May we all take advantage of the wonderful opportunity for healing that the Church provides for us during



The Great Fast



ST. JOHN THE EVANGELIST ANTIOCHIAN ORTHODOX CHURCH

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HIS EMINENCE METROPOLITAN SABA , ARCHBISHOP OF NEW YORK AND

METROPOLITAN OF ALL NORTH AMERICA
HIS GRACE BISHOP THOMAS, AUXILIARY BISHOP OF THE DIOCESE
OF CHARLESTON, OAKLAND, AND MID-ATLANTIC

REVEREND FATHER SERAPHIM MOSLENER

Jesus said, "If anyone loves Me, he will keep My Word; and My Father will love him, and We will come to him and make Our home with him. (John 16:23) When a new person is baptized or Chrismated we say to that person, "Welcome Home!" The Church is where each person voluntarily belongs as one who believes in and belongs to Christ.

We take this opportunity to welcome those guests worshiping with us.

Anyone wishing to request prayers for Health and Well-being, or a Trisagion prayer, please contact Fr. Seraphim

The Orthodox Church understands that the sacraments we experience are a fundamental part of the sacred life of a worshiping community that shares in "one body...one faith". (Eph. 4:5). Thus, we can only share Communion with those who are Orthodox and who have prepared themselves by prayer, fasting and Confession. If you are not Orthodox, or are not properly prepared, you are welcome to come forward and receive a blessing and then to take a piece of the blessed bread.

DIVINE LITURGY ON SUNDAY, MARCH 02, 2025

Tone 3 / Eothinon 3

SUNDAY OF FORGIVENESS (CHEESE FARE)

Martyr Hesychios the Senator; Theodotos, bishop of Cyrene in Cyprus;

Virgin-martyr Euthalia of Sicily

RESURRECTIONAL APOLYTIKION IN TONE THREE

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

APOLYTIKION OF ST. JOHN THE EVANGELIST

O beloved Apostle of Christ God, Come quick and save a people with no recourse. He who let you rest your head on his breast, Will not reject your pleas on our behalf. Beseech Him then, O wise and holy Theologian, Dispel from us the dark and ominous clouds of disbelief. Grant us his peace and great mercy.

KONTAKION FOR FORGIVENESS SUNDAY IN TONE SIX

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

ANTIOCHIAN WOMEN OF THE EAST

2025 NAB PROJECT

" CELEBRATE AND INCREASE THE ENDOWMENT FUND FOR OUR

BELOVED WIDOWED CLERGY WIVES. "

Place your DONATION in the collection plate.

Your generosity is greatly appreciated!

THE EPISTLE

(For Sunday of Forgiveness)

Sing praises to our God, sing praises.

Clap your hands, all ye nations.

The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. 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 be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

THE GOSPEL

(For Sunday of Forgiveness)

The Reading from the Holy Gospel according to St. Matthew. (6:14-21)

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will

vour heart be also.

THE SYNAXARION

On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.

Verses

Let the world mourn bitterly along with ages past;

As, by sweet eating, it hath fallen along with those who had fallen.

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments. By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.

FOR FORGIVRNESS SUNDAY (Lenten Vesper Stichera)

Let us all hasten to the subjugation of the flesh by abstinence, as we approach the divine battlefield, the battlefield of blameless fasting. Let us pray to the Lord, our Savior, in tears and prayers, turning away completely from sin, and crying, "We have sinned against Thee, O Christ, the King. Save us, therefore, as of old Thou didst save the people of Nineveh; and make us partakers of Thy heavenly kingdom, O compassionate One."

If I were to imagine all my sins deserving all punishment, I would despair of myself, O Lord Savior; for by them have I disobeyed Thy noble commandment, wasting my life in extravagance. Wherefore, I beseech Thee to purify me with Thy showers of forgiveness, and lighten me with fasting and supplication; for Thou alone art compassionate; and reject me not, O all-bountiful and of transcendent goodness.

Let us begin the season of fasting with rejoicing, giving ourselves to spiritual strife, purifying soul and body, fasting from passions, as we fast from foods, faring on the virtues of the Spirit, which, if we continue to long for, we shall all be worthy to behold the most solemn Passion of Christ, and the holy Passover, rejoicing with spiritual joy.

MARCH SERVICES

March 1st Saturday— Great Vespers 5PM

March 2nd Sunday —- CHEESE FARE/FORGIVENESS SUNDAY

Matins 9AM / Divine Liturgy 10AM FORGIVENESS VESPERS TO FOLLOW D.L.

MARCH 3rd MONDAY — Great Compline with Great Canon of St. Andrew @ 6PM

March 4th/Tuesday — Great Compline with Great Canon of St. Andrew @ 6PM

March 5th Wednesday — Presanctified Liturgy @ 6PM followed by a light meal.

March 6th Thursday — Great Compline with Great Canon of St. Andrew @ 6PM

March 7th Friday — Little Compline w/ Akathist @ 6PM

March 8th Saturday— Great Vespers 5PM

March 9th Sunday — <u>SUNDAY OF ORTHODOXY</u>

Matins 9AM / Divine Liturgy 10AM PROCESSION OF THE ICONS at end of Divine Liturg

COUNCIL MEETING @ 12 NOON

March 12th Wednesday — Presanctified Liturgy @ 6PM followed by a light meal.

March 14th Friday — Little Compline w/Akathist @ 6PM

March 15th Saturday — Community Breakfast 8:30-10:30 AM

Great Vespers 5PM

Prayers are offered for the health and well-being of:.

Fr. Steven, Kh. Paraskeva, Carol, Debbie, Shannon, Justin, Harriet, Cindi, Sassic Family, Jan, Fr. Andrew, Frank, Charlene, Trish, Cindy, Joann, Ray, Marlene, George, Julianna, Lori, Oliver. Kevin, Pauline, Despina and Julius.

Catechumens Breana, Jessica, Nicholas

For Thou are the Resurrection, the Life, and the Repose of Thy servants who have fallen asleep especially:

Prayers are offered in memory of Ann (ND)

THOUGHT FOR THE DAY

"We forgive them that trespass against us." This means not to fell against our neighbor who has been guilty towards us)intentionally, obstinately or unintentionally) any vexation, enmity, or malice, but to forgive him his fault in all simplicity of heart, vividly representing to ourselves our own infirmities and fally into sin, and maintain the same feeling of kindness which we felt towards him before this fault.

(St. John Kronstadt)

MARCH IS ANTIOCHIAN WOMEN MONTH

Please read the message from Metropolitan Saba in his letter addressed to the dedicated women of our archdiocese and the letter from the chapter of the Antiochian Orthodox Christian Women of North America.

OUR ANNUAL SPIRITUAL "CHECK-UP"

edical authorities stress that it is important for all of us to have an annual physical examination – in fact, many companies require this of their employees. While this isn't anything that any of us truly enjoy, we cannot dispute the fact that our very lives may depend on this periodic check-up, which will allow us to see if we need to improve our health by making changes in the way we are living.

In like manner, the Church has long taught that we need a similar examination for our spiritual well-being every year. We refer to this "check-up" as the Great Fast. In this 40-day period, we will be called upon to pray more fervently and fast more severely. We will be implored to do good works and to receive the Body and Blood of Christ in the Sacrament of the Holy Eucharist. We will be urged to cleanse our souls by confessing our sins. But most importantly, during Lent we will be asked to take an honest look at our lives and evaluate the condition of our heart and our soul. Just as it is unwise not to be truthful with our doctor, it is equally foolish for us to try to deceive the Great Physician – our Lord and Savior Jesus Christ. Are we in "good shape" spiritually? Are we showing complete and total love for God in all that we do? Do we really love our neighbor as we love ourselves? Are we harboring any hatred or hard feelings towards anyone? Are we willing to forgive those who may have wronged us as we have been instructed to do by Christ in today's Gospel lesson: "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." (Matt 6:14-15) Is it time for your check-up?

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CHECK WEBSITE FOR FEAST DAY SERVICES

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OFFICE HOURS

By Appointment Only