
St. Michael the Archangel Orthodox Church

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Sunday March 10, 2019 SUNDAY OF CHEESEFARE
– Tone 8. *The Expulsion of Adam and Eve from Paradise.*
Martyr Quadratus and those with him: Cyprian, Dionysius, Anectus, Paul, Crescens, Dionysius (another), Victorinus, Victor, Nicephorus, Claudius, Diodorus, Serapion, Papias, Leonidas, Chariessa, Nunechia, Basilissa, Nice (Nika, Victoria), Galla, Galina, Theodora, and many others, at Corinth (258, 267-268).

This Week's Schedule

Today 3/10 Forgiveness Vespers following coffee hour

Monday 3/11 Great Canon of Repentance 7:00 p.m.

Tuesday 3/12 Great Canon of Repentance 7:00 p.m.

Wednesday 3/13 Little Angels 9:30 a.m.

Presanctified Liturgy 6:30 p.m.

Thursday 3/14 Great Canon of Repentance 7:00 p.m.

Friday 3/15 Presanctified Liturgy 6:30 p.m.

Saturday 3/16 Great Vesper 5:00 p.m.

Sunday 3/17 Orthodoxy Sunday

Hours 8:40 a.m. Divine Liturgy 9:00 a.m.

Orthodoxy Sunday Vespers 4:00 p.m.

Reader Schedule

<u>DATE</u>	<u>3RD HOUR</u>	<u>6TH HOUR</u>	<u>EPISTLE</u>
Mar-10	LEWIS	SULPIZI	LEWIS
Mar-17	BUNITSKY	BUNITSKY	CAREY
Mar-24	SULPIZI	SOUDER	FINCK

Hymns and Prayers

Tone 8 Troparion *(Resurrection)*

You descended from on high, O Merciful One!
You accepted the three day burial to free us from our sufferings!//
O Lord, our Life and Resurrection, glory to You!

Tone 8 Kontakion *(Resurrection)*

By rising from the tomb, You raised the dead and resurrected Adam.
Eve exults in Your Resurrection,
and the world celebrates Your rising from the dead, O greatly Merciful
One!

Tone 6 Kontakion *(from the Lenten Triodion)*

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

Tone 8 Prokeimenon *(Resurrection)*

Pray and make your vows before the Lord, our God! (*Ps 75/76:11*)

v: In Judah God is known; His name is great in Israel. (Ps 75/76:1)

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.

Tone 6

Alleluia, Alleluia, Alleluia!

v. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. (Ps 91/92:1)

v. to declare Your mercy in the morning, and Your truth by night. (Ps 91/92:2)

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.

Communion Hymn

Praise the Lord from the heavens! Praise Him in the highest! (Ps 148:1)
Alleluia, Alleluia, Alleluia!

This Week's Announcement

Welcome to our Newest Catechumen Welcome (officially) to our newest catechumen Sue D'orazio. May our Lord bless her in her continued journey in the Orthodox Church. Many years!

Our Lenten Journey The Lenten journey to the death and resurrection of Christ begins with Forgiveness Vespers following coffee hour today. The theme of the entire day is forgiveness; proclaimed in the morning Gospel and then exercised accordingly at the conclusion of the forgiveness vespers service with each in attendance participating in the mutual "rite" of forgiveness. Our Lord says, "If you forgive men their trespasses, your heavenly Father will forgive you; but if you do not forgive men their trespasses, neither will your heavenly Father forgive you your trespasses (Mt 6:14-18)." At the forgiveness service, after the singing of the Great Prokeimenon, the liturgical vestments and furnishings are changed to dark colors, and the special Lenten melodies used signifying that lent has begun. Join us!

Parish Council Meeting Our parish council will try to meet today during the coffee hour. Please see Jeff Kendall if you are unable to attend.

Orthodoxy Sunday/Mission Service March 17 St. Michaels will be hosting a Lenten Mission Service (Orthodoxy Sunday) on Sunday March 17 at 4:00 p.m. We are asking for volunteers to help organize and put the meal together. We will need everyone's help as we will be hosting The Philadelphia Clergy Brotherhood as well as the faithful from our surrounding area. Please email Alice Morjana at namorjana@aol.com or see Alice to let her know you can help.

Lenten Retreat "Living Toward the Kingdom In Our Hearts and Homes" St. Michaels will be hosting a Lenten retreat with guest speaker and author Dr. Philip Mamalakis on March 22nd & 23rd. Retreat Schedule:

Friday Evening March 22nd 6:30 p.m.-8:30 p.m. ***Marriage and***

Relationships Toward the Kingdom : We live out our Lenten journey, and our whole life in and through close relationships. Yet, these can be the most challenging. We'll look into how Christ invites us, particularly during Lent, to draw close to Him, His Church, to grow in our marriage and close relationships.

Saturday March 23rd 9:00 a.m. coffee & prayers, 9:30 a.m.-Noon

Parenting Toward the Kingdom, Part I : Lent is a time to refocus our

efforts on living as Orthodox Christians. However, our kids still have the same struggles they have throughout the year- from getting up and dressed in the morning, and getting along during the day, to getting to bed at night. Join Dr. Mamalakis as he discusses how we can discover the heart of our lenten journey within the daily challenges of parenting.

12:00 p.m. Lunch at St. Michael's Hall

Saturday 1:00 p.m.: ***Parenting Toward the Kingdom, Part II***

Building off of the morning session, Dr. Mamalakis will discuss how Lent, like parenting, is simultaneously an inner struggle and outward behaviors and practices. Fasting and church services are not the goal of Lent, but the critical pathway toward our goal. We'll discuss skills and strategies for setting limits with our children, not as the goal of parenting, but the pathway toward our goal.

Books for Prisoners: During Lent please donate new or gently used PAPERBACK books in the bin in NARTHEX--especially Paperback Dictionaries. See the list of books requested by prison libraries in our narthex. For a donation to the "books for prisoners" collection, please take free orthodox books in social hall entrance. Your donation will be used to buy books for the incarcerated. Thanks for your generosity. See Ellen Gundersen or email ellengundersen5@gmail.com.

Presanctified Liturgy On Wednesday evenings we will be celebrating the Presanctified Liturgy. The Divine Liturgy is not celebrated in the Orthodox Church on lenten weekdays however, in order for the faithful to sustain their lenten effort by participation in Holy Communion, the Liturgy of the Presanctified Gifts is served. This Liturgy is called Presanctified, since the Holy Gifts are presanctified (or consecrated) on the previous Sunday. This is an evening Liturgy consisting of Vespers, followed by a portion of the full Liturgy. The Liturgy of the Presanctified Gifts comes after a day of spiritual preparation and total abstinence. All who plan on participating in Holy Communion for the Presanctified Liturgy who are unable to make the effort of total fasting because of weaknesses or illness, should eat a light lenten meal in the morning or mid morning and begin fasting for communion by noon. Reminder that our Presanctified Liturgy will be followed by a lenten pot luck dinner. All are welcome to come and bring a lenten dish and share in the extra fellowship as we make our journeys together to Pascha.

Liturgy of St. Basil the Great On Sundays during the lenten season we may notice that the Divine Liturgy is a little different. This is because we celebrate the longer Liturgy of St Basil the Great. In the 4th century

Church the liturgy of St. Basil was celebrated every Sunday and feast day of the whole year. It was the official Eucharistic Liturgy to be celebrated on a regular basis throughout the year. Towards the end of the first quarter of the second millennium the Liturgy of Saint Basil was replaced by the liturgy attributed to Saint John Chrysostom another 4th century father of the Church. Some say that the celebrating of Saint Basil's liturgy still being done during Lent is because of the conservative liturgical character of Lent. And since it is the intention of the Church to dedicate more time to prayer during Lent, that it is a good opportunity to teach the faithful dogma by offering for their hearing and singing the profound and all-embracing theological elucidations of the Basilian Liturgy. It is also said that it served during lent because of its expressively doctrinal and educational character. Listen and you will hear the wisdom and beauty of this liturgy on the Sunday's of Great Lent. Handouts will be available.

Extra Confession Opportunities There will be a few extra opportunities for confessions during the Lenten season. Confession will be available prior to Presanctified Liturgy on Wednesday's from 5:30 p.m. until 6:30 p.m. Confessions will also be available on Thursday's following study group.

Wisdom from the Fathers

"Love every person indiscriminately. Never mind if they're weak and sinful. Don't think about the sin, but about where the person comes from, which is the image of God Himself. Don't let the weaknesses of others bother you -- their badness, pride, envy, voracity or gluttony. You're not short of problems yourself. Basically, as regards our relationship to sin, we're all the same."

- St. John of Kronstadt

"It seems that we do not understand one thing: it is not good when we return the love of those who love us, yet hate those who hate us. We are not on the right path if we do this. We are the sons of light and love, the sons of God, his children. As such we must have His qualities and His attributes of love, peace, and kindness towards all."

- Elder Thaddeus of Vitovnica (1914-2003)

"Not knowledge you learn, but knowledge you suffer. That's Orthodox spirituality."

- Abbess Gavriilia (1897-1992), a 20th century saintly Greek Orthodox nun

"We often forget that we're merely visitors passing through this life and should therefore live in ceaseless prayer, because prayer is the breath of our soul. Prayer attracts energy from the source of life, the Lord, Who guards, preserves and nourishes all living things."

- Elder Tadej (Thaddeus) of Vitovnica (1914-2003)

"The true aim of prayer is to enter into conversation with God. IT is not restricted to certain hours of the day. A Christian has to feel himself personally in the presence of God. The goal of prayer is precisely to be with God always."

- Fr. Georges Florovsky (1893-1979) via Timothy Ware's "The Orthodox Church"

"Offer your words of prayer without haste Don't allow your mind to wander. This path is narrow and awkward for the mind, which is used to gadding about freely wherever it wills, but it's the path that leads to careful attention. If you taste the wonderful thing which is this careful attention, you'll always want to bring your mind to this narrow path that leads to blessed attention."

- Saint Ignatij Brianchaninov

"Fear of God exists when you love Him with all your heart, when you struggle not to bring Him grief nor even worry, not only through your deeds, your actions and your words, but even with your thoughts. You try to please Him with everything you do and say. That's fear of God, fear of doing something that will sadden or aggrieve our Father."

- Elder Tadej Vitovnički

Prayers for the Departed: Marie Karawulan, Virginia Sekerak Marie Holowatch, Maria Proch, Mark Gundersen, John Berket, George Sarmousakis, Alfred Mokhiber

Prayers for the Sick and Those in Need: Fr. John Zabinko, Fr. Joseph Chupeck, Fr. Josef Petranin, Fr. John Nightingale, Fr. Deacon James Carpenter, Mat Julia Petranin, Mat. Ellen Chupeck, Lemlem Resat, Peter Melnik, Olga Riley, Barbara Hicks, James Hicks, Anna Herko, Luke & Anna Wales, Nona Carey, Maria & Doug Dozier, Mona Elia, Mary Anne Farrell, John Griffith, Cynthia Griffith, Benjamin, Patrica, Lubov Baldychev, Stephanie Hojnicky, Michael Sinovich, Laura Cristina Najemy, Harry Kutch, Dimitrios Jim Petrides,

Prayers for Catechumen: Robert Jaquette

Prayers for Women and the Child to be born: Ruth Kendall, Bisrat Gabriel

Date	<u>Coffee Hour</u>	<u>Service Duty</u>	<u>Church Cleaner</u>	<u>Library</u>
10-Mar	Gerissimakis/Bunitsky	Bunitsky/Morjana	Farrell	Farrell
17-Mar	Riley/Souder	Riley/Riley	Clause/Whalen	Skomorucha
24-Mar	Shatley/Hines	Sulpizi/Finck	Skomorucha/Lewis Kiflemarian	Maloney
31-Mar	Elia/Gunderson/Farrell	Hojnicky/Souder	S. Peck	Gundersen
7-Apr	C. Peck/Sulpizi/ Skomorucha	Telep/Baldychev	N Carey	Farrell

Upcoming Dates to Keep in Mind

Mission Service Sunday March 17th

Lenten Retreat Friday & Saturday March 22nd & 23rd

Annunciation Monday March 25th

Palm Sunday April 21st

HOLY PASCHA April 28th