

## Assumption of the Holy Virgin Orthodox Church

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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 17, 2024 | Cheesefare Sunday

Tone 8 – Forgiveness Sunday  
The Expulsion of Adam from Paradise  
Saint Patrick, Bishop of Armagh, Enlightener of Ireland (ca. 461)

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

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

### Weekly Schedule

Today:      Forgiveness Sunday Vespers right after Divine Liturgy!

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

Service Schedule for the 2024 Great Lenten season is enclosed in this bulletin. [NOTE: as of last night, location of Mission Services from 2<sup>nd</sup> Sunday to 5<sup>th</sup> Sunday haven't been determined]

Saturday:    March 23 – Great Vespers at **4:00PM**

Sunday:      March 24 – First Sunday of Great Lent! Sunday of Orthodoxy!  
Reading of Hours – 9:30am  
Divine Liturgy – **10:00am**  
*Fellowship Coffee Hour to follow the Readers Service*

Monday:     March 25 – Vespers Divine Liturgy at **10:00AM**  
for the Annunciation of the Most Holy Theotokos

## 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 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)

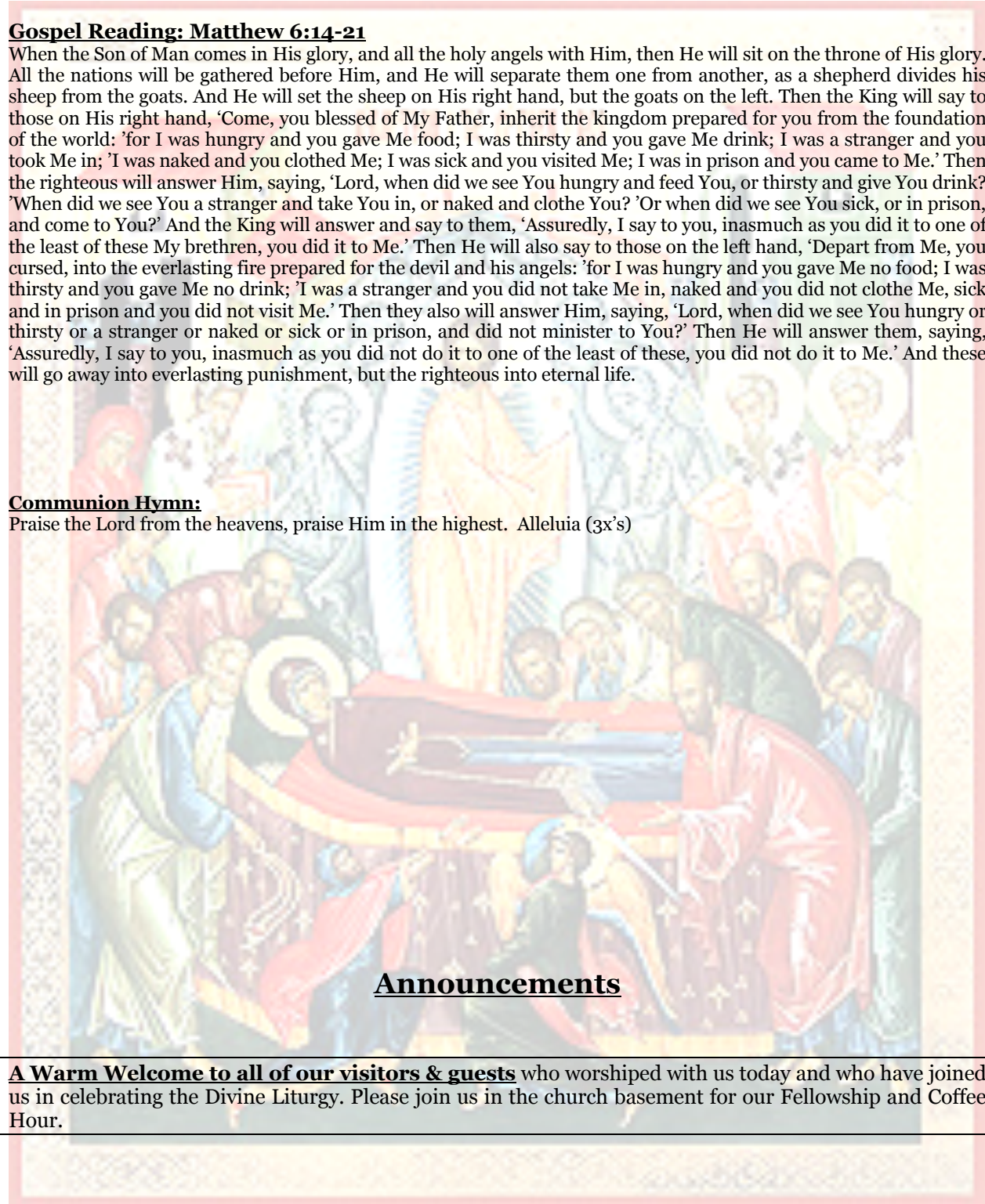
- v. It is good to give thanks to the Lord, to sing praises to Thy Name, O Most High. Alleluia (3x's)
- v. To declare Thy mercy in the morning, and Thy truth by night. Alleluia (3x's)

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

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. Alleluia (3x's)



**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

## Great Lent: It's Meaning For Orthodox Christians by V. Rev. Alexander Schmemmann

### **Forgiveness** (Cheese Fare Sunday)

This is the last day before Lent. Its liturgy develops three themes:

(a) **“the expulsion of Adam from the paradise of bliss”**. Man was created for paradise – for knowledge of God and communion with Him. His sins have deprived him from this blessed life and his existence on earth is an exile. Christ, the god man, opens the doors of Paradise to every one who follows Him and the Church is our guide to the heavenly fatherland.

(b) Our fast must not be hypocritical, a show off. We must “appear not unto men to fast, but unto our Father who is in secret” (cf. Sunday lesson from Matthew 6:14-21).

(c) The condition for such real fasting is that we **forgive each other** as God forgives us – “If you forgive men their trespasses, your Heavenly Father will also forgive you...”

On the evening of this day, at Vespers, Lent is inaugurated with the Great Prokimenon: “Turn not away Thy face from Thy servant, for I am in trouble; hear me speedily. Attend to my soul and deliver it.” At the end of the service, the faithful ask forgiveness from one another and the Church begins her pilgrimage towards the joyful and glorious day of Easter.

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### Votive Vigil Cross Candles Scheduling

We are scheduling to have the votive vigil cross candles lit for services during the Lenten season. There is a sign-up sheet located at the candle desk in the Vestibule.

Either 1 Large or 2 Small candles per each votive vigil cross candles can be reserved

As of this morning, the following dates and cross sizes have been reserved...

- \* Forgiveness Sunday (Today) = Both Crosses are Available
- \* Sunday of Orthodoxy (Sunday, March 24) = Both Crosses are Available
- \* Saint Gregory of Palamas (Sunday, March 31) = Both Crosses are Available
- \* Veneration of the Cross (Sunday, April 7) = Both Crosses are Available
- \* Saint John Climacus (The Ladder) (Sunday, April 14) = Both Crosses are Available
- \* Saint Mary of Egypt (Sunday, April 21) = Both Crosses are Available
- \* Palm Sunday (Sunday, April 28) = Both Crosses are Available
- \* Holy Thursday (Thursday, May 2) = BOTH Large Crosses are Reserved!
- \* Holy Friday (Friday, May 3) = Both Crosses are Available
- \* Holy Saturday (Saturday, May 4) = Both Crosses are Available
- \* PASCHA (Sunday, May 5) = Both Crosses are Available
- \* Saint Thomas Sunday (Mother's Day) (May 12) = Both Crosses are Available

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### 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** (cont.)

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

**Health for the Living:**

Emily Gerasimoff offered by Nina Patterson  
Emily Gerasimoff offered by Catherine Kavalkovich  
Family and Parishioners offered by Catherine Kavalkovich  
Lauren Phillips offered by Nina Patterson  
Family and Friends offered by Reader David Pellack

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

**Memory for the Departed:**

Mary S. Herbert, Elizabeth Warholek offered by Herbert Family  
Martha Stanfenik, Peter Harahus offered by Herbert Family  
Michael and Ann Zuzulock offered by the Reader David Pellack

**May Their Memories Be Eternal!**

**Vigil Cross Candles – 3/10/24**

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**Please remember in your prayers:**

+ Newly Departed Handmaiden of God Mary S. Herbert who fell asleep in the Lord on Sunday morning, February 4, 2024. May Her Memory Be Eternal!  
Vetchnaya Pamyat!

Emily Gerasimoff; Jane Kelly; Anne (Homa) Killoran; Justine McCann and her unborn child; Sheba Patton; Peter Witiak; and all those who are serving in our Armed Forces!

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## 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 back on Sunday, October 10, 2021, 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 began back on Sunday, October 17, 2021.  
Please be generous with your offering. Every little bit counts. Thank You!

### **Cash Flow Activity (March)**

<u>Week of Sun Mar 3 to Sat Mar 9</u>	<u>March Month to date</u>
Attendance: 42	42 (average)
Funds In: \$ 1,946.00	\$ 1,946.00
Funds Out: \$ 2,709.16	\$ 4,292.50
Net Surplus/(Deficit): (\$ 763.16)	(\$ 2,346.50)

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

## **2024 Monthly/Quarterly Schedule**

- 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 on ZOOM media platform.
- 4<sup>th</sup> Thursday of each month** – Book Club at 6:30pm on ZOOM media platform.
- 5<sup>th</sup> Sunday of each quarter** – Quarterly Parish Council Meeting after Liturgy.

### **Readers Schedule:**

	<u>Today (Mar 17)</u>	<u>Next Week (Mar 24)</u>
3 <sup>rd</sup> Hour:	Reader Mark Klus	Dr. David Albrecht
6 <sup>th</sup> Hour:	N/A	Simon Herbert
Epistle:	Reader Mark Klus	Simon Herbert

### **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 on the calendar printout which is located in the white/clear 3-ring binder 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 March 2024.**

**Sunday, March 17 - 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 Lent - Lenten Services here at the Parish!**

- Monday, March 18 – Canon of Saint Andrew of Crete at 6:00PM
- Tuesday, March 19 – Canon of Saint Andrew of Crete at 6:00PM
- Wednesday, March 20 – Canon of Saint Andrew of Crete at 6:00PM
- Thursday, March 21 – Canon of Saint Andrew of Crete at 6:00PM
- Friday, March 22 – Liturgy of Presanctified Gifts at 6:00PM

### **Sunday, March 24 – Vesper Mission Service – 4:00PM**

Saint Stephens Orthodox Cathedral located at 8598 Verree Road in Philadelphia, PA Phone: 215.745.3232 (Rectory) | Website: <https://www.ststephenscathedral.org>

**Monday, March 25 – Divine Liturgy at 10:00AM for The Annunciation of our Most Holy Lady Theotokos and Ever-Virgin Mary**



## Sunday of Cheesefare | Expulsion of Adam from Paradise [March 17<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."