

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: <https://www.holyassumptionphilly.org>



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

Sunday, March 2, 2025

Tone 3 – Cheesefare Sunday | Forgiveness Sunday
The Expulsion of Adam from Paradise
Hieromartyr Theodotus, Bishop of Cyrenia (ca. 320)

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 2025 Great Lenten season is enclosed within this bulletin! [NOTE: as of last night, location of Mission Services from 1st Sunday to 4th Sunday have not yet been determined]

Saturday: March 8 – Great Vespers at **4:00PM**

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

Sunday: March 9 – Lenten Mission Vespers Service: TBD

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 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.

Sunday, April 6 – Our parish is hosting the Lenten Mission Service!!

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

2025 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 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.

From March 5 until April 13 – The 40 Days for Life Spring Vigil

The campaign is a peaceful vigil. They are 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://www.40daysforlife.com> for a campaign location near your area.

Charity Committee - Parish Great Lenten Charity Project

As of the printing of this bulletin, there has yet to be a solicitation from the OCA, our Diocese, or a designated beneficiary assigned by our parish Charity Committee for any type of charity project for the Great Lent season. However, the Charity Committee would like to remind the parishioners that there is an ongoing charity collection year-round where the committee is accepting canned goods, boxed foods, personal hygiene products, toiletries, cleaning supplies, and seasonal clothing that will be donated to one of the food pantry and/or homeless shelters. Thank You for your generosity as always!

Ancient Faith Ministries Podcast – At the Intersection of East and West

Needing something to do this Great Lenten season to bring you closer to Christ. How about listening to a podcast on the Ancient Faith Ministries website. *At The Intersection of East And West* is a podcast hosted by Deacon Michael Hyatt, who serves at Saint Ignatius Antiochian Orthodox Church in Franklin, TN.

Deacon Michael has an eight-part series titled Great Lent, a detailed discussion of Father Alexander Schmemmann's book *Great Lent: Journey to Pascha*, which was recorded back during the 2010 Lenten season.

The link to Deacon Michael's podcast on Ancient Faith Ministries website is below:

<https://www.ancientfaith.com/podcasts/eastwest/>

Once on the site, type in the word 'Lent' in the search episodes box, click on the yellow "Search" box, and then scroll through the three pages to select the Great Lent episodes from Part One to Part Eight (date range is from January 25, 2010 to March 24, 2010).

Announcements (cont.)

Candles and Prayers for the Faithful and Departed

Health for the Living:

Natalie Patterson-Nedbal offered by Nina Patterson
The Walker-Brack Families offered by the Reader David Pellack

May God Grant Them Many Blessed Years!

Memory for the Departed:

May Their Memories Be Eternal!

Vigil Cross Candles – 2/23/25

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Please remember in your prayers:

Natalie Patterson-Nedbal and her unborn child; Darcy Stafford and her unborn child; Catherine Kavalkovich; Jane Kelly; Anne (Homa) Killoran; Fania Wanenchak 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 (February)

Week of Sun Feb 16 to Sat Feb 22

February Month to Date

Attendance:	32	39 (average)
Funds In:	\$ 9,425.82	\$28,251.82
Funds Out:	\$ 284.36	\$ 8,270.64
Net Surplus/(Deficit):	\$ 9,141.46	\$19,981.18

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 will help support the parish's Charity projects at no additional expense to the purchaser.

Calendar of Events

2025 Monthly/Quarterly Schedule

- 1st Sunday of each month** – Monthly Panikhida immediately after Divine Liturgy.
- 2nd Tuesday of each month** – Bible Study at 6:30pm on ZOOM media platform.
- 4th Thursday of each month** – Book Club at 6:30pm on ZOOM media platform.
- 5th Sunday of each quarter** – Quarterly Parish Council Meeting after Liturgy.

Readers Schedule:

	<u>Today (Mar 2)</u>	<u>Next Week (Mar 9)</u>
3 rd Hour:	To Be Determined	To Be Determined
6 th Hour:	To Be Determined	To Be Determined
Epistle:	To Be Determined	To Be Determined

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.

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 2025

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.

Sunday, March 2 - 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!

The 2025 Lenten Schedule will be made available in the bulletin, posted in the vestibule, on the bulletin boards in the church basement, and on the parish website once they are finalized and by next Sunday!!

PLEASE NOTE: Depending on Father Mark’s schedule and how well he is feeling, there may be updates and adjustments to the Lenten Schedule. It is the Parishioners responsibilities to check their emails, text messages, parish website, and Facebook page to any changes made to the schedule before attending one of the services. Thank You!



Sunday of Cheesefare, Expulsion of Adam from Paradise [March 2nd]

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."

The 2025 Lenten Schedule Service at the Parish is included on pages 9 and 10.

2025 Lenten Schedule

1st Week of Lent

Monday, March 3, 2025 - Small Compline and Canon of St. Andrew of Crete - 6:00 PM
Tuesday, March 4, 2025 - Small Compline and Canon of St. Andrew of Crete - 6:00 PM
Wednesday, March 5, 2025 - Small Compline and Canon of St. Andrew of Crete - 6:00 PM
Thursday, March 6, 2025 - Small Compline and Canon of St. Andrew of Crete - 6:00 PM
Friday, March 7, 2025 - Liturgy of the Presanctified Gifts - 6:00 PM
Saturday, March 8, 2025 - Great Vespers - 4:00 PM

Sunday, March 9, 2025 - MISSION VESPER - CHURCH - 4:00 PM [\[To Be Determined\]](#)

ADDRESS:

WEBSITE:

2nd Week of Lent

Tuesday, March 11, 2025 - Bible Study - 6:30 PM [Through ZOOM media platform only]
Wednesday, March 12, 2025 - Liturgy of the Presanctified Gifts - 6:00 PM
Friday, March 14, 2025 - Akathist (of the Theotokos) - 6:00 PM
Saturday, March 15, 2025 - Memorial Saturday - Divine Liturgy - 9:30 AM [First Half of Names]
Saturday, March 15, 2025 - Great Vespers - 4:00 PM

Sunday, March 16, 2025 - MISSION VESPER - CHURCH - 4:00 PM [\[To Be Determined\]](#)

ADDRESS:

WEBSITE:

3rd Week of Lent

Wednesday, March 19, 2025 - Liturgy of the Presanctified Gifts - 6:00 PM
Friday, March 21, 2025 - Liturgy of the Presanctified Gifts - 6:00 PM
Saturday, March 22, 2025 - Great Vespers - 4:00 PM

Sunday, March 23, 2025 - MISSION VESPER - CHURCH - 4:00 PM [\[To Be Determined\]](#)

ADDRESS:

WEBSITE:

4th Week of Lent

Tuesday, March 25, 2025 - Divine Liturgy for Annunciation of the Most Holy Theotokos - 9:30 AM

Wednesday, March 26, 2025 - Liturgy of the Presanctified Gifts - 6:00 PM

Thursday, March 27, 2025 – Book Club – 6:30PM [Through ZOOM media platform only]

Friday, March 28, 2025 - Akathist (of the Blessed Olga) - 6:00 PM

Saturday, March 29, 2025 - Memorial Saturday - Divine Liturgy - 9:30 AM [Second Half of Names]

Saturday, March 29, 2025 - Great Vespers - 4:00 PM

Sunday, March 30, 2025 - MISSION VESPER - CHURCH - 4:00 PM [\[To Be Determined\]](#)

ADDRESS:
WEBSITE:

5th Week of Lent

Wednesday, April 2, 2025 - Liturgy of the Presanctified Gifts - 6:00 PM
Thursday, April 3, 2025 - Canon of St. Andrew of Crete - 6:00 PM
Friday, April 4, 2025 - Akathist (To Be Determined) - 6:00 PM
Saturday, April 5, 2025 - Great Vespers - 4:00 PM

Sunday, April 6, 2024 - MISSION VESPER – TO BE HELD AT OUR PARISH - 4:00 PM

ADDRESS: 2101 South 28th St (Corner of 28th St & Snyder Ave) | Philadelphia, PA 19145

WEBSITE: <https://www.holvassumptionphilly.org> [OCA Parish]

6th Week of Lent

Tuesday, April 8, 2025 - Bible Study - 6:30 PM [Through ZOOM media platform only]
Wednesday, April 9, 2025 - Liturgy of the Presanctified Gifts - 6:00 PM
Friday, April 11, 2025 - Vespers of Lazarus Saturday - 6:00 PM
Saturday, April 12, 2025 - Lazarus Saturday - Divine Liturgy - 9:30 AM
Saturday, April 12, 2025 - Great Vespers at 4:00 PM (Blessing of Pussywillows & Palms)

Sunday, April 13, 2025 - BRIDEGROOM MATINS -ST. STEPHEN CATHEDRAL- 4 PM

ADDRESS: 8598 Verree Road | Philadelphia, PA 19111

WEBSITE: <https://www.ststephenscathedral.org/> [OCA Parish]

Holy Week

Monday, April 14, 2025 - Bridegroom Matins of Holy Tuesday - 6:00 PM
Tuesday, April 15, 2025 - Bridegroom Matins of Holy Wednesday - 6:00 PM
Wednesday, April 16, 2025 - Matins and Holy Unction - Location & Time: TBD
Thursday, April 17, 2025 - Holy Thursday - Vesperal Divine Liturgy of St Basil - 9:30 AM
Thursday, April 17, 2025 - Holy Thursday - Friday Matins (Read 12 Passion Gospels) - 6:00 PM
Friday, April 18, 2025 - Holy Friday - Vespers (Burial of Service) - 3:00 PM
Friday, April 18, 2025 - Holy Friday - Matins of Holy Saturday with Lamentations- 4:00 PM
Saturday, April 19, 2025 - Holy Saturday - Vespers with the Divine Liturgy of St Basil the Great (with All 15 Old Testament Readings) - 9:00 AM
Sunday, April 20, 2025 - Pascha Service (Procession, Matins, Divine Liturgy) – 8:30AM
Sunday, April 20, 2025 - Pascha Vespers approximately 15 minutes after the Blessing of the Easter Baskets in the church basement

Bright Week

Monday, April 21, 2025 - Bright Monday Divine Liturgy **[NO Service at the Parish!!]**
Saturday, April 26, 2025 - Great Vespers - 4:00 PM
Sunday, April 27, 2025 - St. Thomas Sunday - Divine Liturgy - 9:30 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!