



**St George the Great Martyr  
Orthodox Church - Weekly Bulletin**

**Sunday, March 10 2019**

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**SUNDAY, MARCH 10 TONE 8 Sunday of Cheesefare: The Expulsion  
of Adam from Paradise**

**Tone 8 Troparion** (*Resurrection*)

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

**Tone 8 Kontakion** (*Resurrection*)

By rising from the tomb, Thou didst raise the dead and resurrected  
Adam. / Eve exults in Thy Resurrection, // and the world celebrates  
Thy 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-  
est the thoughtless and protectest the poor, / strengthen and en-  
lighten 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!

**Please keep our brothers and sisters in your prayers this week:**

**For good health and healing:** Souraya, Alice, Basil, Christina,  
Eddie, Juan, Ruth, Nicholas, Dragosh, Sonia, Doreen, Peter, Den-  
ise, Traci and the child to be born of her. Matushka Joan,  
Michaela, Marius, Jordan, Nelly-Mary, Debrutu, Jason, Jerry, Don-  
ald, Gloria

## Matthew 6:14-21 (*Gospel*)

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.

### **Forgiveness Sunday - Cheesefare**

On this last Sunday before Great Lent, the last day that traditionally Orthodox Christians eat dairy products until Pascha, the Church remembers the expulsion of Adam and Eve from Paradise. God commanded them to fast from the fruit of a tree (Gen. 2:16), but they did not obey. In this way Adam and Eve and their descendants became heirs of death and corruption.. We hear the Lord's teaching about fasting and forgiveness and enter the season of the fast forgiving one another so that God might 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.*

The Gospel reading also gives advice on fasting. *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.*

### **The Rite of Forgiveness**

After the dismissal at Vespers, the priest stands beside the analogion, or before the ambon, and the faithful come up one by one and venerate the icon, after which each makes a prostration or bow before the priest, saying, "Forgive me, a sinner." The priest also makes a prostration before each, saying, "God forgives. Forgive me." The person responds, "God forgives," and receives a blessing from the priest. Meanwhile the choir sings quietly the irmoi of the Paschal Canon, or else the Paschal Stichera. After receiving the priest's blessing, the faithful also ask forgiveness of each other.

Let us begin the fast with joy!

Let us prepare ourselves for spiritual efforts!

Let us cleanse our soul and cleanse our flesh!

Let us abstain from every passion as we abstain from food!

Let us rejoice in virtues of the Spirit and fulfill them in love,

That we all may see the Passion of Christ our God, //  
and rejoice in spirit at the holy Pascha! - *Lenten Triodion*

## Calendar of Events – Starting today: March 10

Sunday	03/10	<b>9:10am</b> - Hours; <b>9:30am</b> - Divine Liturgy <b>Forgiveness Vespers following</b>
Monday	03/11	<b>6:00pm</b> - Great Compline Canon of Saint Andrew
Tuesday	03/12	<b>6:00pm</b> - Great Compline Canon of Saint Andrew
Wednesday	03/13	<b>6:00pm</b> - Presanctified Liturgy
Thursday	03/14	
Friday	03/15	<b>6:00pm</b> - Akathist
Saturday	03/16	<b>6:00pm</b> - Great Vespers and Confessions
Sunday	03/17	<b>9:10am</b> - Hours; <b>9:30am</b> - Divine Liturgy Sunday of Orthodoxy—Procession

### Weekly announcements

- ◆ This **Monday, March 11th**, Great Lent begins and the Church calls on us to abstain from all meat, meat products, fish, fowl, dairy, olive oil, and eggs, until Pascha.
- ◆ **Monday and Tuesday at 6pm Canon of Saint Andrew.** These are beautiful services. May God give you strength to attend at least one.
- ◆ Lenten evening services begin at **6pm**. Presanctified Liturgy is celebrated on **Wednesday evenings** and we sing an Akathist to The Mother of God, on **Friday evenings**. We normally share a small lenten **potluck meal and friendship after Presanctified Liturgy**.
- ◆ There are NO Office Hours this Wednesday.
- ◆ Next Sunday, we celebrate **Sunday of Orthodoxy**. Please bring your favorite icon to process around our church and bestow these Saint's prayers on our community.