour in Daria Hall

## **DONATIONS**

### **Weekly Giving**

March 10 – 56 adults, 19 youth, \$3,976

## **PARISH ANNOUNCEMENTS**

GREAT LENT begins tomorrow March 18. Please refrain from eating meat and dairy until Pascha.

Our parish will host a Lenten Mission Service on Sunday April 7 at 5:00 PM, which will be followed by a potluck Lenten supper. A sign-up sheet for the supper is in the back of the church. We anticipate approx. 50 people will be in attendance.

The Ladies Assumption Altar Society will be selling chances today and next Sunday for both a boy's and a girl's Easter basket. Chances for each basket are \$2 each or 3 for \$5. The winners will be announced on March 24 during Coffee Hour. Thank you for your support!

Copies of the Lenten Service Schedules are on the table in the back of the church.

Please remember to partake in the sacraments of Holy Confession and Holy Communion prior to Pascha. If you need to schedule a certain time for Confession, please contact Father Volodymyr.

The Ladies Assumption Altar Society will hold a bazaar/flea market in Daria Hall - open to the public and parish on Saturday June 22 and only for our parish June 23. Please bring gently used items and clothing to be sold; electric items must work; no rust or damaged items please. The items may be placed in the coat room or on the left side only of the stage in Daria Hall. Large empty boxes, newspaper, bubble wrap, and tissue paper are also needed. The ladies are looking for volunteers to help price items and set up, and also to help on Saturday June 22 during the bazaar. We would really appreciate some male volunteers for security detail on Saturday. See Alla with any questions.

Catechumen/Adult Education Classes are under way. If you wish to convert to Orthodoxy, it is mandatory to participate in these educational classes, which will be held in the church basement every Saturday after Vespers. There will be 10 to 11 classes, and in order to finish classes before Pascha - so the Catechumens have an opportunity to be Baptized and/or Chrismated before Pascha - there may be two classes on a few Saturdays, or possibly a class one evening during the week. Scheduled dates other than Saturdays after Vespers will be announced during the classes. The classes are not only for those interested in converting to Orthodoxy, but anyone who wants to further their Orthodox education. Instructors will be Father Volodymyr, Herman Meyer, Alan Berck, John Cassar, and Trudy Ellmore.

Summer Camp for parish children will be held the last week of June (June 24-28) – **there is a sign-up sheet in the back of the church.** Ages 4 through 12 may attend, however children ages 4-6 are required to have a parent/guardian attend with them. There is no charge for camp. We will need several children to commit in order to have the camp.

**Coffee Hour Support Persons are needed.** If you would like to volunteer to assist once or twice a month, please see Alla Strauss, Melody Stavisky, or Father Volodymyr. We encourage everyone to get involved in this weekly parish event.

The Ladies Altar Society is creating and publishing the first Parish Cookbook – with your help! We are interested in your favorite recipes, ethnic recipes, recipes from your grandparents, parents, children, relatives and friends, and Lenten recipes. They can include Appetizers, Main Meals, Side Dishes, Soup, Salad, Dessert, and Beverages. In addition to recipes, the Cookbook will include a Helpful Hints section. In order for the Cookbook to be a success, we will need many recipes! Each recipe should include your name, who you may have received the recipe from, and your phone number (phone number is only if we have questions and will not be published in the Cookbook). Please give your recipes to Alla Strauss, Melody Stavisky, or Nancy Mitsos. Thank you!

## **BIRTHDAYS THIS WEEK**

Galina Shubina – March 19

Sinai Manna – March 20

Tom Sowanick – March 23

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

## **COFFEE HOUR**

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, 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. If you have any questions, please contact Melody Stavisky or Alla Strauss.

### **SUGGESTED MENU:**

Bagels / Breads

Donuts / Pastries

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

Fruit

Salads

Tortilla chips & Salsa

Hummus

Sugar-free dessert

Oreos (non-dairy)

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. 17 **NO MEAT** Fiyori Habtesilasse, Gebrekvistos Amleset  
Mar. 24 **FAST** Svetlana Sosedov, Guy Radcliffe  
Mar. 31 **FAST** Christine Waite, Alla & Perry Strauss  
Apr. 7 **FAST** Germain & Tahara Ortiz, Vera Pschenyczny  
Apr. 14 **FAST** Corneliu & Florica Balasa, Viktoryia Baranava  
Apr. 21 **FAST** Alan & Mimi Berck, Paul & Patty Denko  
Apr. 28 **FAST** Alex & Brittani Brasowski, Anna & Leon Brasowski, Simeon Brasowski  
May 5 **PASCHA – NO COFFEE HOUR**  
May 12 Nina Schmidt, Alla & Perry Strauss  
May 19 Carmen & Cezar Mateiescu, Valeria & Timothy Srock  
May 26 Christina DiDonato, John Cassar  
June 2 Alex & Rebeca Medina, Father Volodymyr & Matushka Oksana  
June 9 Melody Stavisky, Cole Johnson  
June 16 FOCA Club  
June 23 Nina Laushell, Lynne Sheedy & Bill Hazelton  
June 30 Ludwig & Paula Koerte, Nina Shafran  
July 7 Madeleine Sekulich & Mark McDevitt, Ramazi Shubitidze  
July 14 **ST. VLADIMIR DAY CELEBRATION**  
July 21 Nicholas & Samantha Torrasi, Herman & Francine Meyer  
July 28 Tamara Karkusova, Ekaterina & Stanislav Uritsky  
Aug. 4 **FAST** Luwam Tesfa, Nebiat Tesfa  
Aug. 11 **FAST** Nancy Mitsos, Darice Keyes  
Aug. 18 Ladies Assumption Altar Society  
Aug. 25 Alex Godun, Blake & Jessica Kilgore  
Sept. 1 Tyler Burger, Awet Tesfa  
Sept. 8 Olga & James Bates, Tanya & Walter Tribbey  
Sept. 15 James & Monia Pitra, Anne Cheslock  
Sept. 22 **ANNUAL PARISH PICNIC**  
Sept. 29 Sami Bachir, Nour Ragab  
Oct. 6 Virgiliu & Gabriela Plesa, Mihaela & Tiberiu Milosav  
Oct. 13 Sophia Dumas, Melissa Braun  
Oct. 20 Tony & Chris Villabon, Alan & Mimi Berck