

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 Candles are offered by Anthony DelNuovo in Loving Memory of Thy Departed Servants of his family. 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 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

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SUNDAY OF CHEESEFARE — Tone 4. The Expulsion of Adam and Eve from Paradise. The Holy Martyrs of Sebaste. The 42 Martyrs of Ammoria in Phrygia, including: Constantine, Aetitus, Theophilus, Theodore, Melissenus, Callistus, Basoës and others (ca. 845). The Uncovering of the Precious Cross and the Precious Nails by Empress St. Helen (Elena) in Jerusalem (326). Monastic Martyrs Conon and his son, Conon, of Iconium (270-275). Ven. Arcadius of Cyprus (4th c.).

GLORY TO JESUS CHRIST! GLORY FOREVER!

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EPISTLE LESSON

GOSPEL LESSON

Romans 13:11-14:4
Hebrews 12:1-10

Matthew 6:14-21
Matthew 20:1-16

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Come and See how we are all called to be Stewards of The Church!

- Stewardship is our active commitment to use all our time, talent and treasure for the benefit of humankind in grateful acknowledgment of Christ's redeeming love.
- Stewardship is caring for the needs of others.
- Stewardship is offering one's self to God as He offered Himself to us.
- Stewardship is what a person does after saying "I Believe . . . ", as proof of that belief.
- Stewardship is learning how to be a responsible and concerned caretaker of Christ's Church; it is learning how to enjoy Church life and be happy in Church work, for in Her dwells the fullness of the Spirit of God.

If you would like to make a donation to our parish, please feel free to use the QR Code below. Thank you for your continued support and generosity for our parish in bringing The Love and Faith of Our Lord Jesus Christ to all! May God continue to bless and guide you and keep all of you in His loving care today and always!



HYMNS FOR THE DIVINE LITURGY

Troparion for The Resurrection — Tone 4

When the women disciples of the Lord learned from the angel the joyous message of Thy Resurrection, they cast away the ancestral curse and elatedly told the apostles: “Death is overthrown! Christ God is risen, // granting the world great mercy!”

Troparion for The Holy 40 Martyrs of Sebaste — Tone 1

Through the sufferings which Thy holy Forty Martyrs endured for Thy sake, O Lord, we beseech Thee, O Lover of mankind: // “Heal all of our infirmities!”

Kontakion for The Resurrection — Tone 4

My Savior and Redeemer as God rose from the dead and delivered the earthborn from their chains. He has shattered the gates of hell, and as Master, He has risen on the third day.

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

Kontakion for The Holy 40 Martyrs of Sebaste — Tone 6

You have abandoned all earthly armies, cleaving to the heavenly Master, O Forty Martyrs of the Lord. Having passed through fire and water, O blessed ones, // you have fittingly received heavenly glory and many crowns.

Now and ever and unto ages of ages. Amen.

THE EPISTLE LESSON FOR TODAY

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

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.

BRETHREN:

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

For consider Him who endured such hostility from

Kontakion for The 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!"

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.

THE SECOND PROKEMEINON Tone 5

Thou, O Lord, shalt protect us / and preserve us from this generation forever.

ALLELUIA VERSES

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

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

Make a joyful noise to God, all the earth! Sing of His name, give to Him glorious praise!

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!

sinner against Himself, lest you become weary and discouraged in your souls. You have not yet resisted to bloodshed, striving against sin. And you have forgotten the exhortation which speaks to you as to sons: "My son, do not despise the chastening of the LORD, nor be discouraged when you are rebuked by Him; for whom the LORD loves He chastens, and scourges every son whom He receives."

If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons.

Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live?

For they indeed for a few days chastened us as seemed best to them, but He for our profit, that we may be partakers of His holiness.

THE GOSPEL LESSON FOR TODAY

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

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

COMMUNION HYMN

Praise the Lord from the heavens, praise Him in the highest! Rejoice in the Lord, O you righteous! Praise befits the just! Alleluia! Alleluia! Alleluia!

Scriptural Readings for the Week
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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

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.

At That Time:

For the kingdom of heaven is like a landowner who went out early in the morning to hire laborers for his vineyard. Now when he had agreed with the laborers for a denarius a day, he sent them into his vineyard. And he went out about the third hour and saw others standing idle in the marketplace, and said to them, 'You also go into the vineyard, and whatever is right I will give you.' So they went.

Again he went out about the sixth and the ninth hour, and did likewise. And about the eleventh hour he went out and found others standing idle, and said to them, 'Why have you been standing here idle all day?' They said to him, 'Because no one hired us.' He said to them, 'You also go into the vineyard, and whatever is right you will receive.' So when evening had come, the owner of the vineyard said to his steward, 'Call the laborers and give them their wages, beginning with the last to the first.' And when those came who were hired about the eleventh hour, they each received a denarius. But when the first came, they supposed that they would receive more; and they likewise received each a denarius. And when they had received it, they complained against the landowner, saying, 'These last men have worked only one hour, and you made them equal to us who have borne the burden and the heat of the day.' But he answered one of them and said, 'Friend, I am doing you no wrong. Did you not agree with me for a denarius? Take what is yours and go your way. I wish to give to this last man the same as to you.

Is it not lawful for me to do what I wish with my own things? Or is your eye evil because I am good?' So the last will be first, and the first last. For many are called, but few chosen."

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LOVE CONQUERS 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

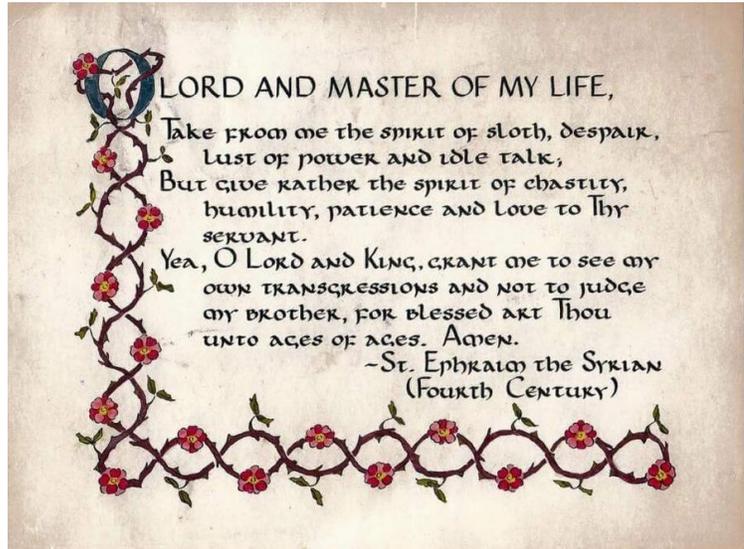
LOVE YOUR ENEMIES AND PRAY FOR THOSE WHO PERSECUTE YOU. Matt. 5:44

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

Warming Up for Great Lent:

THE PENITENTIAL PRAYER OF ST. EPHRAIM THE SYRIAN



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The Great Lenten Season commonly known as – The Great Fast - comes each year as part of the Paschal celebration. It is a forty day fast, a time of preparation, prayer, and fasting during which we come face to face with ourselves in the light of extraordinary prayers and insights into our spiritual condition, given as only the Orthodox Tradition is able.



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Life: “The most sublime expression of God’s creative activity”

The words below from Fr Alexander Schmemman of Blessed Memory are very fitting for our life:

“All that exists is God’s gift to man, and it all exists to make God known to man, and to make man’s life communion with God!”

Love one another! Pray for one another! Forgive one another!

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Another saying from The Holy Fathers for everyday of our life and for everything that we go through:

“The Will of God will never take us where The Grace of God cannot protect us!”



Prayer is a safe fortress, a sheltered harbor, a protector of virtues, a destroyer of passions!



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 18th 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!**

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IMPORTANT PARISH ANNOUNCEMENTS

- We will continue with our on-going collections for The Buffalo City Mission, Hearts for Homeless, Mats for Mission, HomeSpace, Resurrection Life Food Pantry, Baker Victory as well as 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 Outlines for ALL weekend SERVICES**
- 2) Zoom information for Education Classes and Book Club**
- 3) Updates on Schedule of Services Events**
- 4) Pastoral Video for Parish Monthly Update**

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EACH WEEK WE WILL BE RECORDING

THE WEEKLY INCOME FOR EACH SUNDAY AS WELL AS POSTING THE MONTHLY INCOME and EXPENSE FOR OUR PARISH FOLLOWING THE MONTHLY PARISH COUNCIL MEETINGS! INCOME FOR SUNDAY MARCH 6, 2022 - \$1, 320.10

Commercial Savings Account Deposit \$ DONATION TO THE CAPITOL IMPROVEMENT FUND (Kitchen) – \$750.00

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

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. May GOD continue to bless and guide all of you.

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

Please be sure to check out "The Giving Tree" in the Parish Fellowship Hall as well as on our parish website (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.

Some of the items on the leaves are as follows:

Candles
7-Day Vigil Candles
Flowers for Feast Days
Charcoal
Altar Wine
Cups for Zapifka
Paper Towels
Toilet Paper

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!

PARISH THEME FOR 2022:

Orthodox Christian Stewardship

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

ST. GEORGE ORTHODOX CHURCH OCMC PARISH AMBASSADORS

To The Glory of God, our parish has been blessed with two parishioners who have answered The Call of Our Lord to be Parish Ambassadors for OCMC guiding us to help bring The Gospel of Our Lord God and Savior Jesus Christ of “Making Disciples of All Nations baptizing them in The Name of The Father and of The Son and of The Holy Spirit!” Anthony Gregory DelNuovo and John Moses Lutz are our Parish Ambassadors for OCMC (The Orthodox Christian Mission Center). To help the good work being done by The OCMC of supporting Missionaries around the world, our parish will be sponsoring and supporting a missionary on a annual basis. The cost is only \$600/year. So far we have collected over \$1000 for this year’s sponsorship. If anyone would like to make a donation, please see or contact Anthony or John. We express our most sincere and heartfelt thanks and appreciation to everyone who has graciously donated so far. Thank you for kindness and generosity in supporting the good work and mission of The OCMC in fulfilling Our Lord’s Command in The Gospel of Matthew of: “Making Disciples of All Nations!”

For more information about The OCMC, please visit their website: www.ocmc.org

Another blessing for our parish of continuing the Good Work that has been entrusted to us of bringing The Gospel Message to All! Lord it is good to be here!

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****PLEASE REFER TO THE PARISH WEBSITE FOR THE SCHEDULE OF SERVICES AND EVENTS FOR GREAT LENT, HOLY WEEK, FEAST OF HOLY PASCHA THROUGH FEAST OF SS PETER AND PAUL!****

- *Education Sermon on Sunday February 27: The Lenten Sundays*
- *Cheesefare Sunday Pot-Luck Luncheon – Sunday March 6**
- *Matins will be celebrated on Sunday March 13 and 27 at 9:00 AM!
- *The Hours will be celebrated Sunday March 20 at 9:40 AM!

****GENERAL CONFESSION WILL BE CELEBREATED ON SUNDAY MARCH 6 – FORGIVEBESS SUNDAY – AT 9:30 AM!****

If anyone has any questions or concerns, please do not hesitate to see or contact Fr. Jason!

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 parish 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 Retreats, gatherings, and fellowship and by supporting our Parish in her many endeavors through which, by the Grace of God, we will bring the light and love of Our Lord to all!

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

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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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**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
(2022)**

Mrs. Diane Salvamoser Reader Victor Shanchuk Mrs. Luba Japadjief
147 West Hazeltine Avenue McAuley Residence Elderwood Nursing Home
Kenmore, NY 14217 1503 Military Rd. 104 Old Niagara Rd.
716.875.9503 Buffalo, NY 14217 Lockport, NY 14221 (Room 47A)
716.881.3096

Mrs. Bonnie Dan Mr. Albert Fadell
15 Pine Street 317.376.2562
North Tonawanda, NY 14150
716.693.1377

Andrew Wityk Mrs. Tita Abraham
Ellicott Center 84 Stonington Lane, Apt 3
200 Seventh Street Getzville, NY 14068
Buffalo, NY 14201

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****GENERAL CONFESSION SERVICE**

SUNDAY MARCH 6 (FORGIVENESS SUNDAY) AT 9:30 AM**

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PREPARATION FOR GREAT LENT

Our preparation for Lent thus begins with a prayer for humility, the beginning of true repentance. Through repentance, we can find and return to the true order of things, a restoration of our spiritual vision that will guide us in a very difficult and challenging world. By entering Great Lent in humility and repentance, we can attain deeper communion with God as we receive His forgiveness and He blesses by guiding us to greater spiritual heights.

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FORGIVENESS SUNDAY

The theme of this Sunday refers to the expulsion of Adam from Paradise. Adam in Paradise misused his freedom by allowing himself to be persuaded by the evil one to disobey the command to not eat of the fruit of the tree of knowledge of good and evil. The evil one convinced him that by so doing he would know more than God. The Church in its hymnology presents the condition of Adam outside of Paradise as weeping and working hard for his livelihood. The Gospel passage of the day refers to the manner of praying, fasting, almsgiving and all good works. These are to be done in secret, without boasting. The meaning of this Sunday is the condescension of God to the human weakness, "for if you forgive men their trespasses, your heavenly Father also will forgive

THE INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES (IOCC) is an agency of The Standing Conference of Canonical Orthodox Bishops in the Americas (SCOBA) which represents Orthodox Christians in North America and understands its work to include developing in Orthodox Christians a commitment to philanthropy and global cooperative involvement within the Orthodox Church. IOCC was established in March 1992 as the Official Humanitarian Organization of SCOBA.

Consonant with the Great Commission of our Lord Jesus Christ (Matthew 28:19-20 and Matthew 25:35-46), the vision of IOCC is to provide programs and services such as: providing emergency relief and establishing developmental programs as well as ministering to those who are in need worldwide.

For more information about IOCC please visit their website at: <http://www.iocc.org>.

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It is the Psalm of exile. It was sung by the Jews in their Babylonian captivity as they thought of their holy city of Jerusalem. It has become forever the song of man as he realizes his exile from God, and realizing it, becomes man again: the one who can never be fully satisfied by anything in this fallen world, for by nature and vocation he is a pilgrim of the Absolute. It reveals Lent itself as pilgrimage and repentance – as return. ~ *Amen*

you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses" (v. 14-15). This is emphasized in the Lord's Prayer. The name of this Sunday, "Cheese", implies that the fast of this week is the gradual transition from eating meat to the strict fast of Lent, which starts the next day, Monday, with the first Sunday of Lent at the end of the preliminary seven days (Sunday of Orthodoxy).



ST. GEORGE ORTHODOX CHURCH MEET n GREET

SUNDAY MARCH 27, 2022
3RD SUNDAY OF GREAT LENT
THE VENERATION OF THE CROSS



**IN THE PARISH FELLOWSHIP HALL IMMEDIATELY
FOLLOWING THE DIVINE LITURGY!!**

Please join us on Sunday March 27 for a Special Lenten Luncheon Fellowship during which we will get to know our parish family a little better as we continue our journey through The Great Lenten Season!

Everyone will be wearing a name tag so that we can get to know one another a little better 😊

Great Lenten 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 we continue our journey through The Great Lenten Season!

Please see or contact Fr. Jason, Mat. Katia or Mat. Fran if you would like to help out or bring a Lenten **(no dairy or no meat)** covered dish to share with everyone!!



**Support Down
Syndrome Sunday**

SUNDAY MARCH 27

On March 21, the world celebrated International Down Syndrome Day. The reason behind celebrating on March 21 (3/21) is because those with Down Syndrome have a 3rd copy of chromosome 21, so on 3/21 (March 21) is known as International Down Syndrome Day.

Some of us have family members and/or friends with Down Syndrome and what better way to show our love and support then by participating in this event especially since it falls near the Great Feast of the Annunciation of the Theotokos (March 25).

The idea behind #lotsofsocks is that everyone wears two different colorful socks to highlight the uniqueness of these individuals and show their support for the Down Syndrome community. For more information, there is a Facebook page:
<https://www.facebook.com/WorldDS Day/>

With this in mind, in consultation with the Parish Council, we are designating Sunday March 27 as Support Down Syndrome Sunday in our parish by asking everyone to wear two different colorful socks. We can also take a picture of everyone wearing two different colorful socks. We will also have new socks available in case we need them!!

Lenten and Paschal Cycle



Zacchaeus Sunday

2021	2022	2023	2024	2025
Feb 14	Feb 6	Jan 29	Feb 18	Feb 2



Publican & Pharisee

Beginning of the Lenten Tridion

2021	2022	2023	2024	2025
Feb 21	Feb 13	Feb 5	Feb 25	Feb 9



Prodigal Son

2021	2022	2023	2024	2025
Feb 28	Feb 20	Feb 12	Mar 3	Feb 16



Meatfare

Sunday of the Last Judgment

2021	2022	2023	2024	2025
Mar 7	Feb 27	Feb 19	Mar 10	Feb 23



Cheesefare

Forgiveness Sunday

2021	2022	2023	2024	2025
Mar 14	Mar 6	Feb 26	Mar 17	Mar 2



Beginning of Great Lent

2021	2022	2023	2024	2025
Mar 15	Mar 7	Feb 27	Mar 18	Mar 3



Palm Sunday

2021	2022	2023	2024	2025
Apr 25	Apr 17	Apr 9	Apr 28	Apr 13



PASCHA

Beginning of the Pentecostarion

2021	2022	2023	2024	2025
May 2	Apr 24	Apr 16	May 5	Apr 20

The 2021 Annual **Sunday of Orthodoxy** Procession of Icons:
SUNDAY MARCH 13

*BRING YOUR ICONS TO CHURCH ON **SUNDAY MARCH 13***

THE SCHEDULE OF WEEKLY SERVICES and ACTIVITIES

SUNDAY MARCH 6, 2022

FORGIVENESS SUNDAY/CHEESEFARE SUNDAY
EXPULSION OF ADAM FROM PARADISE

9:30 A.M. General Confession Service
10:00 A.M. Divine Liturgy
followed by Forgiveness Sunday Vespers

ANNUAL CHEESEFARE SUNDAY LUNCHEON
FELLOWSHIP N PARISH FELLOWSHIP HALL
FOLLOWING FORGIVENESS SUNDAY VESPERS

Church School Class In-Person and
Via Google Classroom

Beginning of GREAT LENT

{*STRICT FAST*}

**The Church will be open M-W-F
Every Week from 12:00 to 1:00 PM**

First Week of Great Lent

{March 7- March 13}

MONDAY MARCH 7, 2022

6:00 P.M. Compline and Canon
of St. Andrew of Crete

TUESDAY MARCH 8, 2022

6:00 P.M. Compline and Canon
of St. Andrew of Crete

WEDNESDAY MARCH 9, 2022

5:00 P.M. Confessions
6:00 P.M. Presanctified Liturgy

Pot-Luck Lenten Meal and
Discussion in Parish
Fellowship Hall following Liturgy

Thursday March 10, 2022

6:00 P.M. Compline and Canon of
St. Andrew of Crete

Friday March 11, 2022

9:00 A.M. Confessions

9:30 A.M. Presanctified Liturgy

6:00 P.M. Moleben to St. Theodore

Saturday March 12, 2022

**FIRST SATURDAY OF GREAT LENT –
ST. THEODORE THE RECRUIT**

9:30 A.M. Divine Liturgy
followed by The Blessing of Kolivo

4:30 P.M. Great Vespers

SAFETY GUIDELINES AND PROTOCOLS FOR OUR PARISH

We will continue to celebrate The Divine Services with FULL CAPACITY in The Church. ALL Pews will be open and available for everyone to stand together. So that we can, to the Glory of God, pray together, sing together and stand together as parish family, as brothers and sisters in Christ.

Until further notice, we continue to follow the following guidelines based upon The Newly Updated Pastoral Guidelines for our Diocese, Parish and the new directives from The State Government and Erie County:

- To ensure that everyone feels comfortable and safe while attending Divine Services and Fellowship Activities at our parish, we will make the wearing of masks a voluntary decision. If someone wishes to continue to wear a mask, that is their choice and their right to. If someone chooses not to wear a mask, that is their choice not to wear a mask. This is to ensure that we, as a parish family and as brothers and sisters in Christ, minister in every way possible through love to those who come to St. George Orthodox Church to grow in their faith and love of Our Lord God and Savior Jesus Christ. Out of love, care, concern, and the well-being of EVERYONE, The Clergy, when distributing Holy Communion and Holding The Cross at the Veneration of the Cross/Dismissal and whenever there is interaction between The Clergy and parishioners, The Clergy will be wearing a mask to ensure the health, safety, and well-being of everyone. As a parish family, let us continue to love one another, respect one another, and pray for and with one another! As I have mentioned previously, the topic of vaccinated vs unvaccinated has no place in our parish. That is a private and individual matter and choice and above that is a HIPAA Privacy Law!
- We will also continue to have hand sanitizer and masks available for everyone both in the Church and in The Parish Fellowship Hall to ensure the health, safety, and well-being of everyone who comes to St. George Orthodox Church for Divine Services and Fellowship Activities. These precautions are for the health, safety, and well-being of everyone who comes and enters our Church to pray and worship God.

- * There will be Coffee Hour Fellowship will resume while following the Proper Protocols, Guidelines, and Directives.

- * The choir will continue to sing up front

- * The space in the back of the church (choir area and children's area) will remain open for the 17 chairs socially distant for those who wish to stand there.

- * We will continue to use the Common Communion Cloth. However, if anyone wishes to use the individual napkin to wipe their lips after receiving Holy Communion, they may do so.

- * We will resume with the passing the Stewardship Collection Plate during The Litany before The Lord's Prayer.

- * The Church will continue to be cleaned and sanitized every week and after every service

- * The Parish Fellowship Hall will continue to be cleaned and sanitized throughout the week as well as a thorough cleaning/sanitizing every week by hiring our Professional Cleaner (Rocco) who will come in every week on Saturday Night to clean and sanitize the Parish Fellowship Hall and Restrooms.

- * With this in mind, we will still need to sign up when we come to Church for THE DIVINE LITURGY on Sundays! This is to ensure the safety, health, and well-being of everyone attending our Parish for the Divine Liturgy. We do NOT need to sign-up beforehand but rather we will need to sign in at The Candle Desk when we come to church. This sign-up is important for us and our parish not only to ensure that everyone has an opportunity to come to Church to pray, participate in The Divine Liturgy and to receive Holy Communion but also to ensure that I have a record of everyone who attends the Divine Liturgy in case, God-forbid, someone becomes ill I would need to contact everyone who was in attendance.

We are taking every measure that we can to ensure the health, safety, and well-being of our parishioners and of everyone that comes to our parish to pray. Together, with the Parish Council, we express our most sincere and heartfelt thanks and appreciation for your help, assistance, patience, and understanding and for your continued working together and praying together as a Parish Family for The Glory of God, To the Glory of God, and With the Glory of God!

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

FIND YOUR SPIRITUAL HOME In The Orthodox Christian Church

Saturday Great Vespers 4:00 PM

SUNDAY Divine Liturgy 10:00 AM

~ All are Welcome ~

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

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 or needs and help or assistance, please contact our parish priest: V Rev. Jason Vansuch (jvansuch@hotmail.com) or 716.875.4222 and he will be able guide you.

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:)**



The poster features a green tree icon on the left. The background shows a lake with several people kayaking. The text is as follows:

**St. Andrew's
Camp Summer 2022**

Save the Dates!

Week 1: Sunday, July 3 - Friday, July 8 -- Family Week

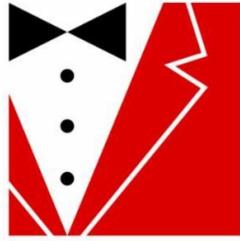
Week 2: Sunday, July 10 - Saturday, July 16 -- Horse Week 1

Week 3: Sunday, July 17 - Saturday, July 23 -- Mish Mash Week

Week 4: Sunday, July 24 - Saturday, July 30 -- Horse Week 2

Week 5: Sunday, July 31 - Saturday, August 6 -- Teen Week

standrewscamp.org



Red Blazer Men's Chorus

SAVE the DATE!

Join us April 1 & 2 for the **Red Blazer Varieties** of 2022 ...

Tickets now available!

Seating is limited to 400 to ensure comfortable spacing.

Tickets are \$20 (\$10 for students) and can be purchased at:

RedBlazerMensChorus.com/tickets

THE 2022 GREAT LENTEN SEASON SUNDAY LENTEN VESPERS SERVICE SCHEDULE

Saturday of St. Theodore, March 12, 1:00 PM (Annunciation Family Life Center)

Father Andrew Damick, "Demons, Paganism, and the Gospel"

First lecture, "What Do Demons Have to Do with the Gospel?"

Lunch

Second lecture, "What Does Paganism Have to Do with Christianity?"

Vespers

Lenten Vespers schedule for 2022, Sundays at 6:00 PM

Sunday of Orthodoxy, March 13 (Annunciation Church, Buffalo)

Father Andrew Damick, "What Do Angels Have to Do with Salvation?"

St. Gregory Palamas, March 20 (St. Stephen Church – Lackawanna)

Father Raphael, Reenchantment of the World

Veneration of the Cross, March 27 (SS. Peter and Paul Church)

Father Jason, Evangelization

St. John of the Ladder, April 3 (St. George Church, Buffalo)

Father Christos, Guardian Angels

St. Mary of Egypt, April 10 (St. George Church, Niagara Falls)

Father John Hutnyan., Not yet determined

“THE ST. GEORGE ORTHODOX CHURCH EDUCATION CORNER”



**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.

– 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 FORGIVENESS 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 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.

The Sunday of Forgiveness

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).

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.

OUR JOURNEY TO PASCHA! 2022

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 13th	 <i>TRIODION WEEKS</i> Publican and the Pharisee 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 FEBRUARY 20th	 The Prodigal Son Returns! 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 FEBRUARY 27th FAREWELL TO MEAT TODAY	 The Last Judgement 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 MARCH 6th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> 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 MARCH 13th	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY OF ORTHODOXY 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 MARCH 20th	 ST GREGORY PALAMAS 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 MARCH 27th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> 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 bowl
4th Sunday of Lent APRIL 3rd	 ST JOHN of the LADDER 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 APRIL 10th	 ST MARY of EGYPT 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! APRIL 17th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM 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 APRIL 22nd	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 24th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: Jan 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

(Mt 6.14-18).



COUNCIL OF CANONICAL
ORTHODOX CHURCHES
OF THE NIAGARA FRONTIER

PAN-ORTHODOX LENTEN RETREAT

with

V. Rev. Fr. Andrew Damick

“DEMONS, PAGANISM, AND THE GOSPEL”

1 PM - “What Do Demons Have to Do with the Gospel?”

2 PM - Lunch

2:45 PM - “What Does Paganism Have to Do with Christianity?”

3:30 PM - Q&A

4 PM - Vespers

ALL ARE WELCOME

Saturday of St. Theodore, March 12, 2022

Annunciation

Family Life Center

5992 Genesee St, Lancaster, NY 14086





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GREAT LENT 2022

Sunday of Orthodoxy, March 13

Fr. Andrew Demick - **What Do Angels Have to Do with Salvation?**

Annunciation Greek Orthodox Church, 146 West Utica Street, Buffalo, New York 14222

Sunday of St. Gregory Palamas, March 20

Fr. Raphael Barberg - **Reenchantment of the World**

St. Stephen Serbian Orthodox Church, 177 Weber Road, Lackawanna, New York, 14218

Sunday of the Cross, March 27

Fr. Jason Vansuch - **Evangelization**

Ss. Peter and Paul, 45 Ideal Street, Buffalo, New York, 14206

Sunday of St. John of the Ladder, April 3

Fr. Christos Christakis - **Guardian Angels**

St. George Orthodox Church, 2 Nottingham Terrace, Buffalo, New York, 14216

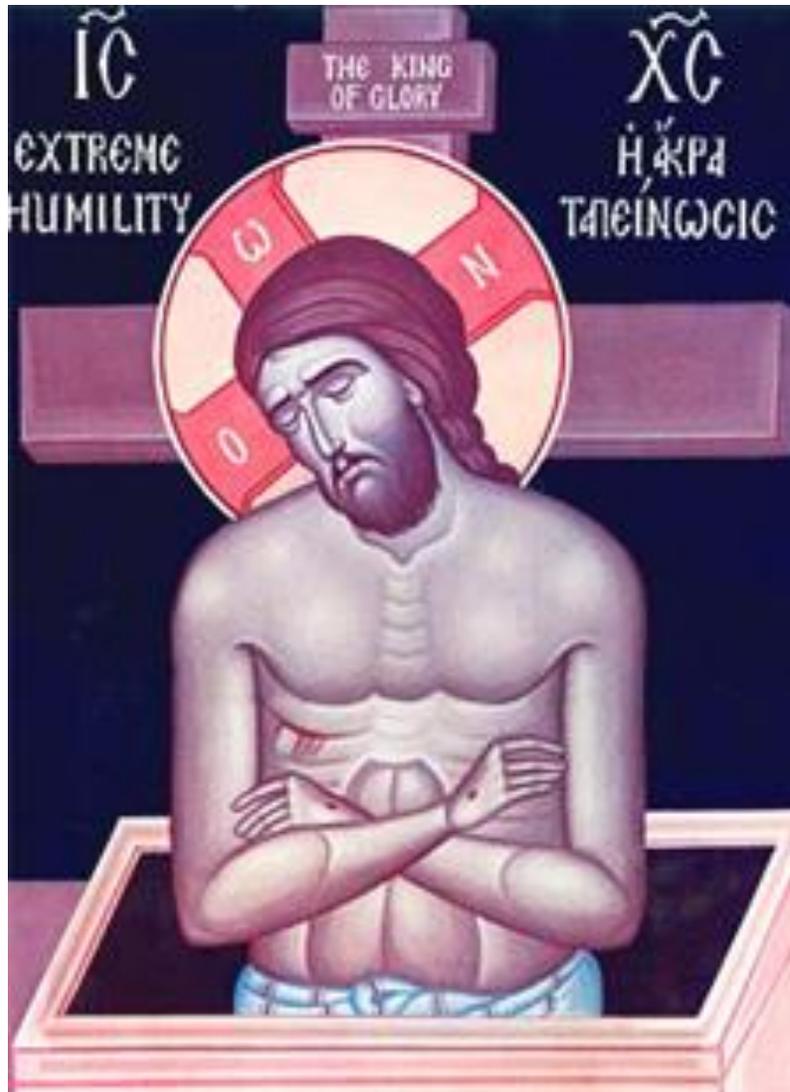
Sunday of St. Mary of Egypt, April 10

Fr. John Hutnyan - **Not yet determined**

St. George Antiochian Orthodox Church, 1073 Saunders Settlement Rd, Niagara Falls, NY 14305

Vespers Services begin at 6 PM followed by presentation and discussion

ALL ARE WELCOME



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

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MARCH 6, 2022 NO. 449