

## Assumption of the Holy Virgin Orthodox Church

2101 South 28th St. (corner of 28<sup>th</sup> St. & Snyder Ave.)  
Philadelphia, PA 19145 \* Church Phone: (215) 468-3535  
Website: <https://www.holyassumptionphilly.org>



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

### Sunday, March 6, 2022 | Cheesefare Sunday

Tone 4 – Forgiveness Sunday  
The Expulsion of Adam from Paradise  
The Holy Forty Martyrs of Sebaste (ca. 320)

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

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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 2022 Great Lenten season**  
**is on pages 9 and 10 of this bulletin!**

Saturday:    March 12 – Great Vespers at **4:00PM**

Sunday:      March 13 – 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 13 – Property Committee meeting after Divine Liturgy  
in the Sunday School classroom

Tuesday:    March 15 – Bible Study at 6:30PM in the church basement and on ZOOM platform.  
Social Distancing will be followed

## **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!”

### **Troparion (Tone 1 – Holy 40 Martyrs)**

Through the sufferings which Thy holy Forty Martyrs endured for Thy sake, O Lord, / we beseech Thee, O Lover of ^mankind: // “Heal all of our infirmities!”

### **Kontakion (Tone 6 – Holy 40 Martyrs)**

You have abandoned all earthly armies, / cleaving to the heavenly Master, O Forty Martyrs of the Lord. / Having passed through fire and water, O blessed ones, // you have fittingly received heavenly glory and many crowns.

### **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.

### **Another Prokeimenon (Tone 5 – Holy 40 Martyrs)**

Thou, O Lord, shalt protect us / and preserve us from this generation forever.

### **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)
- v. Make a joyful noise to God, all the earth! Sing of His name, give to Him glorious praise! Alleluia (3x's) [TONE 4]

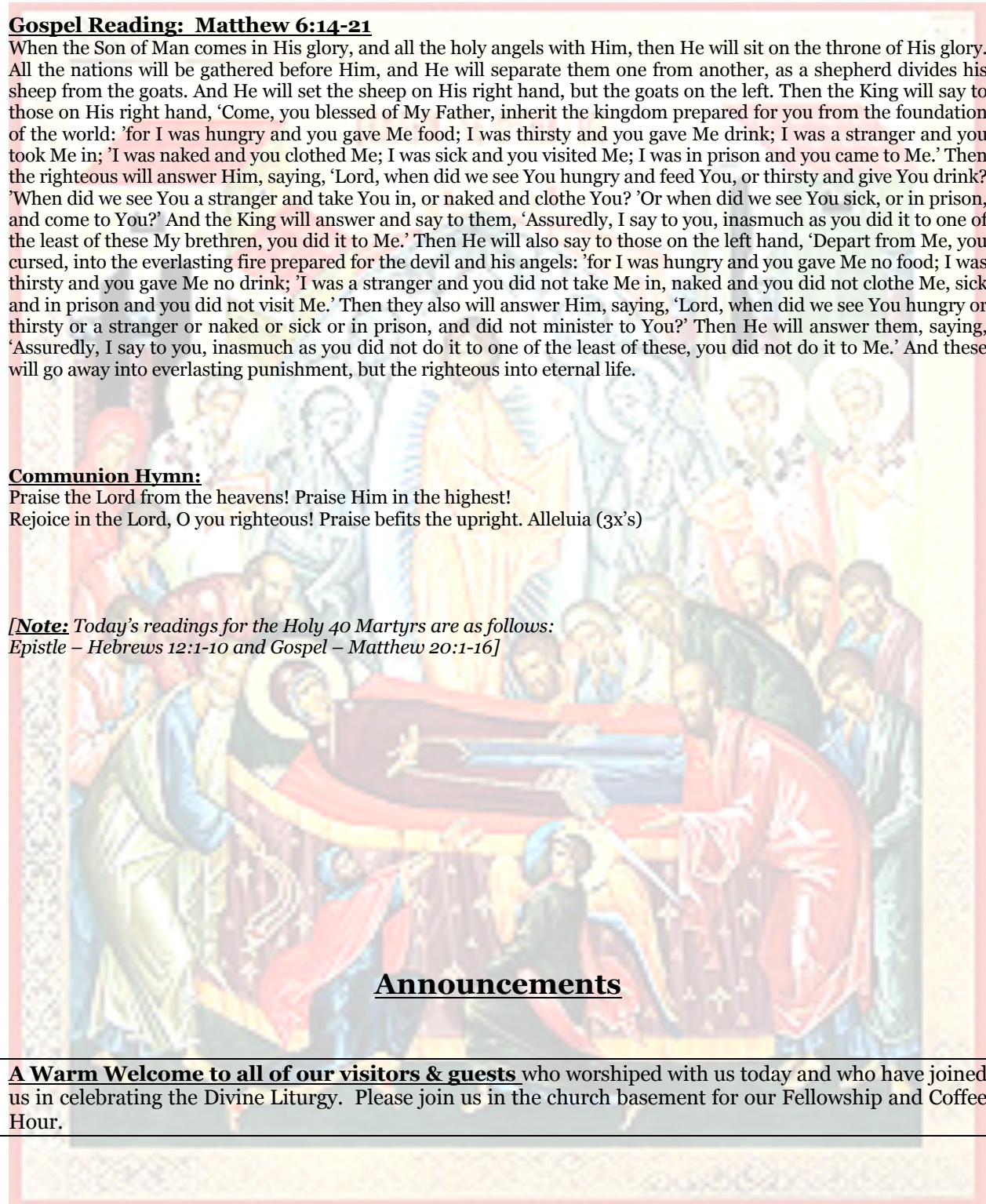
**Gospel Reading: Matthew 6:14-21**

When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory. All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides his sheep from the goats. And He will set the sheep on His right hand, but the goats on the left. Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: 'for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.' Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? 'When did we see You a stranger and take You in, or naked and clothe You? 'Or when did we see You sick, or in prison, and come to You?' And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.' Then He will also say to those on the left hand, 'Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels: 'for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer Him, saying, 'Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?' Then He will answer them, saying, 'Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.' And these will go away into everlasting punishment, but the righteous into eternal life.

**Communion Hymn:**

Praise the Lord from the heavens! Praise Him in the highest!  
 Rejoice in the Lord, O you righteous! Praise befits the upright. Alleluia (3x's)

*[Note: Today's readings for the Holy 40 Martyrs are as follows:  
 Epistle – Hebrews 12:1-10 and Gospel – Matthew 20:1-16]*



**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

### **Chandelier Cleaning – Saturday, March 26, 2022 – 9:00AM!**

We are asking for parishioners to assist with the cleaning and polishing of the chandelier. The chandelier has been cleaned only three times over the past 50 years with the last time occurring around 20 years ago (in preparation for the parish's 90<sup>th</sup> Anniversary). We need as many of our parishioners to assist with this project in order to perform the task effectively, efficiently, and within a timely matter on that date...essentially, the more hands we have, the quicker the job will be performed. Also, this cleaning will occur during Lent, where we as Orthodox Christian should be giving of our time and talents to worthy causes such as caring for our Lord's house.

A sign up sheet has been posted on the bulletin board above the food utensil table in the church basement so we know how many parishioners to expect and plan accordingly. We will also require some to provide plastic dishwashing pans, terrycloth towels, containers of glass cleaner, bottles of brass cleaner, and polishing rags. Hope you can join us and see you on Saturday, March 26 beginning at 9:00AM!

In case of Inclement weather on that Saturday, the cleaning date will then be rescheduled on a Saturday AFTER Pascha due to scheduling conflicts during Lent!

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### **Pascha Basket Candy Sale – Fundraiser for the HVAC Project**

Orders for handmade chocolate candy bars for your Pascha baskets have begun and the final day for orders to be taken is Sunday, April 3, 2022. These orders will be filled and delivered on the following dates: March 13, April 3, and April 10.

The price for each bar is \$5.00. Each bar is approximately 4 ounces. There are four different designs of chocolate candy bars to choose from: two rabbits, Noah's ark, hydrangea, or love birds.

Please see Matushka Janine for samples and for ordering

Remember, homemade chocolate candy bars for sale will be by Pre-Orders Only!!!

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### **CARDS FOR OUR TROOPS! BRING IN YOUR CHRISTMAS CARDS!**

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### **2022 House Blessing**

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 Thursday, 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.

**Please Note:** House blessing schedule will also be based upon the current State and Local Civil Authority's travel and social gathering restrictions due to the increase in Covid Omicron & Delta variants! Final House Blessing date is Today!

**Announcements** (cont.)

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

**Health for the Living:**

Family and Parishioners offered by Nina Patterson  
Anastasia and her unborn child, Colin, Alexander, Selena, Patricia, Catherine, Edward, Family and  
Friends offered by M/M K Kavalkovich

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

**Memory for the Departed:**

Herbert, Macalush, and O'Shura Families offered by M/M Herbert  
Archpriest John Bohush offered by M/M Herbert  
Deborah Archie offered by David Pellack  
Marc Ferguson Jr. offered by M/M K Kavalkovich & Family

**May Their Memories Be Eternal**

**Vigil Cross Candles – 2/27/22:**

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**Please remember in your prayers:**

Anastasia Jones & her unborn child; Heather Parsells & her unborn child; Ronald Kavalkovich (continuous recovery); Jane Kelly (recovery); Anne (Homa) Killoran (surgery); Sheba Patton (recovery); Joseph Rabik; Dr. Gale Rutan; Peter Witiak; and all those who are serving in our Armed Forces!

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**Sidewalk Repair Donations (Week of February 27)**

Sidewalk Repair Block Donation – \$0 from the Candy Sale

Sidewalk Repair Block Donation: (Memory of Grace Corba) – David Pellack

## 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. By the action taken at the Fall General Parish Meeting held on Sunday, October 10, the parish body approved that the special collection for the first three Sundays of the month be earmarked towards the repairing/fixing/replacing of the roofs of both houses that the parish owns (now known as the Row House Fund).

The fourth Sunday (and fifth, when it occurs) the special collection will be earmarked towards Charity.

This new collection schedule will begin on Sunday, October 17.

Please be generous with your offering. Every little bit counts. Thank You!

### **Cash Flow Activity (February)**

Week of Sun Feb 20 to Sat Feb 26

February Month to Date

Attendance:	44	38 (average)
Funds In:	\$ 2,405.00	\$ 5,863.87
Funds Out:	\$ 235.92	\$ 8,766.11
Net Surplus/(Deficit):	\$ 2,169.08	(\$ 2,902.24)

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

- 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** – Currently no permanent event is scheduled.
- 5<sup>th</sup> Sunday of each quarter** – Quarterly Parish Council Meeting after Liturgy.

### Readers Schedule:

	<u>Today (Mar 6)</u>	<u>Next Week (Mar 13)</u>
3 <sup>rd</sup> Hour:	Michael Wanenchak	Matthew Andrews
6 <sup>th</sup> Hour:	David Pellack	Reader Mark Klus
Epistle:	Subdeacon Daniel Kavalkovich and Michael Spack	John Spack

### Fellowship Coffee Hour & Cleaning Teams:

If you have volunteered to host coffee hour, please check which team you are on and when your Team is hosting coffee hour in the white/clear 3-ring binder which is located on the display case outside of the office room.

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Please continue to check our parish website, social media pages, and your emails regularly for updated information on the parish regarding parish services & events in February/March 2022.

**Saturday, March 12** - The Blessed Mother Olga of Alaska Book Club will meet on Saturday afternoons “BEFORE” Vespers from **2:30PM to 3:15PM**. They will be discussing the book: *Great Lent – Journey to Pascha* by Father Alexander Schmemmann.

**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!

**Tomorrow** – Beginning of Great Lenten Fast

**Sunday, March 13** – Property Committee Meeting after Divine Liturgy

**Tuesday, March 15** – Bible Study at 6:30PM in the church basement and on the ZOOM Media platform. Social distancing will be adhered to.  
[PLEASE NOTE CHANGE IN DATE TO THIRD TUESDAY DUE TO LENT]

**Sunday, April 10** – Our parish will be hosting the Lenten Mission Service!!



## Sunday of Cheesefare, Expulsion of Adam from Paradise [March 6<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."



**2022 Lenten Schedule (As of Saturday, March 5 at 10:00AM)**

**1st Week of Lent**

Monday, March 7, 2022 - Canon of St. Andrew of Crete - 6:00 PM  
Tuesday, March 8, 2022 - Canon of St. Andrew of Crete - 6:00 PM  
Wednesday, March 9, 2022 - Canon of St. Andrew of Crete - 6:00 PM  
Thursday, March 10, 2022 - Canon of St. Andrew of Crete - 6:00 PM  
Friday, March 11, 2022 - Liturgy of the Presanctified Gifts - 6:00 PM  
Saturday, March 12, 2022 - Great Vespers - 4:00 PM

**SUNDAY MARCH 13, 2022 - MISSION VESPER – TO BE DETERMINED  
ADDRESS: TO BE DETERMINED**

**2nd Week of Lent**

**Tuesday, March 15, 2022 - Bible Study 6:30 PM**  
Wednesday, March 16, 2022 - Liturgy of the Presanctified Gifts - 6:00 PM  
Friday, March 18, 2022 – Akathist (of the Theotokos) - 6:00 PM  
**Saturday, March 19, 2022 - Memorial Saturday - Divine Liturgy - 10:00 AM**  
Saturday, March 19, 2022 - Great Vespers - 4:00 PM

**SUNDAY MARCH 20, 2022 - MISSION VESPER - TO BE DETERMINED  
ADDRESS: TO BE DETERMINED**

**3rd Week of Lent**

Wednesday, March 23, 2022 - Liturgy of the Presanctified Gifts - 6:00 PM  
**Thursday, March 24, 2022 – Vespers Divine Liturgy for Annunciation  
of the Most Holy Theotokos - 6:00 PM**  
Friday, March 25, 2022 – NO SERVICES AT THE PARISH!  
**Saturday, March 26, 2022 – Chandelier Cleaning – 9:00 AM**  
Saturday, March 26, 2022 - Great Vespers - **5:00 PM [NOTE CHANGE IN TIME!!!]**

**SUNDAY MARCH 27, 2022 - MISSION VESPER - TO BE DETERMINED  
ADDRESS: TO BE DETERMINED**

**4th Week of Lent**

Wednesday, March 30, 2022 - Liturgy of the Presanctified Gifts - 6:00 PM  
Friday, April 1, 2022 - Akathist (of the Blessed Olga) - 6:00 PM  
Saturday, April 2, 2022 - Great Vespers - 4:00 PM

**SUNDAY April 3, 2022 - MISSION VESPER - TO BE DETERMINED  
ADDRESS: TO BE DETERMINED**

### 5th Week of Lent

Wednesday, April 6, 2022 - Liturgy of the Presanctified Gifts - 6:00 PM

Thursday, April 7, 2022 - Canon of St. Andrew of Crete - 6:00 PM

Friday, April 8, 2022 - Akathist - 6:00 PM

Saturday, April 9, 2022 - Great Vespers - 4:00 PM

**SUNDAY APRIL 10, 2022 - MISSION VESPER – HERE AT OUR PARISH - 4:00 PM**

**ADDRESS: HERE AT OUR PARISH**

### 6th Week of Lent

**Tuesday, April 12, 2022 - Bible Study 6:30 PM**

Wednesday, April 13, 2022 - Liturgy of the Presanctified Gifts - 6:00 PM

Friday, April 15, 2022 - Vespers of Lazarus Saturday - 6:00 PM

Saturday, April 16, 2022 - Lazarus Saturday - Divine Liturgy - 10:00 AM

Saturday, April 16, 2022 - Great Vespers at 4:00 PM

(after Vespers - Blessing of Pussywillows and Palms)

**SUNDAY APRIL 17, 2022 - BRIDEGROOM MATINS - ST. STEPHEN'S CATHEDRAL- 4 PM**

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

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

### Holy Week

Monday, April 18, 2022 - Bridegroom Matins of Holy Tuesday - 6:00 PM

Tuesday, April 19, 2022 - Bridegroom Matins of Holy Wednesday - 6:00 PM

**Wednesday, April 20, 2022 – Matins & Holy Unction – St Stephen's Cathedral – Time: TBD**

Thursday, April 21, 2022 - Holy Thursday - Vespersal Divine Liturgy of St Basil - 10:00 AM

Thursday, April 21, 2022 - Holy Thursday - Friday Matins Reading of 12 Passion Gospels –6PM

Friday, April 22, 2022 - Holy Friday – Vespers (Burial Service) - 3:00 PM

Friday, April 22, 2022 - Holy Friday - Matins of Holy Saturday with Lamentations - 4:00 PM

**Saturday, April 23, 2022 – Holy Saturday – Chrismation Service for James – 9:30 AM**

Saturday, April 23, 2022 - Holy Saturday - Vespers with the Divine Liturgy of St Basil the Great  
(with ALL 15 Old Testament Readings) - 10:00 AM

Sunday, April 24, 2022 - Pascha Service (Procession, Matins, Divine Liturgy) - 8:30 AM

Sunday, April 24, 2022 - Pascha Vespers approximately 15 minutes after the Blessing of the  
Easter Baskets in the church basement

### Bright Week

Monday, April 25, 2022 – Bright Monday Divine Liturgy (Procession & Water Blessing) – 10 AM

Saturday, April 30, 2022 - Great Vespers at 4:00 PM

Sunday, May 1, 2022 - 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!