

Sunday 2nd of March 2025

**Adam and Eve are cast from Paradise!
FORGIVENESS SUNDAY**

Epistle Reading: Romans 13:11-14:4

Gospel Reading: Matthew 6:14-21

Today verbalize the forgiveness that you are carrying in your hearth through the year. Ask each other for forgiveness each evening this week before we go to sleep.

We pray for our entire church family and those who do not have a family or church family, and our special prayers are for the sick and suffering and for the health and salvation of others:

The Archbishop Melchizedek, Archpriest Samuel, Archimandrite Joseph, Archpriest Paul, Protosphyter Christos, the priest Gregory, Protodeacon John, Mark, Matushka Ellen, Matushka Svetlana, Matushka Irene, Matushka Katherine, Catherine Xenia, Karen, Nadine Olsen, Michael Olsen, Michelle, Alexander, Anastasia, Sophia Eptamenitis, Edward, Taisa, Engelsman, Valentina Bobrowski, Anna Konoleva, Erika Dobrzynski, Douglas Dobrzynski, Andrew John Lihou, Marie Biancarelli, Joshua and Daniel Buccieri, Emma Matthews, Stephanie, Kristy, Victor Szemetylo, Helen, Bonnie Shaffner, Sunny Hunsicker, Ioana, Carmen, Michael, John, Sarah, Linda, Pamela Anne and Kimberly Marie, JoAnne, Beatrice, Christina, Orestes, Julia, Adrian, Sonya, Biljana, Pauline, Brandy, Makenzie, Tyler, Anna, Aleksei, Elena, Denis, Nadezhda, Izabella, Olga, Rita, Olga, Olga, Sofia, Iosif, John, Dawn, Pavel, Elena, Avery, Halyna (Klima), Sergey, John, Francis, Anna, Birgin, Tanya and John Francis and Pamela.

***** To amend the prayer list, speak with Mary Osinski*****

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

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THE WEEKLY BULLETIN
**HOLY SPIRIT
ORTHODOX CHURCH**

www.HolySpiritOrthodox.org

March 2nd, 2025

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 descendants 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...."

Kontakion — Tone 6

O Master, Guide to wisdom, / Bestower of prudence, / Instructor of the foolish, and Defender of the poor: / make firm my heart and grant it understanding. / O Word of the Father, / give me speech, for behold, I shall not restrain my lips from crying out to Thee: / "Have mercy, have mercy on me who have fallen."

Service Schedule

Great Vespers: 5pm Saturdays

Hours: 9:45am Sundays

Divine Liturgy: 10:00am Sundays

Confessions: Will be heard every Saturday evening after Vespers or by appointment.

Call, text or email Father Michael at (848)228-1563 or holyspiritwantagenj@gmail.com

Monthly calendar at www.HolySpiritOrthodox.org

Dates to Remember

Saturday 1st of March

Great Vespers at 5 pm

Sunday 2nd of March – Cheesefare Sunday

FORGIVENESS SUNDAY

Divine Liturgy at 10 am

Forgiveness Vespers

Blini Breakfast following Forgiveness Vespers

Monday 3rd of March – Clean Week Monday

Great Canon of Saint Andrew of Crete at 6:30 pm

Tuesday 4th of March – Clean Week Tuesday

Great Canon of Saint Andrew of Crete at 6:30 pm

Wednesday 5th of March – Clean Week Wednesday

Presanctified Divine Liturgy at 6:30 pm

Thursday 6th of March – Clean Week Thursday

Great Canon of Saint Andrew of Crete at 6:30 pm

Friday 7th of March – Clean Week Friday

Presanctified Divine Liturgy at 6:30 pm

Saturday 8th of March – Clean Week Saturday

Great Vespers at 5 pm

Sunday 9th of March – SUNDAY OF ORTHODOXY

Divine Liturgy at 10 am

Great Vespers at 4 pm at Holy Resurrection Church, Wayne NJ

ANNOUNCEMENTS!

Visitor Welcome

After Sunday's Divine Liturgy you are invited to join us for light refreshment in the parish hall. You'll find a friendly welcome, good conversation and ask any question you may have.

Forgiveness and Cheesefare Sunday

Today is Cheesefare Sunday and also Forgiveness Sunday and is the last Sunday prior to the commencement of Great Lent. Forgiveness Vespers will be served immediately following Divine Liturgy. Please plan to participate in the service as the Lenten season begins.

Great Lent is once again upon us. We are no longer consuming meat and today, Cheesefare Sunday is the last day to consume dairy products until Great and Holy Pascha. Please be guided with any food offerings during the Great Lent season. Thank you and God bless you.

Potluck Meal

Throughout the Great Lent we will aim to have agape potluck dinner after every Presanctified Divine Liturgy. Please bring your favorite Lenten dish to share. Thank you.

Confessions

Will be heard every Wednesday before Presanctified Liturgy and Saturday evening before or after Vespers. Alternatively, you can always make an appointment with me.

Sunday of Orthodoxy March 9th, 4 pm

You are invited to the celebration of Sunday of Orthodoxy Vespers with His Eminence Archbishop Michael at Holy Resurrection Orthodox Church, 285 French Hill Road, Wayne NJ. Following Vespers, there will be a Lenten supper in the Parish Hall.

Sunday, March 9th

Spring Ahead – It's Daylight-Saving time! Remember to set your clocks ahead one hour Saturday night.

His Eminence Archbishop Michael pastoral visit

Please plan to worship at Presanctified Liturgy on Wednesday, March 12th, at 6:30 pm, with His Eminence Archbishop Michael and many other priests from Greek and Romanian Archdiocese. More info will follow.

Food Donation Cart

The need to continue to assist those in need continues and we ask that when you are shopping, please remember those who are less fortunate. Dan Taylor informed us that the needs of the Sussex Help Center did not change and that they are accepting peanut butter, jelly, tuna fish cans, cereal boxes and other non-perishables.

Have an item for the bulletin?

Please email Father Michael at holyspiritwantagenj@gmail.com or Mary Osinski at mary.osinski@gmail.com.