

## OUR JOURNEY TO PASCHA! 2023

Adam and Eve are cast from Paradise!

Epistle Reading: 13:11-14:4

Gospel Reading: 6:14-21

Today verbalize the forgiveness that you are carrying in your heart 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 Archpriests Samuel and Joseph, Archimandrite Joseph, Protospesbyter Christos, the priest Gregory, Mark Benda, Matushka Ellen, Emily Anastasia, Gabriel, Zoe, Nadine, Michelle, Anastasia, Sophia Eptamenitis, Edward, Taisa, Konstance Engelsman, Maria Higginbotham, 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, Helen Schweizer, Zoran Pejovic, Sunny Hunsicker, Ioana, Carmen, Michael, John, Sarah, Linda, Pamela Anne and Kimberly Marie and JoAnne. Amen!!!

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

Follow us on



And remember to use:



### Holy Spirit Orthodox Church

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# The Weekly Bulletin

## HOLY SPIRIT ORTHODOX CHURCH

[www.HolySpiritOrthodox.org](http://www.HolySpiritOrthodox.org)

### February 26<sup>th</sup>, 2023

**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..."

**Epistle Reading:** Romans 13:11-14:4

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

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:** 5 pm 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](mailto:holyspiritwantagenj@gmail.com)**

Monthly calendar at [www.HolySpiritOrthodox.org](http://www.HolySpiritOrthodox.org)

## Dates to Remember

Saturday 25<sup>th</sup> of February

**Great Vespers at 5 pm**

Sunday 26<sup>th</sup> of February – Cheesefare Sunday

**Divine Liturgy at 10 am**

**Forgiveness Vespers – after Divine Liturgy**

**Blini Breakfast**

Monday 27<sup>th</sup> of February – Clean Week Monday

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

Tuesday 28<sup>th</sup> of February – Clean Week Tuesday

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

Wednesday 1<sup>st</sup> of March – Clean Week Wednesday

**Presanctified Divine Liturgy at 6:30 pm**

Thursday 2<sup>nd</sup> of March – Clean Week Thursday

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

Friday 3<sup>rd</sup> of March – Clean Week Friday

**Presanctified Divine Liturgy at 6:30 pm**

Saturday 4<sup>th</sup> of March – Clean Week Saturday

**Great Vespers at 5 pm**

Sunday 5<sup>th</sup> of March – Sunday of Orthodoxy

**Divine Liturgy at 10 am**

**Sunday of Orthodoxy Vespers at South River NJ at 4 pm**

## ANNOUNCEMENTS!

### Thank you

Our sincere thanks to all those who attended, prepared and brought food or provided assistance in the setup and clean up for last week's Meatfare gathering at the rectory.

### Forgiveness or 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 Lenten season. Thank you and God bless you.**

### Agape/Blini breakfast

On Forgiveness Sunday (February 26<sup>th</sup>), right after morning services we will have agape breakfast in the Parish Hall. Everyone is welcome to attend. We are planning to serve traditional blini breakfast. For more information, please talk with Nadine Olsen or Mark Benda.

### Potluck Meal

Throughout 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.

### Support Earthquake Relief Efforts

Please support those who are victims of the earthquake in Syria and Turkey. The donation basket is placed in the back of the Church or if you would like to make donation online you can follow the link: [Earthquake Response in Syria & Turkey - International Orthodox Christian Charities \(iocc.org\)](http://Earthquake Response in Syria & Turkey - International Orthodox Christian Charities (iocc.org))

### Sunday of Orthodoxy Vespers

You are invited to join us in the celebration of the Sunday of Orthodoxy on Sunday, March 5<sup>th</sup>, 2023. The Vespers for the Sunday of Orthodoxy will be served at Saint Peter and Paul Church in South River NJ and will begin at 4pm. His Eminence Archbishop Michael will be main celebrant and the homily will be delivered by His Grace Bishop Thomas of the Antiochian Archdiocese of North America.

### Food Donation Cart

Whenever you are shopping remember those who are hungry and purchase one or more items for our donation cart. If you would like to know what current needs of Sussex Help Center are please talk with Dan Taylor. Thank you and God bless you!

### Have an item for the bulletin?

Please email Father Michael at [holyspiritwantagenj@gmail.com](mailto:holyspiritwantagenj@gmail.com) or Mary Osinski at [mary.osinski@gmail.com](mailto:mary.osinski@gmail.com)