

**\*\*IMPORTANT ANNOUNCEMENT ABOUT CONFESSION AND HOLY COMMUNION\*\***

\*\*Until further notice, we will continue celebrating the Divine Services up to no more 33 parishioners in attendance. With this in mind, if single parish members or parish member households - UP TO 33 PEOPLE IN CHURCH AT EACH DIVINE LITURGY - would like to attend the Divine Liturgy on a Sunday please refer to the following signup link <https://signup.com/go/AqSQSmX> \*\* (Slots 1-33 in the Church and 34-55 in the Parish Fellowship Hall)! **PLEASE SIGN-UP BY 6:00 PM ON SATURDAY NIGHT AS WELL AS ANSWER THE COVID QUESTIONNAIRE!!**

**Regarding Holy Communion:**

- If anyone would like to come and receive Holy Communion or if you would like Fr. Jason to come and bring Holy Communion to your home, please contact him to make arrangements:  
[jvansuch@hotmail.com](mailto:jvansuch@hotmail.com)/609.851.3811/716.875.4222

**Regarding Holy Confession:**

*Taking into consideration the spiritual and mental healing that comes through the Sacrament of Confession, His Eminence blesses, for all priests and communities in the Diocese of New York and New Jersey, that for this period:*

- Confession may continue to be held over the telephone or by live video communication; it may also be done in person with social distancing kept between the priest and the penitent (6 feet), and with face masks worn by both. The Prayer of Absolution can be given by video or phone and especially in person.
- When Confession is heard over the telephone or by live video, the priest must read the Prayer of Absolution before ending the phone call or video communication, in the hearing of the penitent.
  - If anyone would like to have Confession, please contact Fr. Jason to make arrangements:  
[jvansuch@hotmail.com](mailto:jvansuch@hotmail.com)/609.851.3811/716.875.4222

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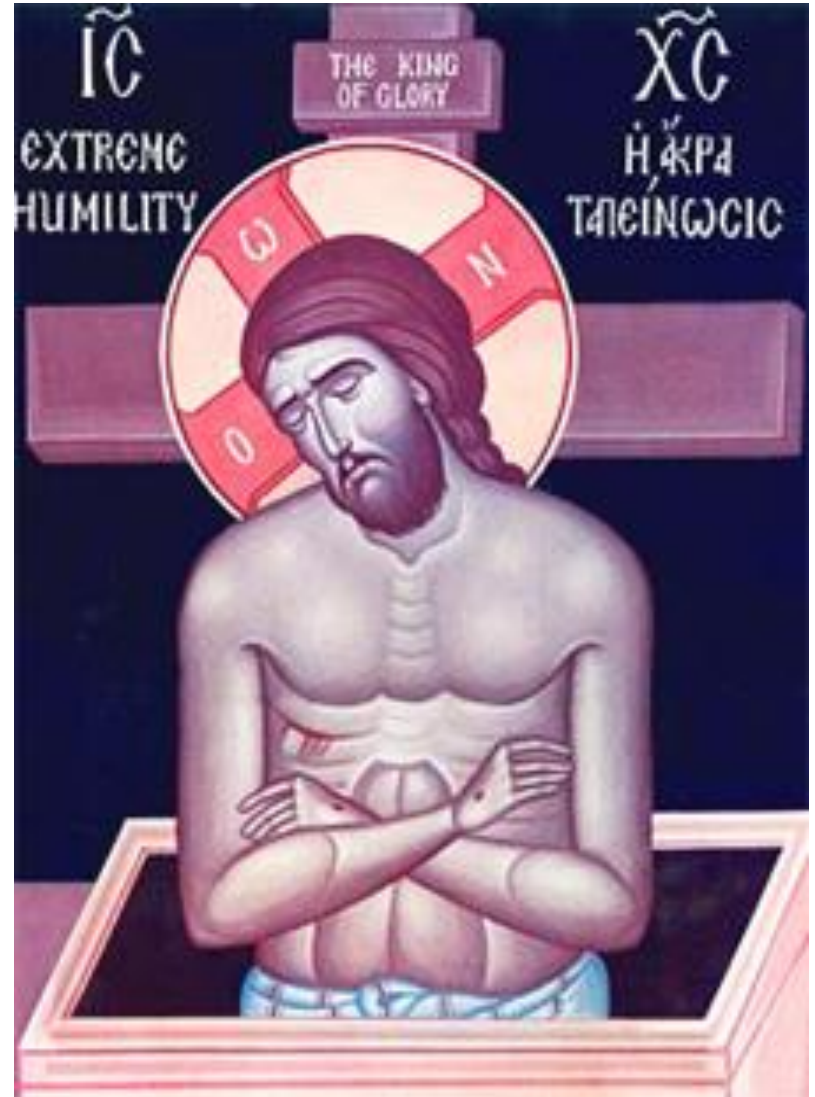
Please look up the below weblink for the Digital Edition of The Jacobs Well:  
<https://issuu.com/jacobswell/docs/jacobs-well-fall-2019-nk>

Please look up the below weblink for the website of The Diocese of New York and New Jersey:

<https://www.nynjoca.org>

Please look up the below weblink for the newly-updated Diocesan Directives of The Diocese of New York and New Jersey for the Gradual Approach of Re-Opening of our Parishes:

<https://www.nynjoca.org/files/2020/covid-19/Diocesan-Directives-on-the-Gradual-Re-Opening-of-Diocesan-Churches-2020-05-08-For-Distribution.pdf>



**St. George Orthodox Church**  
**2 Nottingham Terrace - Buffalo, NY 14216**  
**(716) 875-4222**  
**[www.stgeorgebuffalo.com](http://www.stgeorgebuffalo.com)**

## THE WEEKLY MESSENGER

Published weekly in the interest of the parishioners and friends  
of Saint George Orthodox Church, Buffalo, NY  
a parish of the Diocese of New York and New Jersey  
and The Orthodox Church in America

### **ST. GEORGE ORTHODOX CHURCH**

**2 Nottingham Terrace Buffalo, NY 14216**

**V. Rev. Jason Vansuch, Parish Priest**

**2 Nottingham Terrace 716-875-4222 Buffalo, NY 14216**

**Cell Phone: 609-851-3811 Email: [jvansuch@hotmail.com](mailto:jvansuch@hotmail.com)**

Presbyter Andreja Damjanovski, Attached Rev. Peter Irfan, Attached  
Reader John Kirwan, Choir Director  
Mr. Paul Shosho, Parish Council President  
Home: 716-544-7358 Email: [pshosho@me.com](mailto:pshosho@me.com)

**SUNDAY OF CHEESEFARE — Tone 7. The Expulsion of Adam and Eve from Paradise.** Ven. Benedict of Nursia (543). St. Theognostus, Metropolitan of Kiev and All Russia (1353). Rt. Blv. Great Prince Rostilav (Michael), Prince of Kiev and Smolensk (1167). St. Eusebius the Confessor, Bishop of Lampsacus (9th c.). The "FEODOROVSKAYA" Icon of the Mother of God.

**Epistle:** Romans 13:11-14    **The Liturgy of St. John Chrysostom**    **Gospel:** Matthew 6:14-21

**GLORY TO JESUS CHRIST!**

**GLORY FOREVER!**

### **\*\*FLOWERS FOR THIS WEEK\*\***

In front of the Icon of Our Lord, In front of the Icon of The Theotokos,  
and on the Center Icon Table are donated by St. George Orthodox Church

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**Altar Vigil Candles** are offered by Anthony DelNuovo in Loving Memory  
of Thy Servants of God – Marion Rose, William, and George. May their memory be eternal.

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**TODAY'S WEEKLY MESSENGER IS SPONSORED BY:**

ST. GEORGE ORTHODOX CHURCH

### **WELCOME TO ST. GEORGE ORTHODOX CHURCH**

We welcome all of you to the Divine Liturgy this morning, especially those who are visiting with us here at St. George Orthodox Church. Everyone is invited to the Parish Fellowship Hall following the Divine Liturgy for Christian Fellowship. It is our prayer that your experience this morning was spiritually uplifting and you will return very soon to pray with our parish family. In the Orthodox Church, we do not practice open Communion. However we do invite everyone to come and participate in the Divine Liturgy. Hence only those Orthodox Christians who have properly prepared themselves through prayer and fasting may receive Holy Communion. May the Lord bless you with many years of good health and happiness.

## **THE SCHEDULE OF WEEKLY SERVICES and ACTIVITIES**

### **SUNDAY MARCH 14, 2021**

### **CHEESEFARE SUNDAY/FORGIVENESS SUNDAY EXPULSION OF ADAM FROM PARADISE**

**GENERAL CONFESSION SERVICE – 9:10 AM**

**Divine Liturgy followed by Forgiveness Sunday Vespers – 9:30 AM**

Social Distant Cheesefare Sunday Luncheon Fellowship in Pariah  
Fellowship Hall Following Forgiveness Sunday Vespers

### **First Week of Great Lent {March 15- March 21}**

<b>Monday</b>	<b>March 15</b>	<b>6:00 P.M.</b>	Compline and Canon of St. Andrew of Crete
<b>Tuesday</b>	<b>March 16</b>	<b>6:00 P.M.</b>	Compline and Canon of St. Andrew of Crete
<b>Wednesday</b>	<b>March 17</b>	<b>5:00 P.M.</b> <b>6:00 P.M.</b>	Confessions Presanctified Liturgy Social Distant Pot-Luck Lenten Meal and Discussion in Parish Fellowship Hall following Liturgy
<b>Thursday</b>	<b>March 18</b>	<b>6:00 P.M.</b>	Compline and Canon of St. Andrew of Crete
<b>Friday</b>	<b>March 19</b>	<b>9:00 A.M.</b> <b>9:30 A.M.</b> <b>6:00 P.M.</b>	Confessions Presanctified Liturgy Moleben to St. Theodore
<b>Saturday</b>	<b>March 20</b>	<b>FIRST SATURDAY OF GREAT LENT – ST. THEODORE THE RECRUIT</b> <b>9:30 A.M.</b> <b>3:45 PM</b> <b>4:00 P.M.</b> <b>5:15 P.M.</b>	Divine Liturgy– Blessing of Kolivo Annual Procession of Icons for Church School Families The 9 <sup>th</sup> Hour Great Vespers Parish Council Meeting via Zoom
<b>Sunday</b>	<b>March 21</b>	<b>FIRST SUNDAY OF GREAT LENT – SUNDAY OF ORTHODOXY</b> <b>9:10 A.M.</b> <b>9:30 A.M.</b>	The Hours Divine Liturgy of St. Basil the Great (Annual Procession of Icons with Church School Children/Parishioners around the Church) Memorial Litia in Loving Memory of Archpriest Eugene Vansuch Social Distant Coffee Hour Luncheon following Divine Liturgy in Parish Fellowship Hall  Church School Class via Google Classroom (12:30-1:15 PM)  <b>5:00 P.M.</b> Lenten Vespers Service

**\* \* \* \* \* PRAYERFUL REMEMBRANCE \* \* \* \* \***

**PLEASE REMEMBER TO KEEP IN OUR DAILY PRAYERS  
FOR THE HEALTH OF THY SERVANTS:**

**HIERARCHS**

Metropolitan HERMAN Bishop DANIEL Archbishop ALEJO

**CLERGY**

Archpriest Herman, Matushka Cynthia and George *(Schick)* Archpriest James and Mat. Patricia *(Mason)*  
 Archpriest Alexey and his family *(Kargut)* Archpriest Vladimir and Matushka Jeanne  
 Archpriest Timothy/Mat. Michelle Archpriest Michael and Mat. Valerie *(Hatrak)*  
 Archpriest Ken and Matushka Natalie *(Starevsky)* Dn. Sean and Mat. Heather *(McNulty)*  
 Archpriest Gregory and Mat. Diane *(Winsky)* Priest Peter and Mat. Mary *(Irfan)*  
 Archpriest Leonid Archpriest David *(Mezinski)* Presbyter John and Presbytera Nancy  
**MATUSHKI** Presbyter Andreja, Popadija Anica and Family  
 Mat. Katia Mat. Paraskeva Mat. Joanna Popadija Vicki Mat. Christine Mat. Patricia *(Severeno)*  
 Mat. Gloria *(Martin)*

Stanley Mandy Annette Anna *(Massey)*

**Family/Friends/Parishioners of St. George Orthodox Church**

William Natalie Natasha Richie

Catherine Ivan/Marina/Inna Bonnie *(Dan)* Coard Karen Aliscia *(Nick Rostko)* Walter, Paul  
 Edwina Irene Luba Silvu Dan, Jr. Jim, Darren, Marsha *(Relatives of Elaine M.)*  
 Serena Lillian Reader Victor Nicholas, Andrew *(Wityk)* Frank *(Barb. K brother-in-law)*  
 Sarah Oscar Albert *(Fadell)* Frank Boris *(Kuvshinoff)* Marilyn *(Linda cousin)*  
 Xenia, Justin, Danielle *(Friends of Fr. Jason)* Larry Joseph *(Rocco Father in Law)* Ronald, Candice *(Masset)*  
 Victor *(Tita Nephew)* Catherine *(Tony)* Susan *(Kirwan)* June *(Pavlov)*  
 Evelyn *(Friend of Julie)* Billy *(William – Mat. Christine’s cousin)* Clyde Allison *(school)*  
 Robert *(Phillips)* Rebecca *(Relative of Mat. Christine)* Svetlana *(Family friend of Fr. Jason/Mat. Katia)*  
 Jeanne *(Mat. Christine’s Friend)* Angela, Jason, Michelle *(Relatives of Dn. Mark)* Linda Justin *(Slaiman)*  
 Carol *(Mailman’s sister-in-law)* Joseph, John, Margaret, Thomas, Victoria *(Ewing)* Ashley *(Friend from Roswell)*  
 Melody Lee *(Beth’s brother)* Lee, Bridget *(John Kirwan friend)* Paul *(Shosho)* Brain *(Brother of Matthew Just)*  
 Kelly, Robert, Boris, ZaeB, Tirza, Sabas Sada Thlisinitsa, Gemmal, Geesa, and Patric *(Fr. Peter)* Child Senit  
 Anne *(Mariami Grandmother)* Jeremy Stewart *(nephew of Bill George)* Susan *(Zumba)* Juliana *(Matusiak)*  
 Susan *(Deeb)* Justin *(Cmunt)* Louis *(cousin of Barbara)* Yuri/Elena Alex *(Valieff)* John, Kevin Irene Sean  
 Jaime *(Zumba)* Rosemary Harry *(neighbor of Tom and MaryAnne Slaiman)* Anthony *(DelNuova)*  
 Aspasia *(Dean’s Mother)* Charles Seraphim Emma/Alexander *(relatives of Natalie Huett)*  
 Olga *(Friend of Fr. Jason/Mat. Katia)* Vadym Iryna Yuriy Anastasia Noah *(McEntee)* Elias, John, Joseph  
 Mary, Hal, Autumn, Ariana, and Amber Judithann *(Friend of Barbara)* Steven *(Uncle of Dean)*  
 Barbara *(Rdr. John’s Sister in Law)* William *(Friend of Judge Family)* John, Helen *(Parents of Tanya Cmunt)*  
 Brian John, Roberta, Barbara *(Family of Dana and Annette)* John, Michael John Matthew *(Bashira)*  
 Rdr Nicholas, Judithann, Michael, Mary, Cate, Michael, Gary, Damian, Olga, Clara *(Bethlehem)*  
 Jeffry, Dominic, Rachel *(Family of Andrea)* Lee, Benjamin, Harry Patrick *(Relatives of Beth Mellas)*

**Diocese of NY&NJ Prayer List**

Protopresbyter Leonid *(Kishkovsky)* Archpriest Samuel *(Kedela)* Mitred Archpriest Joseph Lickwar  
 Archpriest George *(Hasenech)* Archpriest Paul *(Shafra)* Mitred Archpriest Daniel and Mat. Myra *(Kovalek)*  
 Archpriest Jonathan *(Ivanoff)* Archpriest Paul *(Kucynda)* Archpriest Sergei and Mat. Gerry *(Glagolev)*

Archpriest Terenti *(Wasielewski)*

**Expectant Mothers** Randy Iris, Pete, Sara Douglas, Chris Costa *(Father of Pete Thanos)*

Rachel and the child to be born of her Jonathan Kevin, Lary, Carly, Sherry, Mary Jo, Dragiza, Karl

**Those Serving in The Armed Forces** Catechumens  
 Kenneth, Nadine, Jason, Robert, Andrew, Justin, Shawn, Austin, Juanita Martha  
 Chris, John, Daniel, Gjorgie

**FOR THY DEPARTED SERVANTS OF GOD:**

All of the clergy and parishioners of This Holy House who have departed this life, who now lie asleep in the Lord.

Ever-Memorable Archpriest Eugene Vansuch Ever-Memorable Archpriest George Timko  
 Ever-Memorable Priest John Bohush Ever-Memorable Archpriest George Aswad  
 Ever-Memorable Archpriest Rastko Matushka Dorothy *(Timko)* Met. THEODOSIUS  
 Ever-Memorable Dn. Mark Ever-Memorable Sbdn. Gregory  
 Ever-Memorable Pdn. Gregory Akhtar Remyat, and Barkat *(Family of Fr. Peter)*

**Newly-Departed Servants of God** Tedros *(brother of Sammy Afework)* Pdn. John *(Eby)* Proto. Daniel *(Hubiak)*

Archpriest John *(Chupeck)* \*If anyone would like to have their loved ones added to the prayer list for remembrance during the Divine Liturgy, please see or contact Fr. Jason.

**HYMNS FOR THE DIVINE LITURGY**

**Tropars/Kontakions for Divine Liturgy**

**TROPAR FOR THE RESURRECTION, TONE 7**

By Thy Cross Thou didst destroy death. To the thief Thou didst open Paradise. For the Myrrhbearers Thou didst change weeping into joy, and Thou didst command Thy disciples, O Christ God, to proclaim that Thou art risen,// granting the world great mercy.

**KONTAKION FOR THE RESURRECTION, TONE 7**

The dominion of death can no longer hold men captive, for Christ descended, shattering and destroying its powers! Hell is bound, while the prophets rejoice and cry: The Savior has come to those in faith! Enter, you faithful, into the Resurrection!

Glory to the Father, and to the Son, and to the Holy Spirit.

**KONTAKION LENTEN TRIODION, TONE 6**

O Master, Teacher of wisdom, Bestower of virtue, Who teachest the thoughtless and protectest the poor, strengthen and enlighten my heart! O Word of the Father, let me not restrain my mouth from crying to Thee: “Have mercy on me, a transgressor,// O merciful Lord!”

Now and ever and unto ages of ages. Amen.

**Steadfast Protectress Tone 6 (Hymn to the Theotokos)**

Steadfast Protectress of Christians, constant advocate before the Creator. Despise not the entreating cry of us sinners, but in Your Goodness come speedily to help us who call on You in faith! Hasten to hear our petition and to intercede for us, O Theotokos!! For You always protect those who honor You!

## PROKEMEINON Tone 8

Pray and make your vows / before the Lord, our God!

*v. In Judah God is known; His name is great in Israel*

## ALLELUIA VERSES

*It is good to give thanks to the Lord, to sing praises to Your Name,  
O Most High.*

*To declare Your mercy in the morning, and Your truth by night.*

## THE HYMN TO THE THEOTOKOS

It is truly meet to bless You, O Theotokos, ever blessed and most pure and the Mother of our God. More honorable than the Cherubim and more glorious beyond compare than the Seraphim. Without defilement, You gave birth to God the Word, true Theotokos, we magnify You!

## COMMUNION HYMN

Praise the Lord from the heavens, praise Him in the highest!

Alleluia! Alleluia! Alleluia!

## EPISTLE LESSON FOR TODAY

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

### **BRETHREN:**

And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed.

The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. Receive one who is weak in the faith, but not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats only vegetables. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to judge another's servant?

To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

## GOSPEL LESSON FOR TODAY

**Matthew 6:14-21**

### **Let us Attend!**

For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting.

Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.

For where your treasure is, there your heart will be also.

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=== Scriptural Readings for The First Week of Great Lent ===

Monday	Genesis 1:1-13	Proverbs 1:1-20
Tuesday	Genesis 1:14-23	Proverbs 1:20-33
Wednesday	Genesis 1:24-2:3	Proverbs 2:1-22
Thursday	Genesis 2:4-19	Proverbs 3:1-18
Friday	Genesis 2:20-3:20	Proverbs 3:19-34
Saturday	Hebrews 1:1-12	Mark 2:23-3:5
Sunday	Hebrews 11:24-26, 32-12:2	John 1:43-51

**FIRST SUNDAY OF GREAT LENT**

**THE FEAST OF THE TRIUMPH OF ORTHODOXY**

Next Sunday (March 21) is The First Sunday of Great Lent in which we celebrate the Triumph of Orthodoxy and the restoration of the Veneration of Holy Icons which was established at the 7<sup>th</sup> Ecumenical Council in 787 and then re-established in 843.

With this in mind, following the Liturgy, we will have The Annual Procession of Icons with Everyone (the Church School Children and All Parishioners) as we carry their Icons in procession proclaiming their faith and belief as Orthodox Christians. Please make every effort to be here next Sunday that we, as a parish family, may proclaim our faith, our belief, our life - TOGETHER!!

***CHILDREN and ADULTS:***

***DON'T FORGET TO BRING YOUR FAVORITE ICON  
WITH YOU TO CHURCH!!***

May GOD continue to bless and guide  
all of you and your families!

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**\*\* NEW PROTOCOLS WHEN ATTENDING THE DIVINE LITURGY ON SUNDAYS\*\***

☒ A Parish Council Member will greet everyone at the Front Entrance Doors to the Church. We will have the Sign-Up Sheet there to mark off your name if you signed-up to attend. If we did not sign-up, then we will write your name down and kindly remind you to sign-up before next Sunday. We will also take your temperature as well. If someone has a fever or is experiencing symptoms or answers YES to any of the COVID Questions, they will not be permitted to come into the church.

☒ EVERYONE attending the Divine Liturgy (those in the Nave and those in The Parish Fellowship Hall – parishioners, choir members, parish council members) NEED to sign-up. Only Those in the Altar do not need to sign-up as they are not taking space in The Nave. Once we reach our capacity of 33 people in The Church, everyone else will be seated in The Parish Fellowship Hall. We must also remember to wear a mask in Church and in the Parish Fellowship Hall as well as on Church Property at all times and maintain social distancing. If we forget one, we will have them available at the Candle Desk as well as in the Parish Fellowship Hall. Also, when we enter the Church and say our prayers, we must use the hand sanitizer that is located at the Candle Desk as well as review the posted Diocesan Guidelines. These (masks, prayers, hand sanitizer) are also located in the Parish Fellowship Hall These precautions are for the health, safety, and well-being of everyone who comes and enters our Church to pray and worship God.

☒ When receiving Holy Communion, a Parish Council Member will call everyone up – pew by pew – to allow for social distancing (the children and Altar Servers will come first, then the first pews up front all the way to the back of the Church with the Choir being the last ones to receive Holy Communion). If any faithful are in The Parish Fellowship Hall, Fr Jason, Fr. Andreja, or Fr. Peter will bring Holy Communion to those in the Hall.

**\*\*If anyone has any questions or concerns, please do not hesitate to see or contact Fr. Jason. May God continue to bless and guide all of you!\*\***

## **LIVE-STREAMING OF DIVINE SERVICES**

As a friendly reminder, ALL DIVINE SERVICES, WILL ALSO BE LIVE-STREAMED from Fr. Jason's Facebook page and our Parish Youtube Page so that we can still be together and pray together. So please continue to join us in prayer!! There are three ways you can join us in prayer via Live-Stream even if we do not have a FaceBook account:

- 1) Go directly to our Parish Website ([www.stgeorgebuffalo.com](http://www.stgeorgebuffalo.com)) and on our homepage you will see a box that says 'Restream: Stream currently offline". When 'live-stream' is active, the live video will automatically appear.
- 2) Go directly to Fr. Jason's Facebook Page <https://www.facebook.com/jason.vansuch> and there you will see the Live-stream video.
- 3) Go directly to our Parish Youtube Page <https://www.youtube.com/channel/UCft4AWAX2COrLZExfMJc5KQ> and there you will see the Live-stream video.

Also in the Parish Fellowship Hall, we have the Giving Tree! If anyone would like to sign up for Coffee Hour Readers Bulletin Collection, Communion Cloth, Home Blessing, please see or contact Fr. Jason!



### **A SINCERE AND HEARTFELT THANKS AND APPRECIATION FOR THE FOLLOWING DONATIONS TO THE PARISH FROM OUR PARISH GIVING TREE**

- Matushka Fran for donating Hand Sanitizer
- Dr. Boris and Barbara Kuvshinoff for donating the flowers the Feast of The Meeting of Our Lord in The Temple
- Fr. Jason/Mat. Katia/Anna and Alex for donating the flowers the Feast of The Annunciation of The Most-Holy Theotokos and Ever-Virgin Mary
- Paul and Joan Shosho for donating the Vigil Candles near The Gospel Book/Confession, The Icon of The Holy Sepulchre, Icons of All Saints of North America, and The Icons of St. Nektarios and The Holy Relics for the continued good health of their Family.
- Linda and George Mucyn for donating Plastic Bags for Prospora
- Flowers for Sunday February 28, 2021 offered by Patricia Fiden

Please be sure to check out "The Giving Tree" in the Parish Fellowship Hall as well as on our parish website ([www.stgeorgebuffalo.com](http://www.stgeorgebuffalo.com)) to see how we may be able to donate towards the needs of our parish through our continued support and stewardship for our beloved parish.

If anyone has any questions, please see or contact Fr. Jason or Barbara.

Thank you for your continued prayerful support and stewardship. May God continue to bless and guide all of you, your families and our entire Parish family and keep all of us in His Loving Care!

## WELCOME TO THE ORTHODOX CHURCH!

Do we have questions about our life, its meaning, purpose, destiny?

Are we desiring to know Jesus Christ, the Son of the living God?

Are we seeking forgiveness, healing, and wholeness?

Do we wonder where to go to find answers?

We can find the answers to these questions and so many other questions  
in The Holy Orthodox Church through Her Sacred Tradition,  
Holy Scriptures, Her Teachings and Dogmas.

The Orthodox Church is the original Christian Church, the Church founded by the Lord Jesus Christ and described in the pages of the New Testament. Her history can be traced in unbroken continuity all the way back to Christ and His Twelve Apostles, empowered and sent forth on the day of Holy Pentecost. Incredible as it seems, for over twenty centuries she has continued in her undiminished and unaltered faith and practice. Today her apostolic doctrine, worship, and structure remain intact. The Orthodox Church maintains that the Church is the living Body of Jesus Christ. Many of us are surprised to learn that for the first 1000 years of Christian history there was just one Church.

Where is "**The Church**" to be found and experienced today? Come Taste and See How Good The Lord is every Sunday by joining us for The Divine Liturgy at 10:00 AM.

What is Orthodox Christianity all about? How does it differ from other Christian confessions? This section will attempt to answer these questions and many more.

For a visual introduction to the Orthodox Church, please view the video link below:

[http://www.youtube.com/v/Gj4pUphDitA&color1=0xb1b1b1&color2=0xcfcfcf&feature=player\\_embedded&fs=1](http://www.youtube.com/v/Gj4pUphDitA&color1=0xb1b1b1&color2=0xcfcfcf&feature=player_embedded&fs=1) For a brief introduction and in depth study to The Orthodox Faith and to find answers to: 'What we Believe?', "Who we Are?", and "How we Live?",

please view the PDF link below:

<http://orthodoxdelmarva.org/files/studies/InquirersClassV1final.pdf>

or you may visit the OCA website by clicking the link below:

<http://oca.org/orthodoxy/the-orthodox-faith>

or you can begin a Journey Through Orthodoxy by clicking the link below:

<http://journeytoorthodoxy.com>

To learn more ways that we can teach our children about the Orthodox Faith, The OCA has provided a wonderful website for us to use that provides great resources such as (handouts, texts, articles, stories, and much more)! To see this great website, please view the PDF link below:

<http://dce.oca.org/page/resources/>

If you have any questions or would like to know more about The Orthodox Faith, please contact our parish priest: V Rev. Jason Vansuch ([jvansuch@hotmail.com](mailto:jvansuch@hotmail.com)) or 716.875.4222 and he will be able guide you.

## **IMPORTANT DATES WITHIN THE LIFE OF OUR PARISH**

### **Parish Announcements:**

- We will continue with our on-going collections for The Buffalo City Mission, Hearts for Homeless, Mats for Mission, HomeSpace as well as Kevin Guest House and our other outreach ministry projects.
- **WE CONTINUE TO CONTACT ALL OF OUR PARISHIONERS ON A REGULAR BASIS TO ENSURE THAT EVERYONE IS OKAY, SAFE AND HEALTHY.**

**\*\*Please be on the lookout for emails this week with the following items:**

- 1) **Reader Vespers for Saturday Evening (March 20)**
- 2) **Reader Typika Service for Sunday Morning (March 21)**
- 3) **Information for St. George Book Class – Monday (March 29)**
- 4) **Information for Special Inquirer Class – Wednesday (March 25 )**
- 5) **Reader Vespers and Typika Service for Wednesday and Friday (March 17/19)**
- 6) **Reader Typika Service for Sunday Morning (March 20)**

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**EACH WEEK WE WILL BE RECORDING  
THE WEEKLY INCOME FOR EACH SUNDAY AS WELL AS OFFERING THE  
MONTHLY INCOME and EXPENSE FOR OUR PARISH!**

**INCOME FOR SUNDAY February 28, 2020 – \$ 500.00  
& \$500 for Capital Improvement Fund  
DONATIONS FOR THE NEW BOILER (Capital Improvement Fund) –  
Total Donations so far for the New Boiler: \$19,130.00**

**MAY GOD CONTINUE TO BLESS YOU AND GUIDE YOU FOR YOUR CONTINUED SUPPORT AND PRAYERS!**

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**\*Please refer to the Weekly Bulletin and Church Website for any changes to the calendar!\***

### **DAILY FAMILY PRAYER RULE WE CAN PRAY TOGETHER AT HOME WITH OUR FAMILIES**

A Prayer Rule must be done in front of the icons and the Gospel in our Icon Corners with a lit candle.. It is important to remember that we must make time for God, for the "Kingdom of heaven suffers violence, and the violent take it by force"(Matt. 11:12).The best time to pray is in the morning or in the evening when we as a family can come together in prayer. Also, when using a Rule of Prayer, we must be flexible and do what we can and do it attentively and consistently. Our goal is to maintain the connection with God and cultivate a real relationship with Him.

With that in mind, please find below The Rule of Prayer offered by our Diocese for us to use at home especially during this most difficult time when we are not able to be in church together as a parish family.

<https://www.nynjoca.org/files/2020/praying-at-home/A-FAMILY-PRAYER-RULE.pdf>

**May God bless you and keep you always in His Loving Care!**

## ST. ANDREW'S CAMP

\*\* Saint Andrew's Camp has released a new promotional video for prospective campers!

The video can be found here on Facebook:

<https://www.facebook.com/saintandrewsorthodoxcamp/videos/357928144820497/>

\*\*Be sure to check it out...you may recognize the priest:)

For more than sixty years, St. Andrew's Camp has offered the young people of our parishes an incredible summer camping experience. Children and teens have been instructed in prayer and the divine services, the reading of Scripture and the teachings of our Orthodox Church. They have been nourished with the Sacraments of Confession and Holy Communion. They have had fun swimming, horseback riding, playing sports, singing and learning musical instruments, creating in the visual arts, learning to safeguard the planet, and exploring the stars. And they have established friendships that last a lifetime, met their future spouses, and nurtured their vocations to serve the Lord in ministry.

As a token of gratitude for the labors of love extended by the administration and staff, both clergy and laypersons, of St. Andrew's over the past six decades, it is now time for us to help the Camp in an especially needed way.

Please join us in raising funds for the new multi purpose building which will include new kitchen, dining hall and activities center. The cost of this new building is \$300,000. To become a reality, the completion and furnishing of this much-needed center will require great generosity of individuals, organizations and parishes.

You can click on the link below which will take you to the gofundme.com page.

<https://www.gofundme.com/f/st-andrew039s-camp-fundraiser-by-ss-peter-and-paul>

As we continue to fulfill the work of Our Lord by living and fulfilling His Gospel Message, let us open our hearts and minds by providing support and assistance to our Diocese, to our children, by taking a moment to reflect upon what God has given us, and to discern how we might be able to return to God a portion of the blessings we have received.

We extend our heartfelt thanks and appreciation to all of you and your families for your continued prayers, support and generosity.

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\*\*Also, make sure we check out the promotional video for prospective campers!

The video can be found here on Facebook:

<https://www.facebook.com/saintandrewsorthodoxcamp/videos/357928144820497/>

\*\*Be sure to check it out...you may recognize the priest:)

## Remember our Loved Ones during Our Daily Prayers

*'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.'*

{Matt. 25:40}

As we say our daily prayers, let us also take time out to remember our loved ones who are homebound, who are in hospitals and who are in nursing homes. Let us remember them that GOD will continue to watch over them and protect them. Also, during the Year, let us take to either send them a card, give them a call, or visit them to let them know how much we love them, how much we remember them, and how much we pray for them.

Please refer to the of our Parish Shut-Ins below.

If anyone has any questions or would like to add someone to our List of Parish Shut-Ins, please see or contact Fr. Jason. May God continue to bless you and guide you!

### ST. GEORGE ORTHODOX CHURCH PARISH SHUT-INS (2020)

Mrs. Diane Salvamoser 147 West Hazeltine Avenue Kenmore, NY 14217 716.875.9503	Reader Victor Shanchuk 495 Lafayette Avenue Buffalo, NY 14222 716.881.3096	Mrs. Luba Japadjief Elderwood Nursing Home (Memory Care Unit) 245 Bassett Road Williamsville, NY 14221 (Room 30)
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Mrs. Catherine Tony 274 Wadsworth Ave. Tonawanda, NY 14150 716.695.3068	Mr. Albert Fadell 317.376.2562
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Andrew Wityk  
Ellicott Center  
200 Seventh Street  
Buffalo, NY 14201

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### WEEKLY VIDEO SERMONS GIVEN BY HIS EMINENCE ARCHBISHOP MICHAEL

These sermons offered to us by The Diocese via video can be found on the Diocesan Website: <http://www.nynjoca.org>! There are videos for each week beginning with The Feast of Feasts – Holy Pascha! Be sure to check them out!

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### **An Invitation to Support the Stewards of the OCA!**

The Orthodox Church in America (OCA) set the direction for expanding our apostolic work in North America at the 18<sup>th</sup> All-American Council. The foundation for this work is Jesus Christ, Whom we encounter in our spiritual lives, stewardship, evangelism and outreach, and relations with others as we engage the world. Being a steward of the OCA goes beyond the financial gifts which support the work of our church. Being a steward is about caring for and knowing the history of the mission of the Orthodox Church here in North America and finding your place in that history. Having received this great gift of our Orthodox Faith, we bear the responsibility to continue the legacy of Saint Herman and Saint Tikhon; Saint Innocent and Saint Alexis and all the other saints known and unknown who have worked to build up and expand Christ's Church here in North America. Please consider being a part of that mission today by giving to the Stewards of the OCA. For more information, please visit The OCA Website: <https://oca.org/become-a-steward>

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### **An Invitation to Support the Ministry of the DDB!**

In order to fund necessary ministries and fulfill the work of the Church in the Diocese of New York and New Jersey, **Distinguished Diocesan Benefactors** generously contribute financial support. To learn more about the DDB, please go to the following link: <http://vimeo.com/71021182> and watch a 60 second video inviting you to join the ever-growing list of Distinguished Diocesan Benefactors of The Diocese of New York and New Jersey who joyfully support the on-going work of our diocese. Their support allows us to provide assistance to new mission parishes, scholarships to seminarians, support the departments of The Diocese, and much-needed encouragement to older struggling parishes. How about you? Our parish is a member of the DDB. If anyone would like to join, please see Fr. Jason as well as take a pamphlet from the table in the back of the church. May God continue to bless and guide you for your continued support. The Diocese of New York and New Jersey has two monthly newsletters: "**First Fruits**" and "**Beyond the Plateau.**" The goal, as expressed by Archbishop Michael, is to increase communication and grow the communal spirit of diocesan fellowship in the building-up and strengthening of our parish communities. To learn more about these monthly diocesan publications, please refer to the diocesan website: <http://www.nynjoca.org/newsletters.html>.

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### **"Lessons in Our Faith" Video presented by His Eminence Archbishop MICHAEL**

His Eminence Archbishop Michael presents a series of talks on matters of faith, belief, and the teachings of the Church. These instructional videos are concise and "to the point," offering Orthodox Christians much-needed information, helpful advice for their spiritual journey, and assistance in answering questions that may come from non-Orthodox friends or acquaintances. The goal is that we might better know and better live our faith. These instructional videos can be found at the Diocesan Website: <http://www.nynjoca.org>! For those who do not have internet, please see the handouts from each lesson which are located on the table in the back of the church. **There are 14 videos! Be sure to check them out!**

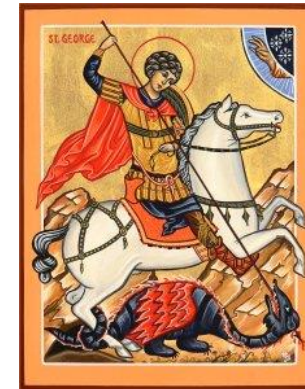
### **ST. GEORGE ORTHODOX CHURCH BOOKSTORE**

As you are in the Parish Fellowship Hall for coffee hour, don't forget to check out our newly-formed Bookstore. We have some new items that just arrived. These items include: Icon ornaments, jewelry, Icons, prayer books, prayers ropes, and much more. If you need a Gift, come check out the Bookstore...you may find something you like!! We are now also offering Gift Certificates for our Bookstore. Please speak with Dave or Andrea for more details/information!! We thank David and Andrea Chmiel who are managing of our Bookstore for us. If you have any questions or if you would like to order something that you do not see, please see or contact David or Andrea Chmiel and they will be able to assist you. You may also email them at: [bookstore@stgeorgebuffalo.com](mailto:bookstore@stgeorgebuffalo.com). May GOD continue to bless and guide all of you.

## **ST. GEORGE ORTHODOX CHURCH MEET n GREET**

**SUNDAY MARCH 14, 2021**

**FORGIVENESS SUNDAY**



**IN THE PARISH FELLOWSHIP HALL**

**IMMEDIATELY FOLLOWING FORGIVENESS SUNDAY VESPERS**

**Please join us on Sunday March 14 for a Special Social Distant Lenten Coffee Hour during which we will get to know our parish family a little better as we begin The Great Lenten Season!**

## Self Preservation

Many things have been done - or words were said  
That pierced the heart - like a bullet of lead  
And though the event came - and soon was gone  
The sting of it all - lingered on and on.

Dwelling on the past - though time has marched on  
Will make us miserable - no mood for a song,  
Because peace and joy - Satan is stealing  
Thus, he alone prospers - if we hold an ill-feeling.

We must forgive others - in a way that is right:  
Leaving their flaws - for only God's sight.  
Sometimes it's impossible - to humanly do  
So we call on the Holy Spirit - to see us through.

When the Lord forgives us - our slate is wiped clean.  
God doesn't hold grudges - or see us as mean.  
Yes, He gives us a chance - for a whole new start.  
He holds no memory - of our mistakes in his heart.

If we can't forgive - like the Lord intended  
We have a miserable life - which can't be mended.  
Because an unforgiving heart - is real devastation  
And forgiving completely - is self-preservation.

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### **\*\*A REMINDER\*\***

TODAY is the LAST day we are permitted to eat and partake of milk and dairy products until Holy Pascha.

With that in mind, when hosting coffee hour during Great Lent, we must refrain from using meat and dairy products in our foods and beverages.

If anyone has any questions about fasting or restrictions when hosting coffee hour, please see Fr. Jason and he will help you and guide you!

May all of us have a Blessed, Peaceful, Holy  
and Prayerful Great Lenten Journey!

## IMPORTANT DATES WITHIN THE LIFE OF OUR PARISH

### **March 14: Forgiveness Sunday**

St. George Meet & Greet in the fellowship hall immediately following forgiveness Sunday Vespers. **Please Note:** Please see or contact Fr. Jason, Mat. Katia or Mat. Fran if you would like to help out or bring a Lenten covered dish to share with everyone!! Dairy is permitted but no meat products! Please remember that we must maintain social distance as well as wear masks and following all proper CDC Protocols and Guidelines to maintain the health, safety, and well-being of everyone.

Please join us on Sunday March 1 for a Special Lenten Coffee Hour during which we will get to know our parish family a little better as we begin The Great Lenten Season!

Great Food ~~~~ Great Fellowship ~~~~ Great Fun for All!

Let us come together as a parish family, as brothers and sisters in Christ and enjoy Christian Fellowship as begin The Great Lenten Season!

### **March 21: World Down Syndrome Day.**

Do you know about the lots of socks initiative? Those with Down syndrome have a 3rd copy of chromosome 21, so on Sunday March 21 (3/21) the world celebrates World Down Syndrome Day. The idea behind lots of socks is that everyone wears two different colorful socks to highlight the uniqueness of these individuals and show their support for the Down syndrome community. We will be celebrating this on Sunday March 21. So get your mismatched socks ready and be prepared to display them on Sunday. We will also be collecting financial donations from Coffee Hour. Last year we donated the money to the local Learning Disabilities of WNY!



**2021 - THE SCHEDULE OF SUNDAY GREAT LENTEN VESPERS - 2021**

**“Fulfilling the Gospel through Our Life in Christ”**

**\*\*ALL SUNDAY EVENING VESPERS  
WILL BE SERVED AT ST. GEORGE ORTHODOX CHURCH (BUFFALO, NY)\*\***

**Sunday of Orthodoxy**

**Discussion:** “Being called to be Living Icons of The Gospel in our everyday life”

**Sunday March 21, 2021**

**5:00 PM**

**St. Gregory Palamas**

**Discussion:** “Prayer as a key to Fulfilling The Gospel in our everyday life”

**Sunday March 28, 2021**

**5:00 PM**

**Veneration of the Cross**

**Discussion:** “The Cross a key to Fulfilling The Gospel in our everyday life”

**Sunday April 4, 2021**

**5:00 PM**

**St. John Climacus**

**Discussion:** “The Ladder of Divine Ascent a key to Fulfilling The Gospel in our everyday life”

**Sunday April 11, 2021**

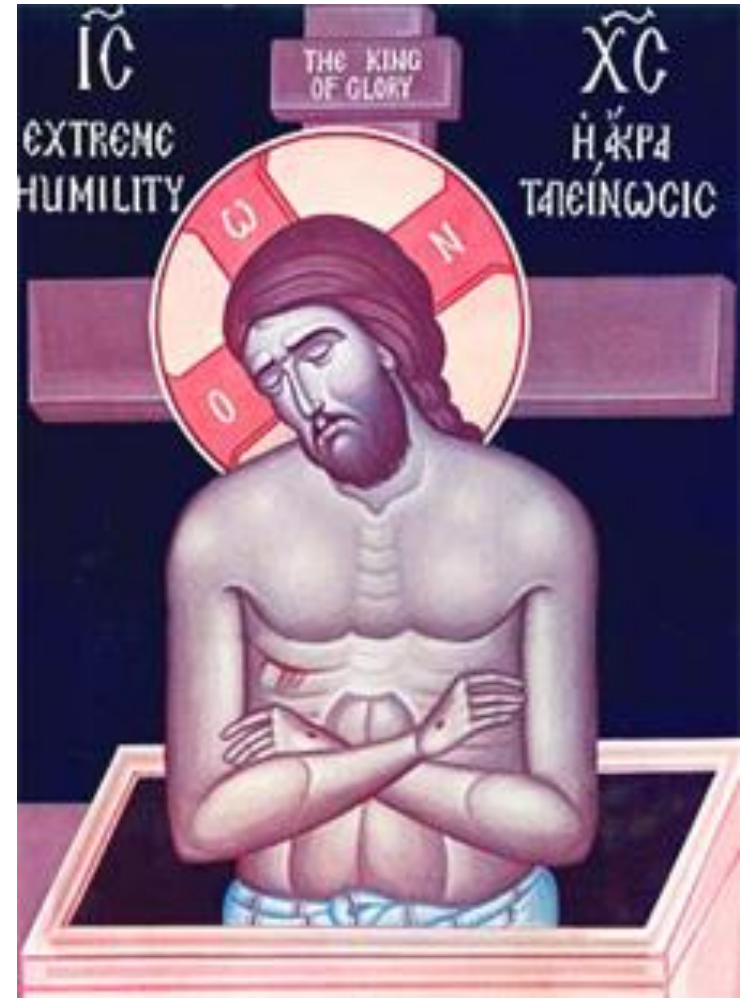
**5:00 PM**

**St. Mary of Egypt**

**Discussion:** “Repentance a key to Fulfilling The Gospel in our everyday life”

**Sunday April 18, 2021**

**5:00 PM**



**FORGIVENESS SUNDAY  
EXPULSION OF ADAM FROM PARADISE  
CHEESEFARE SUNDAY**

## The Meaning of Forgiveness Sunday

In the Orthodox Church, the last Sunday before Great Lent – the day on which, at Vespers, Lent is liturgically announced and inaugurated – is called Forgiveness Sunday.

On the morning of that Sunday, at the Divine Liturgy, we hear the words of Christ: “If you forgive men their trespasses, your heavenly Father will also forgive you, but if you forgive not men their trespasses, neither will your Father forgive your trespasses...” (Mark 6:14-15).

Then, after Vespers – after hearing the announcement of Lent in the Great Prokeimenon: “Turn not away Thy face from Thy child for I am afflicted! Hear me speedily! Draw near unto my soul and deliver it!” [and] after making our entrance into Lenten worship, with its special memories, with the prayer of St. Ephraim the Syrian, with its prostrations – we ask forgiveness from each other, we perform the rite of forgiveness and reconciliation. And as we approach each other with words of reconciliation, the choir intones the Paschal hymns, filling the church with the anticipation of Paschal joy. What is the meaning of this rite? Why is it that the Church wants us to begin Lenten season with forgiveness and reconciliation? These questions are in order because for too many people, Lent means primarily, and almost exclusively, a change of diet, the compliance with ecclesiastical regulations concerning fasting. They understand fasting as an end in itself, as a “good deed” required by God and carrying in itself its merit and its reward. But, the Church spares no effort in revealing to us that fasting is but a means, one among many, towards a higher goal: the spiritual renewal of man, his return to God,

true repentance and, therefore, true reconciliation. The Church spares no effort in warning us against a hypocritical and pharisaic fasting, against the reduction of religion to mere external obligations. As a Lenten hymn says: “In vain do you rejoice in no eating, O soul! For you abstain from food, but from passions you are not purified. If you persevere in sin, you will perform a useless fast.”

Now, forgiveness stands at the very center of Christian faith and of Christian life because Christianity itself is, above all, the religion of forgiveness. God forgives us, and His forgiveness is in Christ, His Son, Whom He sends to us, so that by sharing in His humanity we may share in His love and be truly reconciled with God. Indeed, Christianity has no other content but love. And it is primarily the renewal of that love, a return to it, a growth in it, that we seek in Great Lent, in fasting and prayer, in the entire spirit and the entire effort of that season. Thus, truly forgiveness is both the beginning of, and the proper condition for the Lenten season.

One may ask, however: Why should I perform this rite when I have no “enemies”? Why should I ask forgiveness from people who have done nothing to me, and whom I hardly know? To ask these questions is to misunderstand the Orthodox teaching concerning forgiveness. It is true, that open enmity, personal hatred, real animosity may be absent from our life, though if we experience them, it may be easier for us to repent, for these feelings openly contradict Divine commandments. But, the Church reveals to us that there are much subtler ways of offending Divine Love. These are indifference, selfishness, lack of interest in other people, of any real concern for them – in short, that wall which we

usually erect around ourselves, thinking that by being “polite” and “friendly” we fulfill God’s commandments. The rite of forgiveness is so important precisely because it makes us realize – be it only for one minute – that our entire relationship to other men is wrong, makes us experience that encounter of one child of God with another, of one person created by God with another, makes us feel that mutual “recognition” which is so terribly lacking in our cold and dehumanized world.

On that unique evening, listening to the joyful Paschal hymns, we are called to make a spiritual discovery: to taste of another mode of life and relationship with people, of life whose essence is love. We can discover that always and everywhere Christ, the Divine Love Himself, stands in the midst of us, transforming our mutual alienation into brotherhood. As I advance towards the other, as the other comes to me – we begin to realize that it is Christ Who brings us together by His love for both of us. And because we make this discovery – and because this discovery is that of the Kingdom of God itself: the Kingdom of Peace and Love, of reconciliation with God and, in Him, with all that exists – we hear the hymns of that Feast, which once a year, “opens to us the doors of Paradise.” We know why we shall fast and pray, what we shall seek during the long Lenten pilgrimage. Forgiveness Sunday: the day on which we acquire the power to make our fasting – true fasting; our effort – true effort; our reconciliation with God – true reconciliation.

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– Introduction to the booklet, *Forgiveness Sunday Vespers*, published 1975-1982 by the Department of Religious Education of the Orthodox Church in America.

## The Sunday of Forgiveness

**Do you have a secret hiding place**, where you keep some of your special things? Maybe you keep a favorite toy, a diary, or some candy – all because you don’t want your brother or sister to take it! We all want to keep our treasures staying nice, and away from people who might get into it!

In the Gospel reading today, we hear what our Lord, Jesus Christ, Himself said about taking care of our treasure. “Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal.”

So you see, we might try hard to keep our treasure on earth nice. But the things we want to keep nice here might get destroyed, or somebody might take them. Our Lord tells us that the real treasure is heaven, and when we have that, nobody can take it away. That’s the treasure that really matters. So we can try hard every day to get that real treasure – to be with God forever in heaven. How do we do that? We can try hard to love God and to love the people around us! Our Lord is happy to give us the treasure of life in heaven!

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“Have Mercy on us, O God, have mercy on us!”

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## EXPULSION OF ADAM FROM PARADISE CHEESEFARE SUNDAY/FORGIVENESS SUNDAY

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...."

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## Forgiveness Sunday If Ye Forgive Men Their Trespasses

Matthew 6:14-21

From The Explanation of the Gospel of St. Matthew  
by Blessed Theophylact, Archbishop of Ochrid and Bulgaria

**14. For if ye forgive men their trespasses, your heavenly Father will also forgive you.**

Again He teaches us not to remember wrongs. He reminds us of the Father so that we might revere Him, since we are the children of such a Father, and not act as fierce beasts, refusing to forgive.

**15. But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.**

God, Who is meek, hates nothing more than cruelty.

**16. Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have received their reward.**

"Disfigurement of the face" is an artificial discoloration of the face, painting it pale, so that one does not appear as he really is, but feigns mournfulness.

**17-18. But thou, when thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy Father Who is in secret: and thy Father Who seeth in secret shall reward thee openly.**

Men of old would anoint themselves with oil after bathing as a mark of their joy and well-being. So you also, O reader, should

appear joyful when you fast. The oil used to anoint we also understand to mean almsgiving. (1) Our Head is Christ, Which we should anoint with deeds of mercy; and our face, that is our senses, we should wash with tears of repentance.

**19-21. Lay not up for yourselves treasures upon earth, where moth and corruption doth destroy, and where thieves break through and steal: but lay up for yourselves treasures in heaven, where neither moth nor corruption doth destroy, and where thieves do not break through nor steal. For where your treasure is, there will your heart be also.**

Having first cast out the sickness of vainglory by what He said before, now He speaks about non-possessiveness. For men possess more than they need because of vainglory. He shows how unprofitable earthly treasure is – moth and corruption consume food and clothing, and thieves steal gold and silver. Then, anticipating the objection that not all treasure is stolen, the Lord says, "Even if nothing is lost in this manner, are you not wretched for being nailed down by your worries over wealth?" This is why He says, *Where your treasure is, there will your heart be also.*

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## **COMMENTARY OF FORGIVNESS SUNDAY**

Finally, on the eve of Great Lent, the day called **Cheesefare Sunday** and **Forgiveness Sunday**, we sing of Adam's exile from paradise. We identify ourselves with Adam, lamenting our loss of the beauty, dignity and delight of our original creation, mourning our corruption in sin.

We also hear on this day the Lord's teaching about fasting and forgiveness, and we enter the season of the fast forgiving one another so that God will forgive us. If you forgive men their trespasses, your heavenly Father will forgive you; but if you do not forgive men their trespasses, neither will your heavenly Father forgive you your trespasses.

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The season of **Great Lent** is the time of preparation for the feast of the Resurrection of Christ, It is the living symbol of man's entire life which is to be fulfilled in his own resurrection from the dead with Christ. It is a time of renewed devotion: of prayer, fasting, and almsgiving. It is a time of repentance, a real renewal of our minds, hearts and deeds in conformity with Christ and his teachings.

It is the time, most of all, of our return to the great commandments of loving God and our neighbors.

In the Orthodox Church, Great Lent is not a season of morbidity and gloominess. On the contrary, it is a time of joyfulness and purification. We are called to "anoint our faces" and to "cleanse our bodies as we cleanse our souls." The very first hymns of the very first service of Great Lent set the proper tone of the season:

*Let us begin the lenten time with delight ... let us fast from passions as we fast from food, taking pleasure in the good words of the Spirit, that we may be granted to see the holy passion of Christ our God and his holy Pascha, spiritually rejoicing.*

*Thy grace has arisen upon us, O Lord, the illumination of our souls has shown forth; behold, now is the acceptable time; behold, now is the time of repentance (Vesper Hymns).*

It is our repentance that God desires, not our remorse. We sorrow for our sins, but we do so in the joy of God's mercy. We mortify our flesh, but we do so in the joy of our resurrection into life everlasting. We make ready for the resurrection during Great Lent, both Christ's Resurrection and our own.

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“Have Mercy on us, O God, have mercy on us!”

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## FIRST SATURDAY OF GREAT LENT

### FEAST OF ST. THEODORE

On the First Saturday of Great Lent, we remember the miracle of St Theodore and the boiled wheat. Fifty years after the death of St Theodore, the emperor Julian the Apostate (361-363), wanting to commit an outrage upon the Christians, commanded the city-commander of Constantinople during the first week of Great Lent to sprinkle all the food provisions in the marketplaces with the blood offered to idols. St Theodore appeared in a dream to Archbishop Eudoxius, ordering him to inform all the Christians that no one should buy anything at the marketplaces, but rather to eat cooked wheat with honey (kolyva).

In memory of this occurrence, the Orthodox Church annually celebrates the holy Great Martyr Theodore the Recruit on the first Saturday of Great Lent. On Friday evening, at the Divine Liturgy of the Presanctified Gifts following the prayer at the ambo, the Canon to the holy Great Martyr Theodore, composed by St John of Damascus, is sung. After this, kolyva is blessed and distributed to the faithful. The celebration of the Great Martyr Theodore on the first Saturday of Great Lent was set by the Patriarch Nectarius of Constantinople (381-397).

The Troparion to St Theodore is quite similar to the Troparion for the Prophet Daniel and the Three Holy Youths (December 17, Sunday Before Nativity). The Kontakion to St Theodore, who suffered martyrdom by fire, reminds us that he also had faith as his breastplate (see I Thessalonians 5:8). Here at St. George, we will serve the Akathist to The Theotkos with Canon to St. Theodore on Friday night (March 6). Also, in honor of St. Theodore, we will serve the Divine Liturgy on Saturday Morning (March 7) at 9:30 AM followed by the Blessing of Kolivo. Let us come and pray together as a parish family to St. Theodore

Following the service, enjoy fellowship with one another as we partake of the Blessed Kolivo!



## The Pre-Lenten Sundays



Finally, on the eve of Great Lent, the day called Cheesefare Sunday and Forgiveness Sunday, we sing of Adam's exile from paradise. We identify ourselves with Adam, lamenting our loss of the beauty, dignity and delight of our original creation, mourning our corruption in sin. We also hear on this day the Lord's teaching about fasting and forgiveness, and we enter the season of the fast forgiving one another so that God will forgive us.




*If you forgive men their trespasses, your heavenly Father will forgive you; but if you do not forgive men their trespasses, neither will your heavenly Father forgive you your trespasses (Mt 6.14-18).*

## The Great Canon of St Andrew of Crete

The Great Canon of St Andrew, Bishop of Crete, is the longest canon in all of our services, and is associated with Great Lent, since the only times it is appointed to be read in church are the first four nights of Great Lent (Clean Monday through Clean Thursday, at Great Compline, when it is serialized) and at Matins for Thursday of the fifth week of Great Lent, when it is read in its entirety (in this latter service, the entire life of St Mary of Egypt is also read). There is no other sacred hymn which compares with this monumental work, which St Andrew wrote for his personal meditations. Nothing else has its extensive typology and mystical explanations of the scripture, from both the Old and New Testaments. One can almost consider this hymn to be a "survey of the Old and New Testament". Its other distinguishing features are a spirit of mournful humility, hope in God, and complex and beautiful Trinitarian Doxologies and hymns to the Theotokos in each Ode. The canon is a dialog between St. Andrew and his soul. The ongoing theme is an urgent exhortation to change one's life. St Andrew always mentions his own sinfulness placed in juxtaposition to God's mercy, and uses literally hundreds of references to good and bad examples from the OT and NT to "convince himself" to repent.

A canon is an ancient liturgical hymn, with a very strict format. It consists of a variable number of parts, each called an "ode". Most common canons have eight Odes, numbered from one to nine, with Ode 2 being omitted. The most penitential canons have all nine odes. Some canons have only three Odes, such as many of the canons in the "Triodion" (which means "Three Odes"). In any case, all

Odes have the same basic format. An **“Irmos”** begins each Ode. This is generally sung, and each Irmos has a reference to one of the **nine biblical canticles**, which are selections from the Old and New Testament, which can be found in an appendix in any complete liturgical Psalter (book of Psalms, arranged for reading in the services). A variable number of **“troparia”** follow, which are short hymns about the subject of the canon. These are usually chanted, and not sung. After each troparion a **“refrain”** is chanted. At the end of each Ode, another hymn, called the **“Katavasia”**, either the Irmos previously sung, or one like it is sung. The troparia of the Great Canon in all its twelve Odes are usually chanted by the priest in the center of the church, with the choir singing the Irmos and Katavasia. There are varying traditions about bows and prostrations. Some prostrate and some make the sign of the cross and bow three times after the Irmos and each troparion.

OUR JOURNEY TO PASCHA! 2021		
Created by Fr. Jonathan Bannon (ACROD)		
SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 21st</b>	 <b>Publican and the Pharisee</b> Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week <b>FEBRUARY 28th</b>	 <b>The Prodigal Son Returns!</b> Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare <b>MARCH 7th</b> FAREWELL TO MEAT TODAY	 <b>The Last Judgement</b> Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare <b>MARCH 14th</b> FAREWELL TO CHEESE TODAY	 <b>Adam and Eve are cast from Paradise!</b> FORGIVENESS SUNDAY Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent <b>MARCH 21st</b>	 <b>SUNDAY of ORTHODOXY</b> Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 28th</b>	 <b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent <b>APRIL 4th</b>	 <b>VENERATION OF THE HOLY CROSS</b> HALF WAY TO PASCHA! Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent <b>APRIL 11th</b>	 <b>ST JOHN of the LADDER</b> Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent <b>APRIL 18th</b>	 <b>ST MARY of EGYPT</b> Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! <b>APRIL 25th</b> GREAT WEEK BEGINS	 <b>ENTRY OF OUR LORD INTO JERUSALEM</b> Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY <b>APRIL 30th</b>	 <b>GREAT AND HOLY FRIDAY</b> JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>MAY 2nd</b> NO FASTING!	 <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

**Orthodox Christian Stewardship** is a way of life, which acknowledges accountability, reverence, and responsibility before God. A primary goal of Stewardship is to promote spiritual growth and strengthen faith. Becoming a Steward begins when we believe in God, to whom we give our love, loyalty and trust and act on those beliefs. As Stewards, we affirm that every aspect of our lives comes as a gift from Him. Stewardship calls on the faithful to cheerfully offer back to God a portion of the gifts with which they have been blessed. **Orthodox Christian Stewardship is a way of life, which acknowledges** accountability, reverence, and responsibility before God by teaching and giving examples of a virtuous life to all (St. John Chrysostom). A primary goal of Stewardship is to strengthen our understanding of the teachings and dogmas of The Orthodox Faith through supporting the work of The Church. This can be found in The Divine Services as reiterated by St. John of San Francisco: "The Divine Services in their composition contain all the fullness of the dogmatic teaching of the Church and set forth the path of salvation." Fulfilling our responsibility of continual learning begins when we believe in God, to whom we give our love, loyalty and trust and act on those beliefs. Through being Stewards of the Gospel and of The Orthodox Church, Education calls on the faithful to cheerfully receive instruction given to the Church by Our Lord, Holy Scripture, The Divine Services, and The Holy Fathers of

the Church. Through Orthodox Christian Stewardship, The Church promotes spiritual growth and strengthened faith and calls on all of us to bring the faith and love of Our Lord to every aspect of our lives as gifts from Him through our time, talents, and treasures. During this year, let us come together as a Diocesan Family and recommit ourselves to both spiritual growth of our Life in Christ as well as through Orthodox Christian Stewardship by attending the Divine Services, attending the many opportunities of Education for both Adults and Children through Parish Education, gatherings, and fellowship and by supporting our Parishes and Diocese in the many endeavors through which, by the Grace of God, we will bring the light and love of Our Lord to all!

***LET ALL THAT YOU DO BE DONE IN LOVE. 1 Cor.16:14***

***YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND. Matt. 22:37***

***YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF. Matt. 22:39***

***LOVE YOUR ENEMIES AND PRAY FOR THOSE WHO PERSECUTE YOU. Matt. 5:44***

***LOVE IS PATIENT, LOVE IS KIND, LOVE DOES NOT ENVY, LOVE DOES NOT BOAST, LOVE IS NOT PROUD, LOVE IS NOT SELFISH, LOVE IS NOT PROVOKED. 1Cor. 13:4***

***LOVE BEARS ALL THINGS, LOVE ALWAYS HAS FAITH, LOVE ALWAYS HAS HOPE, LOVE ENDURES ALL THINGS. LOVE NEVER FAILS! 1Cor. 13:7,8***

