

Assumption of the Holy Virgin Orthodox Church

2101 South 28th St. (corner of 28th St. & Snyder Ave.)

Philadelphia, PA 19145 * Church Phone: (215) 468-3535

Website: <http://www.holyassumptionphilly.org>

Facebook page: <http://www.facebook.com/holyassumptionphilly>

Mailing Address: PO Box 20083 * Point Breeze Station | Philadelphia PA 19145-0383

Sunday, March 13, 2016

Tone 8 – Sunday of Cheesefare.

Expulsion of Adam from Paradise. Forgiveness Sunday.

Translation of Relics of St. Nicephorus, Pat. of Constantinople (846)

V. Rev. Mark W Koczak, Acting Rector

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Parish President – Matthew Andrews

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Weekly Schedule

Today: Forgiveness Sunday Vespers immediately after Divine Liturgy.

Beginning of Great Lent (Strict Fasting Observed)

Monday: March 14 - St Andrew of Crete Service beginning at 6:30PM

Tuesday: March 15 - St Andrew of Crete Service beginning at 6:30PM

Wednesday: March 16 - St Andrew of Crete Service beginning at 6:30PM

Thursday: March 17 - St Andrew of Crete Service beginning at 6:30PM

Friday: March 18 – The Liturgy of the Presanctified Gifts beginning at 6:30PM

Saturday: March 19 - Great Vespers at 5:00pm.

Sunday: March 20 – First Sunday of Great Lent! Sunday of Orthodoxy!

Reading of Hours – **9:30am [note time change]**

Divine Liturgy – 10:00am

Fellowship Hour to follow the Divine Liturgy

Sunday: March 20 – Mission Service – 4:00pm

St. Michael's Russian Orthodox Church

4th St & Fairmount Ave, Philadelphia, PA 19123

Phone: 215.627.6148

Website: <http://www.saintmichaelsroc.org>

Texts for the Liturgical Service

Troparion (Tone 8)

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

Troparion (Tone 3 – Relics of St Nicephorus)

Your fragrant relics have been revealed as godly treasure / filled with life for the Church. / On their august translation / we receive the gifts of the Spirit. // Righteous Father Nicephorus, entreat Christ our God to grant us His great mercy.

Kontakion (Tone 8)

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!

Kontakion (Tone 6 – 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!

Kontakion (Tone 1 – Relics of St Nicephorus)

The choir of patriarchs, honors your holy memory with praises and hymns, O Nicephorus, / for it received your spirit at your translation, O glorious one. / Therefore, today the Church magnifies Christ the King, // glorifying Him as the only Lover of mankind.

Prokeimenon (Tone 8)

Pray and make your vows / before the Lord our God!
v. In Judah God is known; His Name is great in Israel.

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. Alleluia (3x's) (Tone 6)

- v. It is good to give thanks to the Lord, to sing praises to Thy Name, O Most High Alleluia (3x's)
- v. To declare Thy mercy in the morning, and Thy truth by night. Alleluia (3x's)

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.

Communion Hymn:

Praise the Lord from the heavens! Praise him in the highest! Alleluia (3x's)

Announcements

PASCHA FLOWERS. We will begin collecting for Pascha (Easter) flowers during the Lenten Season. There are special envelopes available to use for your offering for Pascha flower donations. Please give the envelopes to Debbie Kavalkovich or to a member of the parish council for your offering.

FYI...Father Leonid Schmidt informed us when he was here for Father John Udics' Panikhida that he was released from his duties at St Gregory Palamas Church in Glen Gardner, NJ and is now assigned as Acting Rector of Christ the Savior Church in Paramus, NJ. (Diocese of NY & NJ).

Welcome to all of our visitors & guest worshipping with us today. A warm welcome to all of our visitors and guest who have joined us today in celebrating the Divine Liturgy. Please join us in the church basement for our Fellowship and Coffee Hour.

Announcements (cont.)

2016 Lenten Mission Service Vesper's Schedule

Sunday, March 20, 2016 – 4:0pm (First Sunday of Great Lent)

Saint Michael's Russian Orthodox Church | 4th St & Fairmount Ave
Philadelphia, PA 19123 | Website: <http://www.saintmichaelsroc.org>

Sunday, March 27, 2016 – 4:0pm (Second Sunday of Great Lent)

Saints Peter & Paul Albanian Orthodox Church | 9230 Old Bustleton Ave
Philadelphia, PA 19115 | Website: <http://sspeterpaulphila.org>

Sunday, April 3, 2016 – 4:0pm (Third Sunday of Great Lent)

Assumption of the Virgin Mary Ukrainian Orthodox Church
2412 West Third Street | Chester, PA 19013 | Phone: 610.497.1993

Sunday, April 10, 2016 – 4:0pm (Fourth Sunday of Great Lent)

AT OUR PARISH!!!!

Sunday, April 17, 2016 – 4:0pm (Fifth Sunday of Great Lent)

Saint Michael's Orthodox Church (OCA) | 2300 West Huntington Drive
Wilmington, DE 19808 | Website: <http://www.stmichael-delaware-oca.org>

American Friends of Georgia, Inc. (AFG) is a non-profit, non-political public charity with 501[c](3) status that was formed in 1994 to help the people of the country of Georgia during a difficult post-Soviet transitional period. The organization's mission is to provide practical humanitarian assistance to the peoples of Georgia and the Caucasus Mountain Region in order to improve educational, economic, social, medical and environmental conditions. AFG raises and send donated funds to Georgian hospitals, orphanages and new non-profits (NGOs) that might otherwise be overlooked by larger donors. AFG works with international humanitarian organizations based in Georgia and with Georgian organizations known for their honesty and professionalism. AFG only fund projects where relief is sure to reach the needy. AFG's website is <http://www.afgeorgia.org>

Father Mark and Matushka Jan know both the Executive Directors in the US and in Georgia along with Mother Mariam, Abbess of the Transfiguration Convent in the center of Tbilisi and AFG's first partner in Georgia

This month's Charity collection (Sunday, March 27) will be earmarked for the American Friends of Georgia, Inc. Charity. Thank you in advance for your support and offering to this charity.

Announcements (cont.)

Candles and Prayers for the Faithful and Departed

Health for the Living:

Family and Friends offered by M/M Herbert
Family and Friends offered by Joseph Rabik
Marion Siegle offered by Albrecht Family
Terry, John, Anastasia, Alexander, Hope, Catherine, Albert, Patricia, Family members, Friends offered by M/M K Kavalkovich

May God Grant Them Many Blessed Years!

Memory for the Departed:

Irene Kavcsak offered by Nina Patterson
Irene Kavcsak offered by Albrecht Family
Irene Kavcsak offered by M/M Rick LeRoy
Patricia Gersimoff offered by M/M K Kavalkovich

May Their Memories Be Eternal

Building Fund – In Memory of Father John Udics
* Emily Gerasimoff * Matt Andrews ** M/M Ken Kavalkovich

Please remember in your prayers: Cantrell Family; Grace Corba; Robert Corba; Anastasia Kavalkovich; Nina Patterson; Julia Makara; Helen Riley; Helen Wanenchak; Annamae Witiak; + Father John Udics; + Father Athanasy Mastalski; Father Vincent Saverino; Father John Bohush and the parishioners of Saint Nicholas Eastern Orthodox Church in Philadelphia; and all those who are serving in our Armed Forces!
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2016 PARISH CALENDAR:

A computer printout version of the 2016 church calendar for the months of March and April are located on the back pew in the church. If this version is acceptable, we will continue to generate the remaining months for 2016.

Also, for those who have access to the Internet, the calendar for January through April are posted in color on the parish website for your convenience under the “Service Schedule” tab section. Thank you!

Please ensure that your Mobile Phone is set to Silent (or at least set on vibrate) during the Divine Liturgy! Thank You!!!

Announcements (cont.)

Sign up sheets for Coffee Hour, Cleaning and Epistle & Hours Reading. Sign up sheets for the above items are posted on the bulletin board in the church basement. Please be considerate and volunteer to assist with some of the parish responsibilities. Your time is very much appreciated!

Special weekly collections taken after Gospel or Sermon. In addition to our general collection, the parish takes a special collection each week to fund certain parish projects. Please be generous with your offering. Every little bit counts. The special collections are as follows:

- First Sunday of every month – Kitchen Fund Project
- Second Sunday of every month – ~~Youth Fund~~ Icon Fund (2016)
- Third Sunday of every month - Restoration/Maintenance Fund
- Fourth Sunday of every month – Charity Giving

Note: if there is a Fifth Sunday during a month, the special collection is earmarked for the Kitchen Fund Project, unless otherwise noted and stated by the Parish Council.

Cash Flow Activity (February/March)

	<u>Week of Feb 29 to Mar 6</u>	<u>February Month (Unaudited)</u>
Attendance:	41	27 (average)
<i>At Vespers (Sat 3/5)</i>	8	
Funds In:	\$ 1,865.01	\$ 7,068.01
Funds Out:	\$ 3,481.02	\$ 8,072.55
Net Surplus/(Deficit):	(\$ 1,616.01)	(\$ 1,004.54)

Thank you all for your continuous offerings to maintain the parish!

Shop Rite Gift Cards: If you need to purchase Shop Rite Gift Cards, please see David Pellack to secure them. Your purchase of a Shop Rite Gift Card is an additional fundraising project that helps support the church at no additional expense to the purchaser.

Calendar of Events

TODAY - Forgiveness Sunday Vespers immediately following the Divine Liturgy. The parish traditionally serves this vespers right after the Divine Liturgy. Please plan to stay and attend this beautiful service and asking forgiveness from your fellow parishioners and from God! It is during this service (during the reading "Vouchsafe, O Lord") that the Great Lenten Fast Begins!

First Week of Great Lent - Monday, March 14 - Saturday March 19

Service schedule is as follows:

Monday, March 14 - St Andrew of Crete Service beginning at 6:30PM

Tuesday, March 15 - St Andrew of Crete Service beginning at 6:30PM

Wednesday, March 16 - St Andrew of Crete Service beginning at 6:30PM

Thursday, March 17 - St Andrew of Crete Service beginning at 6:30PM

Friday, March 18 - The Liturgy of the Presanctified Gifts begins at 6:30PM

Saturday, March 19 - Great Vespers at 5:00PM

Any changes in the schedule or time will be announced in church & bulletin.

Sunday, March 20, 2016 - Mission Service 4:00pm.

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Phone #215.627.6148 Website: <http://www.saintmichaelsroc.org>

Our parish will be hosting a Mission Vesper Service during Lent on Sunday, April 10 (Fourth Sunday of Great Lent - St John of the Ladder (Climacus)) This is just an early FYI for your Lenten plans. We will begin coordinating the schedule and Lenten meal menu within the next few weeks. We have time to plan for this service.

Property Committee Meeting - Sunday, April, 10 after Divine Liturgy in the Church School Room! All property committee members are asked to attend the meeting. Discussion will continue as the committee's role regarding the upkeep and status of the church properties.

Bible Study - Tuesday, April 12 at 6:30pm in the church basement. The Bible Study Group will gather together at this time and continue reading and discussing the Book of Genesis.



Sunday of Cheesefare. Expulsion of Adam from Paradise [March 13th]

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 descendants 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..."

Taking Lent Seriously: (an excerpt from Fr Steven Kostoff's column in *Reflection in Christ* from the oca.org website)...

"What can we do during Great Lent? How do we not squander this time that we should set aside for God?"

- **Prayer** - Make provision to be in church for some of the Lenten services. Start with the first week of Great Lent and the Canon of Repentance of Saint Andrew of Crete. Assume or resume a regular Rule of Prayer in your home. Read the psalms and other Scripture carefully and prayerfully. Pray for others.
- **Charity** – Open your heart to your neighbor. If you believe that Christ dwells within you, then try to see Christ in your neighbor. Make your presence for the "other" encouraging and supportive. Restrain your "ego" for the sake of your neighbor. Help someone in a concrete manner this Great Lent.
- **Fasting** – Set domestic goals about the manner in which you will observe the fast. Test yourselves. Resist minimalism. If you "break" the fast, do not get discouraged or "give up," but start over. Assume that your Orthodox neighbor is observing the fast. Seek silence. Allow for a different atmosphere in the home."