

## Assumption of the Holy Virgin Orthodox Church

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Philadelphia, PA 19145 \* Church Phone: (215) 468-3535  
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Mailing Address: PO Box 20083 \* Point Breeze Station | Philadelphia PA 19145-0383

### **Sunday, February 26, 2017**

Tone 3 – Sunday of Cheesefare. Forgiveness Sunday.  
The Expulsion of Adam from Paradise.  
St. Porphyrius, Bishop of Gaza (420).

### **V. Rev. Mark W Koczak, Acting Rector**

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*Parish President - Peter Parsells*

*Phone: (908) 872.5657*

### **Weekly Schedule**

Today: Forgiveness Sunday Vespers immediately after Divine Liturgy.

#### **Beginning of Great Lent (Strict Fasting Observed)**

Monday: February 27 - St Andrew of Crete Service beginning at 6:30PM

Tuesday: February 28 - St Andrew of Crete Service beginning at 6:30PM

Wednesday: March 1 - St Andrew of Crete Service beginning at 6:30PM

Thursday: March 2 - St Andrew of Crete Service beginning at 6:30PM

Friday: March 3 - Liturgy of the Presanctified Gifts begins at 6:30PM

Saturday: March 4 – Great Vespers at **5:00PM!**

Sunday: March 5 – First Sunday of Great Lent! Sunday of Orthodoxy!

Reading of Hours – 9:30am

Divine Liturgy – 10:00am

*Fellowship & coffee hour to follow the Divine Liturgy*

Sunday: March 5 – Mission Service – 4:00pm

Saints Peter and Paul Ukrainian Orthodox Church

1406 Philadelphia Pike – Wilmington, DE 19809

Phone: 302.798.4455

website: <http://www.sspeterandpauluoc.org>

## Texts for the Liturgical Service

### **Troparion (Tone 3)**

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 3)**

On this day Thou didst rise from the tomb, O Merciful One, / leading us from the gates of death. / On this day Adam exults as Eve rejoices; / with the Prophets and Patriarchs // they unceasingly praise the divine majesty of Thy power.

### **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!

### **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**

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

## Announcements (cont.)

Father Mark wishes to express his gratitude and offer a **“Thank You”** to all the parishioners for their prayers, well wishes, anniversary card and generous gift on the anniversary of his ordination to the priesthood which occurred 33 years ago yesterday on February 25, 1984. May God Grant you all Many Years!!!

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Today’s **Charity collection** is earmarked for the appeal to aid Fr John and Matushka Kyra Nightingale. Fr John is considered a paraplegic after a fall from his porch last year left him with injuries to his neck, vertebrae and spinal cord. He has been in the VA hospital in the Bronx, NY for the past year. Matushka Kyra has not only traveled to the VA hospital to care for Fr John, she is also caring for her own parents. There has been work done in their home for handicap accessibility including a doorway and ramp to the house along with a handicap bathroom. More details in a letter from the Diocese of Philadelphia and Eastern Pennsylvania is posted on the bulletin board.

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A few parishioners have found out that an international pro-abortion organization is holding an “Abortion Training Institute” here in Philadelphia this weekend February 24 to 26 (with one or more additional “institutes” planned later for Philadelphia). From their website: “Medical Students for Choice’s Abortion Training Institutes (ATIs) provide medical students with an intensive educational opportunity to learn about abortion from family planning experts.”

Here is a prayer against the evil of abortion that you could pray with the intention of softening the hearts and changing the minds of these pro-abortion students and instructors, that they would not kill the child in the womb...

O Lord Jesus Christ, the only begotten Son, Who are in the bosom of the Father, True God, source of life and immortality, Light of Light, who came into the world to enlighten it, Thou wast pleased to be conceived in the womb of the Virgin Mary for the salvation of our souls by the power of Thine All-Holy Spirit. O Master, Who came that we might have life more abundantly, we ask that Thou might enlighten the minds and hearts of those blinded to the truth that life begins at conception, and that the unborn in the womb are already adorned with Thine image and likeness; enable us to guard, cherish and protect the lives of all those who are unable to care for themselves. For Thou art the Bestower of Life, bringing each person from non-being into being, sealing each person with divine and infinite love. Be merciful, O Lord, to those who, through ignorance or willfulness, affront Thy divine goodness and providence through the evil act of abortion. May they, and all of us, come to the light of Thy Truth and glorify Thee, the Giver of Life, together with Thy Father and Thine All-Holy and Life-giving Spirit, now and ever, and unto ages of ages. Amen.

## Announcements (cont.)

### Candles and Prayers for the Faithful and Departed

#### Health for the Living:

Emily & David Albrecht offered by M/M Herbert

Family and Friends offered by Nina Patterson

Family and Friends offered by Daria LeRoy

#### **May God Grant Them Many Blessed Years!**

#### Memory for the Departed:

Alfonso Vasallo, Helen Herbert, Reader Leonty Macalush, George Taninatz offered by M/M Herbert

John Makara (on his anniversary of his passing away – Feb 8<sup>th</sup>)  
offered by Joseph Rabik

Milton Wollman offered by Albrecht Family

Patricia Gerasimoff offered by Barbara Andrews

#### **May Their Memories Be Eternal**

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**Please remember in your prayers:** Dave Albrecht Sr (on his recovery from surgery and rehabilitation); Cantrell Family; Grace Corba; Robert Corba; Ronald Kavalkovich (on his recovery from surgery); Julia Makara; Margaret Pellack; Helen Riley; Helen Wanenchak; 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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#### Parish Meeting Minutes:

The minutes from the Annual Parish Meeting held on January 22, 2017 and the minutes from the Special Parish Meeting held on February 5, 2017 have been posted on the bulletin board in the church basement (bulletin board where the sign up sheets are located) for your reading pleasure. Please ensure you review these minutes before our next parish meeting (scheduled to be held sometime during the month of May) since a motion to accept these minutes will be voted on during said meeting.

**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 – Icon Fund (2016-17)
- 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)

	<u>Week of Feb 13 to Feb 19</u>	<u>February Month-to-Date</u>
Attendance:	36	36 (average)
Funds In:	\$ 1,389.00	\$ 4,920.00
Funds Out:	\$ 3,900.77	\$ 7,906.31
Net Surplus/(Deficit):	(\$ 2,511.77)	(\$ 2,986.31)

*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

**1<sup>st</sup> Sunday of each month** – Monthly Panikhida immediately after Liturgy.  
**2<sup>nd</sup> Tuesday of each month** – Bible Study at 6:30pm in church basement.  
**2<sup>nd</sup> Sunday of each month** – Property Committee Meeting after Liturgy.  
**3<sup>rd</sup> Sunday of each month** – Property Committee Meeting after Liturgy. *(if needed)*  
**4<sup>th</sup> Sunday of each month** – Church Life Discussion Class after Liturgy.

### **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, Feb 27 to Saturday, March 4:**

The parish service schedule is as follows:

Monday, February 27 - St Andrew of Crete Service beginning at 6:30PM  
Tuesday, February 28 - St Andrew of Crete Service beginning at 6:30PM  
Wednesday, March 1 - St Andrew of Crete Service beginning at 6:30PM  
Thursday, March 2 - St Andrew of Crete Service beginning at 6:30PM  
Friday, March 3 – The Liturgy of the Presanctified Gifts begins at 6:30PM  
Saturday, March 4 – Great Vespers at 5:00PM

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

**Bible Study – Tuesday, March 14 at 6:30pm in the church basement.** The Bible Study Group will gather together at this time and has already begun reading the next book in the bible. They will continue reading and discussing the Book of Leviticus.

**THANK YOU!!!** The Property Committee wishes to thank all of its committee members, parishioners, and parish friends who came out yesterday afternoon to work at the Parish Hall by performing minor construction work and also in cleaning up the Hall. Your time and talent is very much appreciated. May God Grant you all many happy and healthy years, and that you may have a tranquil and blissful Great Lent season.

Also, thank you for staying for Vespers last evening. It was great turnout and especially on the Saturday before Great Lent begins! Please continue your Lenten journey by attending as many services during Lent as possible.



## Sunday of Cheesefare. Expulsion of Adam from Paradise [February 26<sup>th</sup>]

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..."

**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."