



St. Vladimir Orthodox Church

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SUNDAY OF CHEESEFARE: EXPULSION OF ADAM FROM PARADISE February 26, 2023

TROPARION, KONTAKION & PROKEIMENON

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

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.

LITURGICAL COMMEMORATION

Sunday of Cheesefare: Expulsion of Adam from Paradise

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...”

EPISTLE & GOSPEL READINGS

Epistle: 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.

Gospel: 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.

SERVICES

Service Schedule for the week of February 26

Sunday February 26 – 9:45 AM Hours, 10:00 AM Divine Liturgy followed by Forgiveness Sunday prayers, then Coffee Hour in Daria Hall

Monday February 27 – Beginning of Great Lent 7:00 PM Great Canon of St. Andrew of Crete

Tuesday February 28 – 7:00 PM Great Canon of St. Andrew of Crete

Wednesday March 1 - 7:00 PM Great Canon of St. Andrew of Crete

Friday March 3 – 8:30 AM Confession, 9:30 AM Pre-Sanctified Liturgy followed by Confession

Saturday March 4 – 5:00 PM Vespers followed by Confession

Sunday March 5 – 9:45 AM Hours, 10:00 AM Divine Liturgy followed by Coffee Hour in Daria Hall

DONATIONS

Weekly Giving

February 19 – 55 adults, 17 youth, \$3,122

PARISH ANNOUNCEMENTS

This is the last Sunday we will be collecting donations for the Diocese of Sitka and Alaska: During the four Sundays in February, a collection basket will be behind the pews to collect donations for the struggling Alaska Diocese. Cash or checks (payable to St Vladimir Orthodox Church) will be accumulated, and one check for all donations collected will be sent to the Diocese at the end of the month from the parishioners of our church. **Envelopes for your donation are available at the candle desk.** After today, parishioners may donate directly to the Diocese. Any questions please see Father Volodymyr or a member of the Parish Council.

The Ladies Altar Society is creating and publishing our first Parish Cookbook – with your help! We are interested in your favorite recipes, ethnic recipes, recipes from your grandparents, parents, children, relatives and friends, and Lenten recipes. They can include Appetizers, Main Meals, Side Dishes, Soup, Salad, Dessert, and Beverages. In addition to recipes, the Cookbook will include a Helpful Hints section. In order for the Cookbook to be a success, we will need many recipes! Each recipe should include your name, who you may have received the recipe from, and your phone number (phone number is only if we have questions and will not be published in the Cookbook). Please give your recipes to Alla Strauss, Melody Stavisky, or Nancy Mitsos. Thank you!

A Parish "Directory" with photos and identifying names of all parishioners is in the works. This will help us all with "putting a face to the name"! A camera will be set up in Daria Hall, and when you are in attendance with your family members please make a point to get your picture taken. John Cassar and Awet Tesfa are leading this project.

Gallons of spring water are needed for Coffee Hour. Please bring your donation of water to Daria Hall. The water is used for tea and coffee. Thank you!

Catechism classes are being held every Thursday evening at 7:00 PM in the church basement through March 16. Classes will be taught on a rotating schedule by Father Volodymyr, John Cassar, Herman Meyer, and Alan Berck. Everyone is invited to attend, but classes are mandatory for those wishing to convert to Orthodoxy. Classes will be finished before Pascha, at which time the Catechumens will schedule services to become Orthodox.

BIRTHDAYS THIS WEEK

Svetlana Sosedov – February 27

Panayiota Dorvil – February 27

Bill DiCicco – February 28

Lourdes Montiel – February 28

Betty Kavchok – February 29

Matushka Mary Shafran – March 3

Vera Pschenyczny – March 3

Have a blessed birthday and may God grant you many years!

If you do not see your birthday listed above during your birthday week, please let Darice know and she will add it to the schedule!

COFFEE HOUR SCHEDULE

Please remember the Coffee Hour Helpers do not normally bring any refreshments for Coffee Hour, but are there to assist in setting up for Coffee Hour. The host/hostess is responsible for bringing whatever refreshments they wish to serve – if desserts are needed please let the Helper know ahead of time as there are desserts in the freezer that may be used. Host/Hostess is responsible for setting up in the morning starting at 9:00 AM, with guidance from the Helper, and for cleaning up after Coffee Hour including washing and drying dishes, and taking out the trash. If you have any questions please contact Melody Stavisky, Alla Strauss, or the Helper assigned to your Coffee Hour date. Thank you!

Feb. 26 NO MEAT Sami Bachir, Nancy Mitsos
Mar. 5 FAST Matthew & Nana Barrett, Darice Keyes
Mar. 12 FAST Awet Tesfa, Nebiat Tesfa
Mar. 19 FAST Alan & Mimi Berck, Francine & Herman
Mar. 26 FAST John Cassar, Nina Laushell
April 2 FAST Anne Cheslock, Nancy Mitsos
April 9 FAST Francine Brady, Herman Meyer, Alla Strauss
April 16 PASCHA – No Coffee Hour
April 23 Madeleine Sekulich, Mark McDevitt, Nancy Mitsos
April 30 Fiyori Habtesilasse, Awet Tesfa
May 7 Betty Kavchok, Nancy Mitsos
May 14 Nina Schmidt, Alla Strauss
May 21 Aftan Chowansky, Nina Laushell
May 28 Christina DiDonato, Francine Brady & Herman Meyer
June 4 Darice Keyes, Nancy Mitsos
June 11 Bill & Margie DiCicco, Chris Kasmer, Nina Laushell
June 18 FAST Timothy & Valeria Srock, Awet Tesfa
June 25 FAST Alla & Perry Strauss, Christine Waite
July 2 Alex & Brittani Brasowski, Melody Stavisky
July 9 Jessica & Blake Kilgore, Darice Keyes
July 16 ST. VLADIMIR FEAST DAY BANQUET
July 23 Karina Kotelnicki, Nina Laushell
July 30 Tyler Burger, Francine & Herman
Aug. 6 FAST Mihaela & Tiberiu Milosav, Alla Strauss
Aug. 13 FAST Herman Meyer, Francine Brady
Aug. 20 Alex & Rebeca Medina, Awet Tesfa
Aug. 27 Olga & James Bates, Darice Keyes
Sept. 3 Tahara & Germain Ortiz, Alla Strauss
Sept. 10 Monia & James Pitra, Darice Keyes
Sept. 17 Gabriela & Virgiliu Plesa, Nina Laushell
Sept. 24 ANNUAL PARISH PICNIC

Oct. 1 Guy Radcliffe, Francine & Herman
Oct. 8 Mary Reiling, Alla Strauss
Oct. 15 Lynne Sheedy, Nancy Mitsos
Oct. 22 Ramazi Shubitize, Awet Tesfa
Oct. 29 Nina Laushell, Darice Keyes
Nov. 5 Walter & Tanya Tribbey, Francine & Herman
Nov. 12 Vera Pschenyczny, Alla Strauss
Nov. 19 FAST Nancy Mitsos, Darice Keyes
Nov. 26 FAST Gebrekvistas Amleset, Awet Tesfa
Dec. 3 FAST Ilonica & Corneliu Balasa, Nina Laushell
Dec. 10 FAST Victoria Baranava, Nancy Mitsos
Dec. 17 FAST Paula & Ludwig Koerte, Darice Keyes
Dec. 24 FAST Father Volodymyr & Matushka Oksana, Alla Strauss
Dec. 31 Paul & Patti Denko, Francine & Herman
Jan. 7 '24 Alex Godun, Nina Laushell