

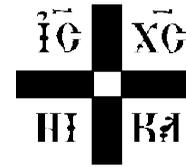
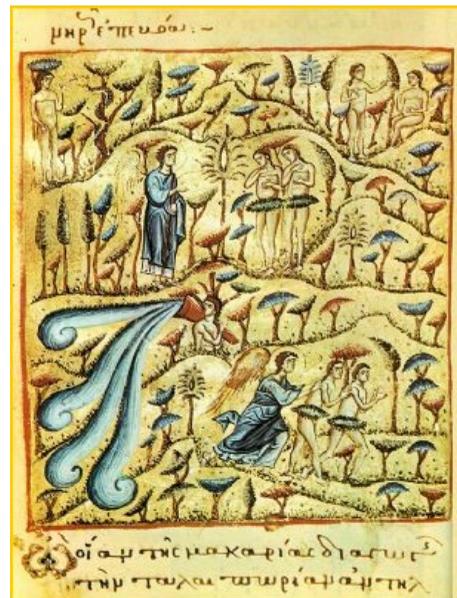
Weekly Schedule

Monday-Thursday	Canon of St. Andrew, 6:00 p.m.
Friday	Akathist, 6 p.m.
Saturday	Great Vespers, 6:00p.m. Confessions following Great Vespers
Sunday	Reading of Hours, 9:40 a.m. Divine Liturgy, 10:00 a.m. <i>Fellowship Hour following Divine Liturgy</i>

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...."



Assumption of the Holy Virgin Orthodox Church

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Email: frmatthew@comcast.net

Rev. Matthew Cantrell, Acting Rector
Rev. Sergius Willis, Associate Pastor
Call to arrange sacraments, services, instruction, counseling, home visits, sick calls.

Troparion (Tone 3) (Resurrection)

Let the heavens rejoice! Let the earth be glad! For the Lord has shown strength with His arm. He has trampled down death by death. He has become the first born of the dead. He has delivered us from the depths of hell, and has granted to the world// great mercy.

Kontakion (Tone 6) (Triodion)

O Master, Teacher of wisdom, Bestower of virtue, Who teaches the thoughtless and protects 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!"

February 14, 2010

Cheesefare Sunday

Tone 3.

Forgiveness Sunday. The Expulsion of Adam from Paradise. .

Prayers for The Faithful and Departed

Albert, Ronald, Catherine, John, Maryann, Sam, Kavalkovich family and friends, Alexandra, Riley family. **May God Grant Them Many Years!**

Anastasia, Nadine. **May Their Memories Be Eternal!**

Glory to God For All Things!

Epistle Reading

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 Reading

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.

Glory to God For All Things!

Welcome to our Visitors!

A warm welcome to all our visitors and guests who have joined us in celebrating the Divine Liturgy. Please join us for our Fellowship Hour in the Church Hall . **Please note: Only those Orthodox Christians that have properly prepared themselves through prayer, fasting and confession of sins may approach the Chalice and receive Holy Communion.**

ANNOUNCEMENTS

Food Collection

Please bring any food you would like to donate to church. We, as a church, will offer food to one of the local food banks.

Church Telephone Number

Our church's telephone number is 215-468-3535. If there is inclement weather, do please call the number and wait for the answering machine. If church is canceled, it will be announced here.

Memorial Service

There will be a brief memorial service today following the Divine Liturgy to commemorate all those loved ones who have fallen asleep during the month of February.

Student Group Visiting

Next Sunday, February 21, a group of students will visit from Delaware to see our parish and meet the parishioners. After services, some of our youth will lead our guests on a tour of our church.