

## 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>



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

### Sunday, March 1, 2020

Tone 4 – Cheesefare Sunday | Forgiveness Sunday  
The Expulsion of Adam from Paradise  
Martyr Eudoxia of Heliopolis (ca. 160-170)

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

615 West 11th Street | New Castle, DE 19720-6020  
Phone: Home: 302.322.0943 | Mobile: 302.547.4952  
Email: [mwkoczak@gmail.com](mailto:mwkoczak@gmail.com)

Deacon – Michael McCartney      Choir Director – Nina Patterson  
Subdeacon – Daniel (Ken) Kavalkovich      Reader – Mark Klus  
Parish President - Matthew Andrews [Phone: 856.217.8075]

### Weekly Schedule

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 7 – Clean-Up Project at 2109 And 2111 Houses!

Saturday: March 7 - Great Vespers at 4:00PM!

[Daylight Saving Begins! Move clocks forward one hour!]

Sunday: March 8 – 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 8 – Property Committee Meeting after Divine Liturgy in the Church  
Basement schoolroom!

## **Texts for the Liturgical Service**

### **Troparion (Tone 4)**

When the women disciples of the Lord / learned from the angel the joyous message of thy Resurrection, / they cast away the ancestral curse / and elatedly told the apostles: / “Death is overthrown! / Christ God is risen, // granting the world great mercy!”

### **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 begun (Feb 26 to Sun, April 5).  
This campaign of peaceful vigils will occur in ALL 50 states at the same time!

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.

Please visit their website: <https://40daysforlife.com/local-campaigns/philadelphia/>  
or contact Monique Ruberu or Pat Stanton at 469.231.9084.

For other peaceful vigils around the Tri-State area, please visit their website.

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## **2020 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 Monday, 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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## **Thank you - Cleanout of the 2109 and 2111 Houses**

“Thank You” to everyone who came out yesterday to clean up the 2109 and 2111 Houses and outside properties. There’s still much to be done with the houses and outside properties, but a major dent was made in clearing debris on the properties and in order for the next phase of housecleaning to be performed. Next Saturday, March 7 is scheduled another round of clean up and repairs! Sign-up sheets are on the display counter in the church basement if you wish to assist on this parish project. Thank You!

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## **AMAZON SMILE!**

When ordering online on Amazon.com, please make sure to click on Amazon Smile and select our church - Assumption of the Holy Virgin Russian Orthodox Church - to have a small percentage of your purchases (0.5%) to be contributed to our church. For more information on the Amazon purchase process, please speak with any member of the parish council. Thank You!

## **Announcements** (cont.)

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

#### **Health for the Living:**

Family and Friends offered by Nina Patterson

Open your Eyes, See the Light, for Love in the World offered by Alex Soroka

Family and Friends offered by Joseph Rabik

Ronald, Albert, Catherine, Marc Sr, Marc Jr, Susan, John, Anastasia, Alexander offered by MM K Kavalkovich and Family

Margaret Pellack offered by Pellack Family

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

#### **Memory for the Departed:**

Helen Herbert and Reader Leonty Macalush offered by MM Herbert

Archpriest John Udics offered by MM Herbert

Archimandrite Athanasy Mastalski offered by MM Herbert

Emelie Albrecht and Julia Shuda offered by MM Herbert

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

### **Vigil Cross Candles – 3/1/20:**

One Small Votive Cross – Health of All Parishioners offered by Barbara and Norman Andrews.

One Small Votive Cross – Memory of All Parishioners offered by Herbert Family.

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#### **Please remember in your prayers:**

+ Helen Wanenchak (on the one year anniversary of her falling asleep – March 2)

Grace Corba; Danielle Brown and her unborn child; Kathy Gerty and her unborn child; Protodeacon Joseph Edwards; Ronald Kavalkovich (continuous recovery); Sheba Patton; Margaret Pellack; Fania Wanenchak; Father John Bohush (retired); and all those who are serving in our Armed Forces!

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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.



## Announcements (cont.)

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

**\*\*\*\*\*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
- 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)

Week of Sun Feb 16 to Sat Feb 22	February Month-to-Date
Attendance: 42	43 (average)
Funds In: \$ 3,881.68	\$ 8,204.47
Funds Out: (\$ 436.88) Reimbursements	\$ 8,729.56
Net Surplus/(Deficit): \$ 4,318.56	(\$ 525.09)

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 either David Pellack or Ken Kavalkovich 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

- 1st Sunday of each month** – Monthly Panikhida immediately after Divine Liturgy.
- 2nd Tuesday of each month** – Bible Study at 6:30pm in church basement.
- 2nd Sunday of each month** – Property Committee Meeting after Divine Liturgy.
- 3rd Sunday of each month** – Currently no permanent event is scheduled.
- 4th Sunday of each month** – Church Life Discussion Class after Divine Liturgy.
- 5th Sunday of each quarter** – Quarterly Parish Council Meeting after Liturgy.

### Readers Schedule:

	Today (Mar 1)	Next Week (Mar 8)
3rd Hour :	David Pellack	Matthew Andrews
6th Hour:	Matthew Andrews	Subdeacon Daniel K.
Epistle:	Subdeacon Daniel Kavalkovich	Kyra Skoog

### Fellowship Coffee Hour & Cleaning Teams:

Today (Mar 1): Saint Alexis of Wilkes-Barre [*Lenten Meal*]  
(John Spack, Debbie Kavalkovich, David Pellack).

Next Week (Mar 8): Saint Juvenaly  
(Jennifer Cantrell & Family, Ronald & Cherly Homa).

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**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!

### **2020 Lenten Service Schedule at our Parish (March 2 to March 8)**

- Monday, March 2 – Saint Andrew of Crete service at 6PM
- Tuesday, March 3 – Saint Andrew of Crete service at 6PM
- Wednesday, March 4 – Saint Andrew of Crete service at 6PM
- Thursday, March 5 – Saint Andrew of Crete service at 6PM
- Friday, March 6 – Liturgy of Presanctified Gifts at 6PM
- Saturday, March 7 – Great Vespers at 4PM
- Sunday, March 8 – Divine Liturgy at 10AM (Hours Reading at 9:30AM)
- Sunday, March 8 – **Sunday of Orthodox Mission Service at 4PM**  
Sts Peter and Paul Ukrainian Orthodox Church (UOC of the U.S.A)  
1406 Philadelphia Pike - Wilmington, DE 19809  
[www.sspeterandpauluoc.org](http://www.sspeterandpauluoc.org)

The remaining 2020 Lenten Service Schedule is provided as an insert in today’s bulletin. It will be posted on the bulletin boards in the church, and posted on the parish website and social media platforms.

**Sunday, March 8 – Property Committee Meeting after Divine Liturgy!**

**Tuesday, March 10 – Bible Study at 6:30PM in the church basement!**





## Sunday of Cheesefare, Expulsion of Adam from Paradise

[March 1st]

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."



## **2020 Lenten Schedule**

### **1st Week of Lent**

Monday, March 2, 2020 - Canon of St. Andrew of Crete - 6:00 PM  
Tuesday, March 3, 2020 - Canon of St. Andrew of Crete - 6:00 PM  
Wednesday, March 4, 2020 - Canon of St. Andrew of Crete - 6:00 PM  
Thursday, March 5, 2020 - Canon of St. Andrew of Crete - 6:00 PM  
Friday, March 6, 2020 - Liturgy of the Presanctified Gifts - 6:00 PM  
Saturday, March 7, 2020 - Great Vespers - 4:00 PM

**SUNDAY MARCH 8, 2020 - MISSION VESPER - Sts Peter and Paul Ukranian Church - 4:00PM**

**ADDRESS: 1406 Philadelphia Pike, Wilmington, DE 19809**

**WEBSITE: <http://www.sspeterandpauluoc.org>**

### **2nd Week of Lent**

**Tuesday, March 10, 2020 - Bible Study 6:30 PM**  
Wednesday, March 11, 2020 - Liturgy of the Presanctified Gifts - 6:00 PM  
Friday, March 13, 2020 - Liturgy of the Presanctified Gifts - 6:00 PM  
**Saturday, March 14, 2020 - Memorial Saturday - Divine Liturgy - 9:00 AM**  
Saturday, March 14, 2020 - Great Vespers - 4:00 PM

**SUNDAY MARCH 15, 2020 - MISSION VESPER - St. Mark's Orthodox Church - 4:00 PM**

**ADDRESS: 452 Durham Road, Wrightstown, PA 18940**

**WEBSITE: <https://www.stmarksoca.org>**

### **3rd Week of Lent**

Wednesday, March 18, 2020 - Liturgy of the Presanctified Gifts - 6:00 PM  
Friday, March 20, 2020 - Akathist - 6:00 PM  
Saturday, March 21, 2020 - Great Vespers - 4:00 PM

**SUNDAY MARCH 22, 2020 - MISSION VESPER - Holy Trinity Orthodox Church - 4:00 PM**

**ADDRESS: 1236 Juniper Street, Pottstown, PA 19464**

**WEBSITE: <https://www.holytrinitypottstown.org>**

### **4th Week of Lent**

**Wednesday, March 25, 2020 - Divine Liturgy for Annunciation of the Most Holy Theotokos - 9:00 AM**  
Friday, March 27, 2020 - Liturgy of the Presanctified Gifts - 6:00 PM  
Saturday, March 28, 2020 - Great Vespers - 4:00 PM

**SUNDAY March 29, 2020 - MISSION VESPER - St. George's Antiochian Church -  
4:00 PM**

**ADDRESS: 8210 West Chester Pike, Upper Darby, PA 19082**

**WEBSITE: <https://www.saintgeorgeupperdarby.org>**

**5th Week of Lent**

Wednesday, April 1, 2020 - Liturgy of the Presanctified Gifts - 6:00 PM

Thursday, April 2, 2020 - Canon of St. Andrew of Crete - 6:00 PM

Friday, April 3, 2020 - Akathist - 6:00 PM

Saturday, April 4, 2020 - Great Vespers - 4:00 PM

**SUNDAY APRIL 5, 2020 - MISSION VESPER –St John Chrysostom Albanian  
Church - 4:00PM**

**ADDRESS: 237 North 17th Street, Philadelphia, PA 19103**

**WEBSITE: <https://www.stjohnsphila.org>**

**6th Week of Lent**

Wednesday, April 8, 2020 - Liturgy of the Presanctified Gifts - 6:00 PM

Friday, April 10, 2020 - Vespers of Lazarus Saturday - 6:00 PM

**Saturday, April 11, 2020 - Lazarus Saturday - Divine Liturgy - 9:00 AM**

Saturday, April 11, 2020 - Great Vespers at 4:00 PM

(after Vespers - Blessing of Pussywillows and Palms)

**SUNDAY APRIL 12, 2020 - BRIDEGROOM MATINS - ST. STEPHEN'S CATHEDRAL-  
4:00 PM**

**ADDRESS: 8598 Verree Rd, Philadelphia, PA 19111**

**WEBSITE: <https://www.ststephenscathedral.org/>**

**Holy Week**

Monday, April 13, 2020 - Bridegroom Matins - 6:00 PM

Tuesday, April 14, 2020 - Bridegroom Matins - 6:00 PM

***Wednesday, April 15, 2020 - Holy Unction (Location of service – To Be  
Determined)***

**Thursday, April 16, 2020 - Holy Thursday - Vesperal Divine Liturgy of St Basil -  
9:00 AM**

Thursday, April 16, 2020 - Holy Thursday - Friday Matins with Reading of the 12 Passion  
Gospels - 6:00 PM

Friday, April 17, 2020 - Holy Friday - Vespers - 4:00 PM

Friday, April 17, 2020 - Holy Friday - Matins with Lamentations - 6:00 PM

**Saturday, April 18, 2020 - Holy Saturday - Vespers with the Divine Liturgy of St  
Basil the Great (with All 15 Readings) - 9:00 AM**

Sunday, April 19, 2020 - Pascha Service (Procession, Matins, Divine Liturgy) - 8:30 AM



Sunday, April 19, 2020 - Pascha Vespers approximately 15 minutes after the Blessing of the Easter Baskets

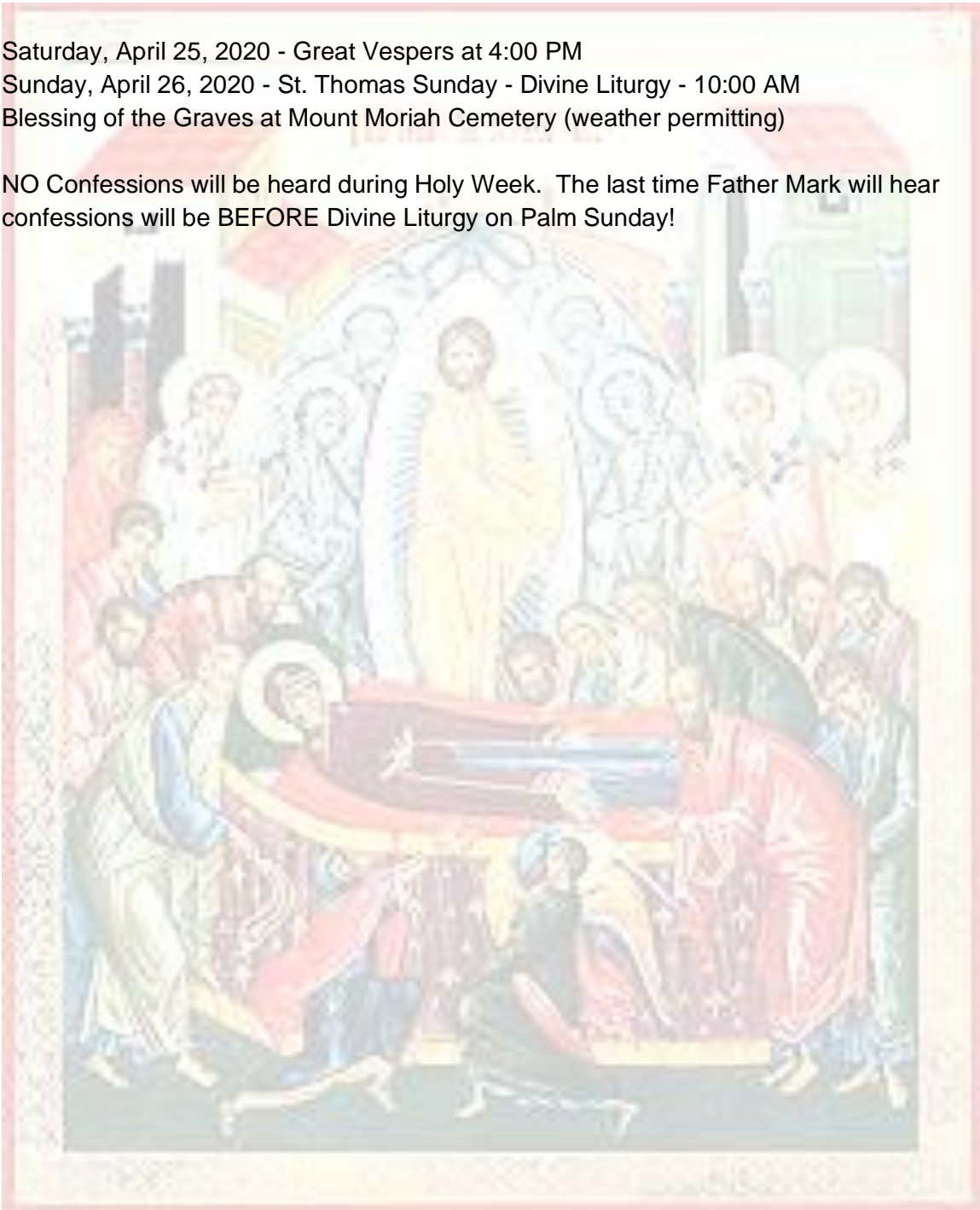
***No services at the parish during Bright Week (Monday thru Friday)***

Saturday, April 25, 2020 - Great Vespers at 4:00 PM

Sunday, April 26, 2020 - St. Thomas Sunday - Divine Liturgy - 10:00 AM

Blessing of the Graves at Mount Moriah Cemetery (weather permitting)

NO Confessions will be heard during Holy Week. The last time Father Mark will hear confessions will be BEFORE Divine Liturgy on Palm Sunday!



## **Holy Assumption Lenten Community Projects -February 29 to April 4, 2020**

### 1. Lenten Clean Up Project of 2109 S. 28th St.

The main project of the church this Lenten season is this clean-up project. We are asking parishioners to make this a priority in their Lenten giving. The old tenant left the rental home with much to do. Emily is heading up the Lenten cleanup project. Volunteers are asked to sign up on sheets in church basement and come, ready to work, **by 10AM!**

**February 28, 2020** - Emily has scheduled drain cleaning as requested by Property Committee for Friday, February 28 at 9 am. Emily will need help from one male parishioner on this day.

**February 29, 2020-2109 So. 28th Street** - Removal of carpeting in two upstairs bedrooms, living room, dining room, stairs! Disposal of old carpeting! Removing staples from wooden floors! Porch cleanup! Bathroom cleanup! Leaf removal from yard! (Bilko door repair also taking place)! Work may need to go into second Saturday.

### **March 7, 2020**

Continue work, if necessary, at 2109 S. 28th Street. Or, projects at 2111 S. 28th Street.

### **Two-week break**

**March 28 and April 4** - Church cleaning, altar cleaning, candle holder polishing, etc. and outdoor clean-up! (Weather will determine which week to do either indoor/outdoor work.) Please give of your time this lent. Please see Emily with questions and to sign the sign-up sheet.

### 2. Food Donation for Haven Women Shelter

Boxes are set up downstairs for food donations for this Service Woman Shelter. Please consider donating food items for the Women's shelter. Any questions, see Matushka Janine.

### 3. Donations for Towels and Wash cloths for Haven Women Shelter

Please consider donating for the purchase of 12 towels and 12 sets of washcloths (2 per set). The cost of both items is \$203.28. We will be putting a special collection basket out during lent for this specific donation. It will be identified as donations for Haven Women Shelter Towels. Please consider donating so that we can provide these items that were requested by the Women. Any questions, please see Matushka Janine.

### 4. Teaching Haven Women to Crochet

On March 15, 2020, Matushka Janine will be teaching the Haven Women to crochet as requested. Anyone who knows how to crochet or want to learn how to crochet is welcome to sign up. Please see Matushka Janine. Class is from 10:00 am-2:00 pm.

### 5. Crocheting Afghans for Wissahickon Hospice

We continue to crochet afghans for Hospice. Anyone who is interested in making afghans for hospice, please contact Matushka Janine.