

The Clean Week

The first week of Great Lent is called "Clean Week." The name Clean Week refers to the the spiritual cleansing. Each of the faithful is encouraged to undergo through fasting, prayer, repentance, reception of the Holy Mysteries and begging forgiveness of his neighbor. Throughout this week, fasting is most strict. The First Saturday is called: "St. Theodore Saturday" in honor of St. Theodore the Recruit. The first Sunday of Great Lent is the Feast of Orthodoxy, which commemorates the restoration of the veneration of icons which is considered to be triumph of the Church over the last of the great heresies.

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:

The Archpriests Samuel and Joseph, the priest Gregory, Matushka Mihaela, Nadine Olsen, Marianna, Sophia Eptamenitis, Edward, Taisa, Konstance & Elaine Engelsman, Maria Higginbotham, Valentina Bobrowski, Ellen, Anna Konoleva, Erika Dobrzynski, Marie Biancarelli, Joshua and Daniel Buccieri, Emma Matthews, Stephanie, Kristy, Victor Szemetylo, Helen, Bonnie Shaffner and Helen Schweizer. Amen!!!

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



[Sunday of Cheesefare: Expulsion of Adam from Paradise](#)

Follow us on



And remember to use:



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www.HolySpiritOrthodox.org

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

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THE WEEKLY BULLETIN

HOLY SPIRIT ORTHODOX CHURCH

www.HolySpiritOrthodox.org

March 14th, 2021

If a man insults me, kills my father, my mother, my brother, and then gouges out my eye, as a Christian it is my duty to forgive him. We who are pious Christians ought to love our enemies and forgive them. We ought to offer them food and drink, and entreat God for their souls. And then we should say: 'My God, I beseech Thee to forgive me, as I have forgiven my enemies.'

St. Kosmas Aitolos

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...."

In order to attend services, you must let us know. Call, text or email
Father Michael at (848)228-1563 or
holyspiritwantagenj@gmail.com

Service Schedule

Great Vespers: 5 pm Saturdays
Hours: 9:40am 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 13th of March
Great Vespers at 5:00 pm

Sunday 14th of March
Divine Liturgy at 10:00 am
Forgiveness Vespers after Divine Liturgy

Thursday 25th of March
THE ANNUNCIATION OF OUR MOST HOLY THEOTOKOS
Great Vespers and the Divine Liturgy at 9:00 am

Wednesday 31st of March
Liturgy of the Presanctified Gifts with Archbishop Michael at
7:00 pm

Friday 28th of May – Saturday 29th of May
Holy Spirit Yard Sale

Announcements

Sincere thanks:

To Mark Benda and his family for hosting the wonderful agape meal on Soul Saturday following the Divine Liturgy. There was also a Panikhida to commemorate the departed +Caron Lynn Benda on March 4, 2020. May her memory to be eternal!

Daylight Saving Time 2021

Begins Sunday, March 14th. Remember to set your clock ahead one hour!

Agape breakfast

On Forgiveness Sunday (March 14th), right after morning service we will have agape breakfast in the Parish Hall. Everyone is welcomed to attend. For more information please talk with Nadine Olsen.

Church Attendance

If you have not attended church since the reopening, you must notify Fr. Michael before attending. Please email, text or call Father Michael at (848)228-1563 or holyspiritwantagenj@gmail.com

Remember to keep your offerings current...

Offerings can be made at the conclusion of the Divine Liturgy. The collection basket is located on the table by the exit. You are also welcome to send your donation via mail to Holy Spirit Orthodox Church, 102 Route 284, Wantage, NJ 07461. Your continued support of the church during these difficult times is very much appreciated and we are thankful.

Amazon Smile: You shop. Amazon gives.

Parishioners that purchase on Amazon are able, at no extra expense, to designate a portion of the sale to Holy Spirit Orthodox Church through the Amazon Smile program.

Sussex Help Center needs hygiene items...

Dear brothers and sisters, Sussex Help Center needs hygiene items. If you can please provide some of the following: toothpaste, toothbrush, bath soap, hand soap, razors, shaving cream, shampoo, and conditioner. Items should be new and unopened. Thank you!

The Clothing Bin

The clothing bin is open. Please let your family and friends know they are welcome to drop off clothes and other items. This is a fundraiser for our church. We thank you for your donations!

Have an item for the bulletin?

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