

**February 22<sup>nd</sup>, 2026**

**The Expulsion of Adam from Paradise — Tone 4**

**Cheesefare Sunday | Forgiveness Sunday**

**1<sup>st</sup> and 2<sup>nd</sup> Finding of the Head of St. John the Baptist**

## Scripture Readings

Romans 13:11-14:4 (Epistle 112)

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.

Matthew 6:14-21 (Gospel 17)

For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

## The Expulsion of Adam from Paradise

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. *(continued on back)*

## Many Years! birthdays

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

## Calendar

- February 22<sup>nd</sup> Forgiveness Vespers  
— Sunday, After Coffee Hour
- February 23<sup>rd</sup> Great Canon  
— Monday 6:30p
- February 24<sup>th</sup> Great Canon  
— Tuesday 6:30p
- February 25<sup>th</sup> Presanctified Liturgy  
— Wednesday 6:30p
- February 26<sup>th</sup> Great Canon  
— Thursday 6:30p
- February 27<sup>th</sup> Paraclesis | Study  
— Friday 6:30p
- February 28<sup>th</sup> Vespers  
— Saturday 6:30p
- March 1<sup>st</sup> Sunday of Orthodoxy  
— Sunday 9:30a
- March 1<sup>st</sup> Mission Vespers  
— Sunday 6:00p  
(Holy Theophany, CO Springs)

*(continued from front)* 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...."

## 1st and 2nd finding of the Head of St. John the Baptist

After the beheading of John the Baptist (August 29), his body was buried by disciples in Sebaste, while Herodias hid his venerable head in an unclean place. Saint Joanna, wife of Herod's steward Chuza, secretly retrieved it, placed it in a vessel, and buried it on the Mount of Olives in one of Herod's properties.

Years later, the property passed to a government official who became the monk Innocent. He built a church and cell there. While digging the foundation, the vessel containing the head was uncovered. Innocent recognized its holiness from the grace it emitted—this marked the First Finding. He venerated it but, fearing abuse by unbelievers, reburied it in the same spot before his death. After he died, the church fell into ruin.

During Saint Constantine the Great's era, as Christianity flourished, the Forerunner appeared twice to two pilgrim monks heading to Jerusalem and revealed the head's location. The monks unearthed the relic, placed it in a camel-hair sack, and set out. En route, they entrusted it to an unnamed potter. The Forerunner appeared to the potter, commanding him to flee the careless monks and keep the head. The potter hid, venerated it at home, and before death placed it in a water jug, passing it to his sister.

Devout Christians preserved it in succession until the Arian priest Eustathius gained possession. He deceived many healed people, claiming cures came because an Arian held the relic. Exposed, he fled and buried it in a cave near Emesa, intending to return and exploit it. God did not allow this: pious monks settled there, founding a monastery. In 452, John appeared to Archimandrite Marcellus and revealed the hiding place—this was the Second Finding. The head was transferred to Emesa, and later to Constantinople.

### Troparion | Tone 4 (Resurrection)

*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 overturned! Christ God is risen, granting the world great mercy!"*

### Troparion | Tone 4 (Forerunner)

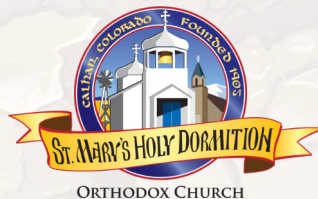
*The head of the Forerunner has shone from the earth, sending forth rays of incorruption and healings to the faithful. It gathers together a multitude of angels above and summons the human race below to send up glory with one voice to Christ our God.*

### Kontakion | Tone 2 (Forerunner)

*O Prophet of God and Forerunner of Grace, we have found thy head as a sacred rose. Therefore we always receive healings from it, and, as in times past, now thou preaches repentance to the world.*

### Kontakion | Tone 4 (Lenten Triodian)

*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!"*



## Prayer List

**Living:** Met. Tikhon, Abp. Benjamin, Bp. Vasily, Fr. Andreas, Fr. Anthony, Fr. Zechariah, Fr. Dennis, Fr. Silouan, Mother Cassiana, Combs Family

Charlie, Anita, Chad, Jan, Harold, Libbie and the Infant Lawrence, Toni Dell, Tyler, David, Victor, Kyla, Tony, Diane, Betty, Muriel, Child Gerhard & Meryl, Tammy, Litsa, Lilliana, Carl, Christina, Lindy, John, Alicia, Patricia, Danny, Jerry, Roberta, Wendy, Judy, Jill, Beverly, Infant Dominic, Joseph, Jackie Joan, Trisha, Lee, Carol, Ethan, infant Adalynn, Nauvlet, Austin, Brian, Josh, Mother Magdalena, Kodiak, Miriham, Cheri, infant Gus, April, Madalyn, Makenzie, MaKiya, Hannah, Haylee, Keith, Samantha, Christina, Jake, Jetlyn, Lauren, Bob, Georgianna, Clint, Murl, Carolyn, Millie, child Charlotte, Cathy.

**Departed:** Jack, Melvin, Alana

**Those with child:** Mka. Lindsey

**Those who are confined:** Basil, Hannah, Theodore

## Commemorations

Uncovering of the Relics of the Holy Martyrs at the Gate of Eugenius at Constantinople (395-423). Martyrs Maurice and his son, Photinus, and Martyrs Theodore, Philip, and 70 soldiers, at Apamea in Syria (ca. 305). Ven. Thalassius, Limnæus and Baradates, Hermits, of Syria (5th c.). St. Athanasius the Confessor, of Constantinople (821).

## New Leadership

Many Years to those who have stepped down from service, are serving, and who have prayerfully volunteered for vacant positions within both the executive board and our parish council. Today our newly elected leadership will be blessed following liturgy.

## Presanctified Liturgy

We will have Presanctified Liturgy, Every Wednesday during Lent, at 6:30p — followed by a *lenten potluck in the hall, please bring a dish to share!*

## Adult Study

*During Lent, the Paraclesis service followed by our Exploring Orthodoxy, Adult Study classes, will be served every Friday at 6:30p (except Holy Week)*

## Mission Vespers

*Every Sunday during lent we will travel to an Orthodox parish in the local area, for Mission Vespers. The first Mission Vespers will be held on the Sunday of Orthodoxy (March 1<sup>st</sup>) at Holy Theophany in Colorado Springs. St. Mary's will host Mission Vespers the following week (March 8<sup>th</sup>). All Mission Vespers services will be served at 6:00p. A complete schedule of services has been published in the last two bulletins.*