

## Assumption of the Holy Virgin Orthodox Church

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### **Sunday, March 10, 2019**

Tone 8 – Sunday of Cheesefare

The Expulsion of Adam from Paradise

Martyr Quadratus and those with him at Corinth (258, 267-268)

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

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### **Weekly Schedule**

[Daylight Saving Begins! Clock move forward one hour!]

Today: Forgiveness Sunday Vespers after Divine Liturgy!

**Beginning of Great Lent (Strict Fasting Observed)**  
**Service Schedule for the First Week of Great Lent is**  
**noted under Calendar of Events (page 7) of this bulletin!**

Saturday: March 16– Great Vespers at **4:00PM!** *Note Time Change!*

Sunday: March 17 – 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 17 - Property Committee Meeting after Divine Liturgy in the Church  
Basement schoolroom.  
**RESCHEDULED FROM THIS WEEK DUE TO VESPERS**

## 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!

### **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!

### **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)

**Prayer of St Ephraim the Syrian**

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power and idle talk. But rather grant unto me the spirit of humility, chastity, patience, and love to Thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother; for Thou art blessed unto ages of ages. Amen.

**Announcements**

**A Warm Welcome to all of our visitors & guests** 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

### **40 Days For Life – Philadelphia Campaign – Spring Season:**

The 40 Days for Life Spring Campaign has arrived (Mar 6 to Sunday, April 14). This campaign of peaceful vigils will occur in ALL 50 states at the same time!

#### Information:

- \* Contacts: Monique Ruberu or Pat Stanton at 469.231.9084
- \* Email: roobearoo@hotmail.com
- \* Website: <https://40daysforlife.com/local-campaigns/philadelphia/>
- \* Prayer vigil located at 12<sup>th</sup> & Locust St, Philadelphia – Planned Parenthood
- \* Prayer vigil located at 777 Appletree Street, Philadelphia – Phila. Women Center
- \* Vigils open Monday-Saturday from 8am-5pm.

The 40 Days For Life is not a political organization or a protest group. They stand and pray as a peaceful physical presence and witness for the lives of the unborn, who cannot speak for themselves.

Other peaceful vigils located in the surrounding areas include:

New Jersey – Cherry Hill                      Delaware - Dover  
Pennsylvania – Northeast Philadelphia, Bryn Mawr, Norristown, and West Chester

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### **2019 House Blessing – Final week!**

If you wish to have your home blessed, please speak with Father Mark for date availability to schedule a house blessing. The blessing of houses will begin after Theophany, which is Sunday, January 6. Items of importance when having your home blessed: 1) have a candle available to be burned during the house blessing, 2) a bowl of blessed holy water, 3) an icon (preferably the icon of Christ being baptized in the Jordan River), and 4) please make enough space for Father Mark to maneuver in the rooms you wish him to bless.

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### **2019 Mission Service - Sunday, April 7, - At Our Parish**

Our parish will be hosting a Mission Vespers Service on Sunday, April 7 (the 4<sup>th</sup> of Great Lent – St. John Climacus) beginning at 4:00PM. As a result of hosting this service during the Lenten Season, a church cleaning is scheduled the day before on Saturday, April 6 with a start time To Be Determined as we get closer to that date.

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### **Lenten Retreat - Saturday, April 6, - Holy Cross in Medford, NJ**

Topic: How to Be a Sinner – Finding Yourself in the Language of Repentance

Speaker: Dr Peter Bouteneff                      Time: 10AM to 3PM with Lunch Break

Please see Flyer posted on our bulletin boards in the church and church basement

**Announcements** (cont.)

**Candles and Prayers for the Faithful and Departed**

**Health for the Living:**

Catherine Kurcik offered by Melanie Albrecht  
Matesy Herbert offered by M/M Herbert  
Anastasia Kavalkovich (Traveling) offered by Debbie Kavalkovich  
Sharon, Anastasia, Catherine, Albert, Patricia, Marc, new born Lucas, Luke,  
Family and Friends offered by Debbie Kavalkovich

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

**Memory for the Departed:**

Helen Wanenchak offered by the following parishioners:  
Nina Patterson, Joseph Rabik, Michael & Janine McCartney, Melanie Albrecht, M/M Al  
Kavalkovich, M/M Ken Kavalkovich, Emily Gerasimoff  
Mary Spack offered by M/M Herbert  
Judy Currier offered by M/M Herbert

**May Their Memories Be Eternal**

**Vigil Cross Candles – 3/3/19:**

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**Please remember in your prayers:**

+ Newly Departed handmaiden of God Helen Wanenchak (March 2)

Grace Corba; Ronald Kavalkovich; Margaret Pellack; Father John Bohush (retired); and all those who are serving in our Armed Forces! In addition, please keep in your prayers the following: Lucas Christopher Andrews (**newly born – Feb 8**), Allison Andrews, Christopher Andrews, grandparents Barbara and Norman Andrews, and great grandparents Catherine and Albert Kavalkovich.

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**Choir Rehearsal schedule for Lent and Pascha**

Please keep in contact with Choir Director Nina Patterson as to the schedule for choir rehearsals over the next two months. She will inform you when and where rehearsals will take place.

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

## Announcements (cont.)

### **Coffee Hour / Cleaning and Epistle / Hours Reading Schedule.**

We now have an established full rotating schedule for the Coffee Hour & Cleaning, and the Hours & Epistle Readings. The Reading schedule sheets will be posted quarterly on the bulletin board in the church basement. The Coffee Hour/Cleaning schedule is in a binder located on the display case.

### **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 (*reactivated July 2018*)
- 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 February 25 to March 3</u>	<u>February Month (Unaudited)</u>
Attendance:	30	48 (average)
Funds In:	\$ 2,199.72	\$ 10,024.72
Funds Out:	\$ 2,423.90	\$ 8,182.09
Net Surplus/(Deficit):	(\$ 224.18)	\$ 1,842.63

*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 Divine 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 Divine Liturgy.  
**3<sup>rd</sup> Sunday of each month** – Currently no permanent event is scheduled.  
**4<sup>th</sup> Sunday of each month** – Church Life Discussion Class after Divine Liturgy.

**Today, March 10 - 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 Service Schedule – March 11<sup>th</sup> to 17<sup>th</sup>**

Monday, March 11 – Saint Andrew of Crete Service beginning at 6:00PM  
Tuesday, March 12 – Saint Andrew of Crete Service beginning at 6:00PM  
Wednesday, March 13 – Saint Andrew of Crete Service beginning at 6:00PM  
Thursday, March 14 – Saint Andrew of Crete Service beginning at 6:00PM  
Friday, March 15 – The Liturgy of Presanctified Gifts beginning at 6:00PM  
Saturday, March 16 – Great Vespers beginning at 4:00PM  
Sunday, March 17 – Divine Liturgy (Orthodoxy Sunday) beginning at 10:00AM  
Sunday, March 17 – Mission Vespers Service (See below for location and details)

Any changes in the schedule or time will be announced in our parish media outlets (church bulletin, the parish website and parish FaceBook page).

### **Sunday, March 17 – Mission Service at 4:00pm.**

Saint Michael the Archangel Orthodox Church (OCA)  
2231 East Huntington Drive  
Wilmington, DE 19808 Phone #302.995.6775  
Website: <http://www.stmichael-delaware-oca.org>

### **Sunday, March 17 – Property Committee Meeting after Divine Liturgy in the Church School Room! (2<sup>nd</sup> Sunday of each month)!**

All property committee members are asked to attend the meeting. Discussions will include any follow-ups from the previous meeting; Church status from the water damage on north side of building; Hall status update; tenant situation at 2109 house; and the work performed on 2111. **RESCHEDULED FROM THIS WEEK!**

**Cleaning Teams:** Today (Mar 10): Saint Elizabeth the New Martyr (Matushka Jan Koczak, Sandra (and Sammi) Hourahan).  
Next Week (Mar 17): Saint John Kochurov (Daria LeRoy, Rick LeRoy, Michael Wanenchak).



## Sunday of Cheesefare, Expulsion of Adam from Paradise [March 10<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."