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## **St. Michael the Archangel Orthodox Church**

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**Sunday March 1, 2020 SUNDAY OF CHEESEFARE**  
– Tone 4. *The Expulsion of Adam and Eve from Paradise.*  
*Martyr Eudoxia of Heliopolis (ca. 160-170). Ven.*  
*Martyrii (Martyrius) of Zelenétsk (Pskov – 1603).*  
*Martyrs Nestor and Tribimius (3rd c.). Martyr Antonina*  
*of Nicæa in Bithynia (3rd-4th c.). Martyrs Marcellus and*  
*Anthony. Virgin Domnina of Syria (ca. 450-460). Ven.*  
*Agapius of Vatopedi (Mt. Athos).*

### **This Week's Schedule**

*Today 3/1 Forgiveness Vespers 7:00 p.m.*

*Monday 3/2 Great Canon of Repentance 7:00 p.m.*

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

*Wednesday 3/4 **Presanctified Liturgy** 6:30 p.m.*

*Thursday 3/5 Great Canon of Repentance 7:00 p.m.*

*Friday 3/6 Little Angels 9:30 a.m.*

***Presanctified Liturgy** 6:30 p.m.*

*Saturday 3/7 Great Vesper 5:00 p.m.*

*Sunday 3/8 Orthodoxy Sunday Hours 8:40 a.m.*

*Divine Liturgy 9:00 a.m.*

### **Reader Schedule**

<u><b>DATE</b></u>	<u><b>3<sup>RD</sup> HOUR</b></u>	<u><b>6<sup>TH</sup> HOUR</b></u>	<u><b>EPISTLE</b></u>
Mar-1	LEWIS	SULPIZI	LEWIS
Mar-8	J PECK	PECK	PECK
Mar-15	DORAZIO	BUNITSKY	CAREY

## Hymns and Prayers

### **Tone 4 Troparion**      *(Resurrection)*

When the women disciples of the Lord  
learned from the angel the joyous message of thy Resurrection,  
they cast away the ancestral curse  
and elatedly told the apostles:  
“Death is overthrown!  
Christ God is risen, //  
granting the world great mercy!”

### **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**

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 Announcements*

***Great Lent to Begin*** Just a reminder that our Lenten journey will begin with Forgiveness Vespers tonight, at 7:00 p.m. All should make a sincere effort to begin the Lenten season with this service and the “Mutual rite of forgiveness”. “On Forgiveness Sunday, we sing of Adam’s exile from paradise. We identify ourselves with Adam, lamenting our loss of the beauty, dignity and delight of our original creation, mourning our corruption in sin. We also hear on this day the Lord’s teaching about fasting and forgiveness, and we enter the season of the fast forgiving one another so that God will forgive us. 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).”

***The Great Canon of St. Andrew of Crete*** (also known as the Canon of Repentance) is a lengthy penitential canon composed in the seventh century, which is sung during this first week and fifth week of Great Lent. The Great Canon consists of four parts, each divided into nine odes like a regular canon. However, there are slight differences between the odes of the two compositions. In the Great Canon, there is a greater number of troparia. At the refrain "Have mercy on me, O God, have mercy on me," a prostration is performed. Also, some of the odes have additional refrains and troparia to the author of the canon, St. Andrew of Crete, or St. Mary of Egypt, one of the greatest models of repentance in Christian history. A basic distinguishing feature of the Great Canon is its extremely broad use of images and subjects taken both from the Old and New Testaments. As the Canon progresses, the congregation encounters many biblical examples of sin and repentance. The Bible (and therefore, the Canon) speaks of some individuals in a positive light, and about others in a negative one—the penitents are expected to emulate the positive examples of sanctity and repentance, and to learn from and avoid the negative examples of sin, fallen nature and pride. However, one of the most notable aspects of the Canon is that it attempts to portray the Biblical images in a very personal way to every penitent: the Canon

is written in such form that the faithful identify themselves with many people and events found in the Bible. Be sure to be attentive to these “once a year” worship opportunities.

***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 potluck 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.

***Confession Opportunities during Lent*** There will be lots of added 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 Friday's prior to the Akathist at 6:15 p.m.

***Basics of Orthodoxy Class*** We will be offering the basics of Orthodoxy class during the Lenten season on Thursday evenings during the Lenten season. The class will run for six weeks beginning March 5<sup>th</sup> at 8:00 p.m. The class will be an excellent opportunity for those interested in becoming Catechumens or anyone interested in brushing up on their faith. Please See Fr. Barnabas or Scott Lewis if you have any questions.

***Study Group to Look at Genesis*** Our Thursday study group will be taking a break from the Gospel of St. Matthew in order to study the Old Testament readings from the first three chapters of Genesis. These Old Testament readings accompany the daily readings prescribed for the Lenten season. Starting this Thursday March 5<sup>th</sup>, we will be reading and discussing the 1<sup>st</sup> Chapter of Genesis as well as commentaries by the holy fathers. Join us!

***Forty Day Club*** The "Forty Day Club" provides meals for families who have a newborn. This Spring Glory to God, we are experiencing a flood of new babies. For the first time, we will be providing meals for more than one family at a time! We really could use all the help we can get. The process is simple: sign up to bring a meal to church on Sunday and put it in the refrigerator. (Someone else delivers it.) The meal does not have to be fancy or gourmet; simple meals will do. This is a marvelous way for St. Michaels to nurture and care for each other. Please help us! See Juliana Bunitsky to be added to the list.

***PHILADELPHIA ORTHODOX CLERGY BROTHERHOOD  
MISSION VESPERS SCHEDULE GREAT LENT 2020***

ALL SERVICES ARE SCHEDULED FOR 4:00 PM

Sunday of Orthodoxy 1st Sunday (March 08) Ss Peter and Paul,  
Wilmington 1406 Philadelphia Pike, 19809

Sunday of St. Gregory Palamas 2nd Sunday (March 15) St Mark  
Church, Wrightstown 452 Durham Rd, 18940

Sunday of the Precious Cross 3rd Sunday (March 22) Holy Trinity  
Church, Pottstown 1236 Juniper St, 19464

Sunday of St. John of the Ladder 4th Sunday (March 29) St George  
Church, Upper Darby 8210 W. Chester Pike, 19082

Sunday of St. Mary of Egypt 5th Sunday (April 05) St John Chrysostom,  
Philadelphia 237 N 17th Street, 19103

### *Wisdom from the Holy Fathers*

*Forget your good deeds as soon as possible ... Do not record your good deeds, for if you record them, they will soon fade. But if you forget them, they will be written in eternity.*

*St. Nicholas of Serbia, Thought on Good and Evil*

*If you wish to attain to true knowledge of the Scriptures, hasten to acquire first an unshakeable humility of heart. That alone will lead you, not to the knowledge that puffs up, but to that which enlightens, by the perfecting of love.*

*St. John Cassian*

*'You see then that the gift of discretion is no earthly thing and no slight matter, but the greatest prize of divine grace. And unless a monk has pursued it with all zeal, and secured a power of discerning with unerring judgment the spirits that rise up in him, he is sure to go wrong, as if in the darkness of night and dense blackness, and not merely to fall down dangerous pits and precipices, but also to make frequent mistakes in matters that are plain and straightforward.'*

*St. Moses the Black Hermit*

*If you become proud when you receive what you ask in prayer, then it is obvious that your prayer was not to God, and you did not receive help from Him, but the demons were working with you in order to exalt your heart; For when help is given from God, the soul is not exalted, but is all the more humbled, and she is amazed at the great mercy of God, how merciful He is to sinners.*

*St. Barsanuphius the Great*

**Prayers for the Departed:** Fr. John Kuchta, Peter Melnik, Michael Sinovich, Marie Karawulan, David Rex, Lubov Baldychev

**Prayers for the Sick and Those in Need:** Fr. John Zabinko, Fr. Joseph Chupeck, Fr. Josef Petranin, Fr. Daniel Kovalak, Fr. John Nightingale, Mat. Ellen Chupeck, Lemlem Resat, 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, , Stephanie Hojnicky, Laura Cristina Najemy, Harry Kutch, Dimitrios Jim Petrides, Albert Shock, Elizabeth Melnik, Alexandra Grishin, Sam Sylvest

**Prayers for Catechmens** Kristin Mackenzie, Edward Jones

<b>Date</b>	<b><u>Coffee Hour</u></b>	<b><u>Service Duty</u></b>	<b><u>Church Cleaner</u></b>
<b>1-Mar</b>	Stephanie George/Sue Dorazio	Riley/Riley	Skomorucha/Lewis/M Kiflemarian
<b>8-Mar</b>	Whalen/Clause/Gabriel	Sulpizi	Peck
<b>15-Mar</b>	Hamwi/Morjana	Hojnicky/Najemy	Carey
<b>22-Mar</b>	Najemy/Kendall	Telep/Baldychev	Baldychev/ Sylvest
<b>29-Mar</b>	J. Peck	Bunitsky/Morjana	Suplizi

***Upcoming Dates to Keep in Mind***

Cheesefare / Forgiveness Sunday March 1<sup>st</sup>

Beginning of Great Lent March 2<sup>nd</sup>

Annunciation Wednesday March 25<sup>th</sup>

Pascha Sunday April 19<sup>th</sup>

Ascension Thursday May 28<sup>th</sup>

Pentecost Sunday June 7<sup>th</sup>