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

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**Sunday March 14, 2021 SUNDAY OF CHEESEFARE**  
– *Tone 7. The Expulsion of Adam and Eve from Paradise.*  
*Ven. Benedict of Nursia (543). St. Theognostus,*  
*Metropolitan of Kiev and All Russia (1353). Rt. Blv.*  
*Great Prince Rostislav (Michael), Prince of Kiev and*  
*Smolensk (1167). St. Euschemon the Confessor, Bishop of*  
*Lampsacus (9th c.). The "FEODOROVSKAYA" Icon of*  
*the Mother of God.*

## **This Week's Schedule**

**Monday 3/15** Great Canon of Repentance 7:00 p.m.

**Tuesday 3/16** Great Canon of Repentance 7:00 p.m.

**Wednesday 3/17** Presanctified Liturgy 6:30 p.m.

**Thursday 3/18** Great Canon of Repentance 7:00 p.m.

**Friday 3/19** Presanctified Liturgy 6:30 p.m.

**Saturday 3/20** Great Vesper 5:00 p.m.

**Sunday 3/21** **Orthodoxy Sunday**

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

*\*Please Note Services will also stream Online\**

## **Reader Schedule**

<b>DATE</b>	<b>3<sup>RD</sup> HOUR</b>	<b>6<sup>th</sup> Hour</b>	<b>EPISTLE</b>
Mar-14	LEWIS	DORAZIO	LEWIS
Mar-21	VOJACSEK	PECK	PECK
Mar 25	ANNUNCIATION		
Mar-28	RILEY	RILEY	RILEY

## Hymns and Prayers

### **Tone 7 Troparion**      *(Resurrection)*

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.

### **Tone 6 Kontakion**      *(from the Lenten Triodion)*

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!”

### **Tone 8 Prokeimenon**

Pray and make your vows / before the Lord, our God! *(Ps. 75:10a)*

**V.** *In Judah God is known; His name is great in Israel. (Ps. 75:1)*

### **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. 91:1)*

**V.** *To declare Your mercy in the morning, and Your truth by night. (Ps. 91:2a)*

### **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*** Our Lenten journey will begin with Forgiveness Vespers on today following Liturgy. 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.

***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 Sundays of Great Lent.

***Confession Opportunities during Lent*** There will be 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 Fridays prior to our Lenten services.

***Study Group*** This Thursday we will continue our study of St. Matthew chapter 20. In the coming weeks, our study will bring us to our Lord's passion, death, and resurrection. It will be great timing with the study of these particular gospel lessons given the Lenten season. Consider joining us during the Lenten season for our Thursday study group. We will continue to meet on Zoom at 10 a.m. All are welcome to join us.

***The Feast of Annunciation*** Thursday March 25th is the Feast of the Annunciation to the Mother of God. We will celebrate with the Vespers and Divine Liturgy on the 25<sup>th</sup> at 6:30 p.m. Join us!

***Bookstore Sale for Great Lent*** St. Michaels Bookstore is having a sale for Lenten readings. If you are interested in buying any books, please email Ellen Gunderson at [ellengundersen5@gmail.com](mailto:ellengundersen5@gmail.com) to place your order. There are many books under \$10 and a list will be emailed to all of you. She will notify you when your books are ready to be picked up. Books will only be delivered at church and left on the table outside the social hall (across from bathrooms). Nothing will be mailed to you. Package will have your name on it and an envelope for your cash or check. Please put envelope in collection basket on candle desk. Any checks should be made payable to St. Michaels Bookstore. We have many other orthodox books, prayer ropes, icons, and gifts. Please contact Ellen if interested.

***Sacraments for Those Staying Home*** Recognizing the need for many to quarantine due to the deadliness of the pandemic, Fr. Barnabas is available to meet individually on Wednesdays and Fridays to offer Confession and Communion for those still at home. Fr. Barnabas is also willing to meet in other creative ways, like on your porch, to assure everyone remains connected. Please email or call the office to set up a time for the Sacraments.

**Questions Everyone Should ask themselves Before coming to In-Person Worship:** Do you have a fever, cough, shortness of breath, and or trouble breathing? Persistent pain, pressure or tightness in chest? Any recent loss of taste/smell or gastrointestinal upset? Any contact with anyone with C-19? **If you answer YES to any of these questions you should stay at home.**

## *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:** Metropolitan Theodosius, Archbishop David, Mitred Archpriest Eugene Pianovich, Mitred Archpriest Daniel Ressetar

**Prayers for the Sick and Those in Need:** Fr. John Zabinko, Fr. Joseph Chupeck, Fr. Daniel Kovalak, Mat. Ellen Chupeck, Mat. Myra Kovalak, Lemlem Resat, Olga Riley, James Hicks, Anna Herko, Luke Wales, Anna Wales, Nona Carey, Maria & Doug Dozier, Mona Elia, Mary Anne Farrell, Stephanie Hojnicky, Harry Kutch, Dimitrios Jim Petrides, Albert Shock, Elizabeth Melnik, Alexandra Grishin, Sam Sylvest, Paula Daubert, Elizabeth Clause, Jamie Clause, David Telep

**Prayers for Catechmens** Kristin Mackenzie,, Andrew Ashton

<b>Date</b>	<b><u>Service Duty</u></b>	<b><u>Church Cleaner</u></b>
<b>14-Mar</b>	Bunitsky/Morjana	Riley
<b>21-Mar</b>	Riley/ Riley	Bunitsky/Finck
<b>28-Mar</b>	Sulpizi	Farrell
<b>4-Apr</b>	Hojnicki/Najemy	Clause/Whalen

**Upcoming Dates to Keep in Mind**

- Great Fast Begins.....March 15<sup>th</sup>**
- Annunciation.....March 25<sup>th</sup>**
- Holy Pascha..... May 2<sup>nd</sup>**
- Ascension.....June 10<sup>th</sup>**
- Pentecost.....June 20<sup>th</sup>**