



ST. MARY'S HOLY DORMITION

MARCH 17TH, 2024 CHEESEFARE SUNDAY EXPULSION OF ADAM AND EVE

Scripture Readings

Romans 13:11-14:4 (Epistle)

Brethren, 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.

Matthew 6:14-21 (Gospel)

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.

MAR Birthdays & Anniversaries

- 3rd - Madalyn Schulte
- 3rd - Cris Brooks
- 4th - Zach Stevens
- 5th - Nicole Fischer
- 6th - Larry Don Meier
- 6th - Fr. Stephen: Priesthood Anniversary
- 8th - Jedidiah Leithead
- 8th - Brileigh Gardner
- 9th - Chris Dumler
- 9th - Harold & Dee Eurich
- 10th - Brilee Herron
- 11th - Polly Mikita
- 12th - Butch Sakala
- 13th - Robin Mikita
- 15th - Fr. Stephen: Diaconate Anniversary
- 17th - LeAnn Perry
- 17th - Ashlynn Stevens
- 18th - Darla Leithead
- 18th - Riggan Fuchs
- 25th - Lacie Leithead
- 31st - Alex Baril

SCHEDULE

- Mar 20th - Presanctified Liturgy (6:00 PM)
- Mar 23rd - Great Vespers (5:00 PM)
- Mar 24th - Divine Liturgy (9:30 AM)
Annunciation Liturgy (6:00 PM)

WISDOM

"Do we refuse to forgive? God, too, will refuse to forgive us. As we treat our neighbors, so also does God treat us. The forgiveness or unforgiveness of your sins, then, and hence also your salvation or destruction, depend on you, yourself. For without forgiveness of sins there is no salvation."

- St. Tikhon of Zadonsk

WEEKLY JOKES

I am trying to convince my dad to get a new hearing aid but he just won't listen.

I was driving to the airport to catch my flight when I saw a sign that said: "Airport Left". So I turned around and went home.

WELCOME! IT IS GOOD TO BE HERE!

Coffee Hour: 3/17 - No One | 3/24 - No One

Church Cleanup: 3/17 - Hlatki | 3/24 - Britton

Please continue to sign up for Coffee Hour and Church Clean Up. We have no one for the next few weeks signed up for Coffee Hour.

Presanctified Liturgy Potluck

Just a friendly reminder that we will again be doing a weekly potluck after Presanctified Liturgies. If you are coming to those services (and you should), please consider bringing something for everyone to share. They are a wonderful time of fellowship during the middle of the week.

Fish Fry at St. Michael's Catholic Church (Last One Friday)

Choir Rehearsals (Every Week until Holy Week)

Adult Class (April 13th)

Annunciation Liturgy Next Sunday (March 24th)

Next Sunday at 6 PM, we will celebrate the Liturgy for Annunciation on the evening prior to the 25th. This will be a Vespural Liturgy and the fasting rules are such that you should refrain from eating after 2:00 PM if you are taking communion. (This does not apply to those who have to take medicine in the afternoon, you may obviously eat something if you need to. Just don't go wild.)

St John Cassian On Keeping the True Fast

How food should be taken with regard to the aim at perfect continence. IT is a very true and most excellent saying of the Fathers that the right method of fasting and abstinence lies in the measure of moderation and bodily chastening; and that this is the aim of perfect virtue for all alike, viz.: that though we are still forced to desire it, yet we should exercise self-restraint in the matter of the food, which we are obliged to take owing to the necessity of supporting the body. For even if one is weak in body, he can attain to a perfect virtue and one equal to that of those who are thoroughly strong and healthy, if with firmness of mind he keeps a check upon the desires and lusts which are not due to weakness of the flesh. For the Apostle says: "And take not care for the flesh in its lusts." He does not forbid care for it in every respect: but says that care is not to be taken in regard to its desires and lusts. He cuts away the luxurious fondness for the flesh: he does not exclude the control necessary for life: he does the former, lest through pampering the flesh we should be involved in dangerous entanglements of the desires; the latter lest the body should be injured by our fault and unable to fulfill its spiritual and necessary duties.

Of the measure of the chastisement to be undertaken, and the remedy of fasting. THE perfection then of abstinence is not to be gathered from calculations of time alone, nor only from the quality of the food; but beyond everything from the judgment of conscience. For each one should impose such a sparing diet on himself as the battle of his bodily struggle may require. The canonical observance of fasts is indeed valuable and by all means to be kept. But unless this is followed by a temperate partaking of food, one will not be able to arrive at the goal of perfection. For the abstinence of prolonged fasts--where repletion of body follows--produces weariness for a time rather than purity and chastity. Perfection of mind indeed depends upon the abstinence of the belly. He has no lasting purity and chastity, who is not contented always to keep to a well-balanced and temperate diet. Fasting, although severe, yet if unnecessary relaxation follows, is rendered useless, and presently leads to the vice of gluttony. A reasonable supply of food partaken of daily with moderation is better than a severe and long fast at intervals. Excessive fasting has been known not only to undermine the constancy of the mind, but also to weaken the power of prayers through sheer weariness of body.

That abstinence from food is not of itself sufficient for preservation of bodily and mental purity. IN order to preserve the mind and body in a perfect condition abstinence from food is not alone sufficient: unless the other virtues of the mind as well are joined to it. And so humility must first be learned by the virtue of obedience, and grinding toil and bodily exhaustion. The possession of money must not only be avoided, but the desire for it must be utterly rooted out. For it is not enough not to possess it -- a thing which comes to many as a matter of necessity: but we ought, if by chance it is offered, not even to admit the wish to have it. The madness of anger should be controlled; the downcast look of dejection be overcome; vainglory should be despised, the disdainfulness of pride trampled under foot, and the shifting and wandering thoughts of the mind restrained by continual recollection of God. And the slippery wanderings of our heart should be brought back again to the contemplation of God as often as our crafty enemy, in his endeavor to lead away the mind a captive from this consideration, creeps into the innermost recesses of the heart.

The Come and See Challenge:

Have you brought someone NEW this month or brought someone back?

Have you gone to Great Vespers at least once this month?

When was the last time you went to Confession?

Prayer List

Living:

Abp. Benjamin, Abp. Nathaniel, Abp. Alexander, Met. Isaiah, Fr. Anthony, Fr. Dennis, Meryl, Harold, Tammy, Steve Sr, Litsa, child Lilliana, Carl, Christina, Lindy, John, Alicia, Iryland, Patricia, Danny, Jerry, Roberta, Wendy, Judy, Michael, Jill, Beverly, Lily with child, Infant Dominic, Tayla with child, Joseph, Alisha with child, Jackie, Amber with child, Anna with child, Joan, Trisha, Stella, Lee, Carol, Ethan, Daelynn with child, infant Adalynn, Nauvlet, Leilah, Austin, Brian, Josh, Mother Magdalena, Kodiak, Ron, Miriham, Cheri, infant Gus, infant Sloan, April, Madalyn, McKenzie, MaKiya, Hannah, Haylee, Keith, Samantha, Christina, Jake, Ashton, infant Sophie, Jeanie, James, Jetlyn, Lauren, Bob, Taylee with child, Georgianna

Those who are confined: Casey, Basil, Mark, Johnny, Hannah, Theodore

Departed:

Carol, Leilani, Akira, Donald, Diane, Margaret, Nick

Youth:

Nuggets Game: March 31st

After speaking with folks and trying to decide the best, March 31st is the only day that works. We are trying to currently find the best price for the game. Group tickets are \$70 and resale we can get for around \$48-50. If you know of any deals, please let Fr. Stephen know. We also need to nail down the number of people going as this weekend so we can order the tickets.

St. Ambrose Donations

Please continue to donate.

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