

OUR JOURNEY TO PASCHA! 2022
SUNDAY, March 6th

Adam and Eve are cast from Paradise!

Epistle Reading: Romans 13:11-14:4 and Hebrews 12:1-10

Gospel Reading: Matthew 6:14-21 and Matthew 20:1-16

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 Olsen, Anastasia, Sophia Eptamenitis, Edward, Taisa, Konstance & Elaine Engelsman, Maria Higginbotham, Valentina Bobrowski, Anna Konoleva, Erika Dobrzynski, Andrew John Lihou, Marie Biancarelli, Joshua and Daniel Buccieri, Emma Matthews, Stephanie, Kristy, Victor Szemetylo, Helen, Bonnie Shaffner, Helen Schweizer, Zoran Pejovic and Sunny Hunsicker. Amen!!!

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

Follow us on



And remember to use:



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

THE WEEKLY BULLETIN
HOLY SPIRIT
ORTHODOX CHURCH

www.HolySpiritOrthodox.org

March 6th of 2021

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)

Master, Teacher of wisdom, Bestower of virtue, You teach the thoughtless and protect the poor: Strengthen and enlighten my heart. Word of the Father, Let me not restrain my mouth from crying to you: Have mercy on me, a transgressor, O merciful Lord!

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

Monthly calendar at www.HolySpiritOrthodox.org

Dates to Remember

Saturday 5th of March

Panikhida for ever to be remembered Carol Lynn Benda at 4:20 pm
Great Vespers at 5 pm

Sunday 6th of March

CHEESEFARE SUNDAY
Divine Liturgy at 10 am
Forgiveness Vespers – after Divine Liturgy

Monday 7th of March – Clean Monday

Great Cannon of Saint Andrew of Crete at 7 pm

Tuesday 8th of March – Clean Tuesday

Great Cannon of Saint Andrew of Crete at 7 pm

Wednesday 9th of March – Clean Week Wednesday

Presanctified Divine Liturgy at 7 pm

Thursday 10th of March – Clean Week Thursday

Great Cannon of Saint Andrew of Crete at 7 pm

Friday 11th of March – Clean Week Friday

Presanctified Divine Liturgy at 7 pm

Saturday 12th of March – Clean Week Saturday

Great Vespers at 5 pm

Sunday 13th of March – Sunday of Orthodoxy

Divine Liturgy at 10 am
Sunday of Orthodoxy Vespers at Wayne NJ at 5 pm

Announcements

Visitors Welcome!

If you are a guest at today's Divine Liturgy, we invite you to join us following Divine Liturgy for the light refreshments and fellowship so we can get to know each other. You are always welcome to share in worship and fellowship at Holy Spirit Orthodox Church. Please sign the Guest Book in the Narthex and include your email address.

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 this 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.

Panikhida for Carol Lynn Benda

Memorial Service for ever-to-be-remembered +Carol Lynn Benda will take place on Saturday 5th of March at 4:20 pm. May her memory be eternal!

Paschal Flowers

Donation for flowers to adorn the grave are requested and very much appreciated. This is an opportunity to remember a departed loved one or to remember and honor a family member, relative or friend. Please mark your check or note with cash, "Paschal Flowers." God Bless and many thanks.

Ukrainian Refugee Relief

His Beatitude Metropolitan Tikhon makes urgent Financial Appeal for Ukrainian Refugee Relief. His Beatitude's letter as well as link for the donation can be found by following this link: [His Beatitude Metropolitan Tikhon Makes Urgent Financial Appeal for Ukrainian Refugee Relief - Orthodox Church in America \(oca.org\)](http://oca.org)

Please keep us informed

If a person is sick, homebound, or in the hospital, please let us know. Contact Fr. Michael Pejovic via email: pejovicveljko@gmail.com or call him to let him know if you would like a priest to visit and/or bring communion.

Pray for our Catechumens

Please remember in your prayers Asia Booker Sanchez, Kristen and Hazel Steiner in your prayers as they are entering their first Great Lent and preparing for the sacrament of the Holy Chrismation.

Have an item for the bulletin?

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