



HOLY TRINITY EASTERN ORTHODOX CHURCH

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Cheese-Fare Sunday

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March 6, 2011

Sunday of Cheese-Fare: The Expulsion of Adam from Paradise, The Holy Martyrs of Sebaste

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

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

Troparion (*Resurrection*)

Tone 8

Thou didst descend from on high, O
Merciful One!

Thou didst accept the three day burial to
free us from our sufferings!

O Lord, our Life and Resurrection: glory to
Thee!

Troparion (*Holy 40 Martyrs*) **Tone 1**

Through the sufferings that Your Holy Forty
Martyrs endured for Your sake, O Lord,
We beseech You, O Lover of mankind:
"Heal all of our infirmities!"

Kontakion (*Holy 40 Martyrs*) **Tone 6**

You 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.

Kontakion (*Lenten Triodion*) **Tone 6**

O Master, Teacher of wisdom,

Bestower of virtue,

Who teaches the thoughtless and protects
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

Prokeimenon (Tone 8): Pray and make your vows before the Lord, our God!

Verse: In Judah God is known; His name is great in Israel.

Prokeimenon (Tone 5): Thou, O Lord shalt protect us and preserve us from this generation
forever.

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.

MEMORY ETERNAL

Frances – Newly departed

Miriam Shuster – March 6

Teodora Georgescu – March 7

Mary Wyslutsky – March 10

BIRTHDAYS

Father James – March 5
Matushka Liane – March 10
Andrew Oana – March 12

Coffee Hour: This week: Jane Kutch and Mitzi Piscitelli
Next week: Jackie Warhollick and Elaine Kuchno

Church Cleaning: February 27 – March 12 – Paula Brush and Judy Lescarret

Alaska Basket: One dollar for the support of the Church of Alaska. Thank you!

Flower Fair: Thanks to all who have signed up to bring flowers and plants. There are still more openings. Please help us cover all the Sundays.

Notes from Father James

Guidelines for Great Lent: In general, the fasting rules during Great Lent and Holy Week are as follows: **WEEKDAYS** (Monday – Friday) are observed as *Strict Fast Days*. On these days we abstain from meat, dairy, fish with backbones, poultry and olive oil. **WEEKENDS** (Saturday and Sunday) are observed as *Wine and Oil Days*. On these days the fast is relaxed to permit alcoholic beverages and olive oil.

1. Meals for the fast should follow the dietary restrictions and be cooked simply. Portions should be smaller than usual.
2. Fasting on the weekdays of the first week of Great Lent is especially severe. The strictest observance would be to take only two meals during this week – one on Wednesday evening and one on Friday evening after the services scheduled for those nights – keeping Pure Monday, Tuesday, and Thursday as absolute fasts (i.e., no food whatsoever). For many this is impracticable. A good starting place to work towards the strict observance is to keep the first day of Great Lent, Pure Monday, as an absolute fast and to limit meals on the other days.
3. It is a pious practice to observe Great and Holy Friday as an absolute fast. If one does not have the strength to do this, it is good to abstain from food until after venerating the epitaphion (winding sheet) during Vespers on this day.
4. If you have a medical condition that requires you to relax the fasting guidelines, then do so.
5. **Before you attempt to strictly follow the fasting guidelines, consult with Fr. James.** It is very easy to lose sight of the fact that fasting is merely a means to an end (that is, our salvation) and not an end in itself.
6. Generally speaking, children and elderly people are allowed to relax the fast under the guidance of their spiritual father.

Book Club: Fr has ordered several copies of *The Way of a Pilgrim*, which is a classic Russian tale about a pilgrim's search for pure prayer. This is a typical book to be read through out Great Lent by many. It would be good to set a time for us to discuss this book together in 4 parts – perhaps Wednesday evenings after services. The dates would be March 16, March 23, March 30 and April 6. Please see Fr James to purchase your copy of the book.

Services: Please pay special attention to the services that are offered throughout Great Lent – especially this coming week. We have also been invited to St John the Baptist's Church this afternoon at 4 PM to participate in Forgiveness Vespers with them.

Wednesday's with Father: Please spread the word that the Church is open every Wednesday from 12 noon to 3 PM for a hot lunch or to visit the sanctuary. If you know of anyone who is interested, please direct them to the church. Also, there is a need for someone to make a pot of soup for this Wednesday and next.

Forgiveness Sunday – commonly known as ***Cheesefare Sunday***, since it is the last day on which we partake of dairy products before Holy Pascha – falls on the **eve of the first day of Great Lent**. In the day's reading from the Gospels – Matthew 6:14-21 – we hear Our Lord's teaching about forgiveness: "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." We also hear His teaching about fasting: "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." Like Adam, exiled from Paradise, we lament our sins. Forgiveness and mercy are ours, but if only we fast from those things, those passions that, with Our Lord's help, we can bring under control, even if we all too often allow them to control us.