

OUR JOURNEY TO PASCHA! 2024

Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY

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, Archimandrite Joseph, Protopresbyter Christos, the priest Gregory, Protodeacon John, Mark, Matushka Ellen, Matushka Svetlana, Matushka Lanie, Matushka Irene, Matushka Katherine, Karen, Edward, Nadine, Michelle, Alexander, 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, JoAnne, Beatrice, Christina, Orestes, Julia, Adrian, Sonya, Biljana, Dorothy, Pauline, Brandy, Makenzie and Tyler.

*** 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 17th, 2024

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 Reading: Romans 13:11-14:4

Gospel Reading: Matthew 6:14-21

Troparion – 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 16th of March

Great Vespers at 5 pm

Sunday 17th of March – Cheesefare Sunday

Divine Liturgy at 10 am

FORGIVENESS SUNDAY

Forgiveness Vespers

Blini Breakfast following Forgiveness Vespers

Monday 18th of March – Clean Week Monday

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

Tuesday 19th of March – Clean Week Tuesday

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

Wednesday 20th of March – Clean Week Wednesday

Presanctified Divine Liturgy at 6:30 pm

Thursday 21st of March – Clean Week Thursday

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

Friday 22nd of March – Clean Week Friday

Presanctified Divine Liturgy at 6:30 pm

Saturday 23rd of March – Clean Week Saturday

Great Vespers at 5 pm

Sunday 24th of March – Sunday of Orthodoxy

Divine Liturgy at 10 am

ANNOUNCEMENTS!

Visitors Welcome

After Sunday's Divine Liturgy, you are invited to join us for light refreshments in the parish hall. You'll find a friendly welcome, good conversation, and ask any questions 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 Lenten season. Thank you and God bless you.

Agape/Blini breakfast

On Forgiveness Sunday (March 17th), 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. This will also be the last day when we use milk and dairy products before Most Holy Pascha.

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.

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.

Archbishop Michael pastoral visit

Please plan to worship at Presanctified Liturgy on Wednesday, March 27th, at 6:30 pm, with His Eminence Archbishop Michael and many other priests from Greek and Romanian Archdiocese. More information 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 current needs of the Sussex Help Center are the following: peanut butter, jelly, tuna fish cans, cereal boxes, and baby diapers (size newborn to 6-month-old).

Have an item for the bulletin?

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