



ST. MARY'S HOLY DORMITION

Scripture Readings

Epistle: Romans 13:11-14:4

Brethren, 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: Matthew 6:14-21

The Lord said: 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.

Sunday of Cheesefare:

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 descendents 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...."

February 26th, 2023

EXPULSION OF ADAM AND EVE FROM PARADISE

FEB Birthdays & Anniversaries

- 1st - Libbie Meier
- 3rd - Alicia Glover
- 3rd - Carly Carneal
- 6th - Robert Hertneky
- 8th - Paul Robinson
- 13th - Daniel Rozdilski
- 20th - Myrle Hlatki
- 20th - Bill Hendrix
- 20th - Ben Hendrix
- 25th - Josh Tunink
- 25th - Richard Molner
- 26th - Harold Eurich
- 29th - Rodger Mikita

SCHEDULE

- Mar 1st - Presanctified Liturgy (6:00 PM)
- Mar 4th - Great Vespers (5:00 PM)
- Mar 5th - Divine Liturgy (9:30 AM)

WISDOM

"If you are remembering evil against someone, then Pray for him; and through your Prayer, you will remove the pain of the remembrance of the evil he has done, and you will stop the advance of the passions."

- St. Maximos the Confessor

"The forgiveness of insults is a sign of true love, free from hypocrisy. For thus the Lord also loved this world."

- St. Mark the Ascetic

WEEKLY JOKES

What do you call a made up color? A pigment of your imagination.

I've got this disease where I can't stop making airport puns. The doctor says it terminal.

WELCOME! IT IS GOOD TO BE HERE!

The Come and See Challenge:

Have you brought someone NEW this month?
Have you gone to Great Vespers at least once this month?
When was the last time you went to Confession?

Choir Rehearsals for Lent/Holy Week/Pascha

Today and until Holy Week, the choir will be rehearsing after Coffee Hour every week. Choir members, please remember to stay. If anyone else is interested in joining the choir, this is the best time to join. We would love to have more singers, youth included.

Let Us Attend: 2023 Lenten Theme

PreSanctified Liturgies will be every Wednesday, unless otherwise noted. We will also continue our potluck dinners after the service. Our Lenten Theme this year will be Let Us Attend, as you should make every effort to come to as many services as you can. This may require sacrificing other activities in order to fulfill this task. However, that is why this year's theme is so crucial as Lent is a time more so than every to put our attention and focus onto God. Please make the divine services a priority and not an afterthought or "if I'm not busy".

Prayer Ropes (March 12th)

For the youth who made prayer ropes, please bring them on the 12th to be blessed at the end of Liturgy that day. This also applies for any adult who would like to have a prayer rope they own blessed.

Quick Ladies Meeting Today after Liturgy/Vespers

Sunday of Orthodoxy Next Week - Bring your Icons

St. Ambrose Donations (Bin in the Hall, please donate)

Upcoming Parish Council (March 12th)

Fasting during Great Lent:

Over the past few years, Fr. Stephen has gotten a lot of questions on how to fast during this period of time so he felt it best to offer a slight reflection on this:

"While circumstances for each person or family may differ to some degree (age, health requirements, etc.) there are some basic Lenten fasting rules that we all ought to attempt to follow: abstain from all meat, dairy and eggs until Pascha; abstain from alcoholic beverages during weekdays. Wine and oil are allowed on Saturdays and Sundays. Shellfish may be eaten on any day. Fasting will do no good at all if it is not joined with forgiveness for others and prayer. We also at least try to fast from noise and distractions during Lent. Start by turning off the TV for Lent, or for at least the weekdays of Lent. By Sunday, you will understand why you shut it off. For Clean Week and Holy Week turn off the radios, the games, and the various distractions. If we fast from food and noise and pray for strength, we might, with the grace of God, also be able to fast from sin.

Please note for our catechumens (those joining the Church), you should do your best to follow these Lenten fasting rules but do not go full blown just yet. Do it slowly, such as fast from meat and dairy on Fridays only, then in a few weeks add Wednesday, followed by trying to fast for the entirety of Holy Week.

That all said that to everyone: DO YOUR BEST. Fasting isn't easy but a great virtue in fasting is that we may show obedience to God and His will, rather than be led by our own will all the time. If we just put in a bit more effort, think about how much further we all go towards our salvation and communion with God. Lastly, don't forget to come to confession as well at least once during Lent.

God Bless and help us as we enter into a time of repentance, fasting, and prayer.

- Fr. Stephen"

Prayer List

Living:

Abp. Benjamin, Abp. Melchisedek, Fr. Anthony, Fr. Dennis, Fr. Alexander, Anna, Muriel, Sheila, Meryl, Harold, Vern, Tammy, Stephanie, Daron (Basil), Steve, Litsa, Jill, Leilani, the child Lilliana, Carl, Christina, Lindy, Pina, John, Johnny, Jeremy, Preston, Ian, Emmary, Sabrina with child, Loren, George, Nicole, Mark, Mark, Samina, Betty, Alicia, Richard, Tiana, Will, Ann Marie, Marcie, Brenda, Serge, Jamie, newly born Gerhard, infant Gideon, infant Iryland, Patricia, Casey, Varoon, Bruce, Alice, Christina, Danny, Cassi with child, Infant Dominic, Roberta, Leonard

(For those wondering, Leonard's surgery went really well and he is recovering)

Departed:

Bp. Tikhon, Fr. Daniel, Edward, David, Yanni, Thomas, Lisa, Debra

Youth:

TBA Soon

We had a great time tubing and are planning our next outing very soon.

Volunteers Needed:

- 1) Coffee Hour (2023 List up to end of May in the Hall)
- 2) Church Clean Up (2023 List up to May in the Hall. It is now weekly, not bi-weekly. Please sign up if you have not signed up before)
- 3) Church School: We could use a few extra subs. Please see Fr. Stephen if interested.