

March 9

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...."

Upcoming Events

Blini Dinner and Dance -Sunday, March 9

Holy Spirit Orthodox Church - Wantage, NJ

Archpriest Samuel Kedala, Rector

Joanne Patrick, Choir Director

Parish Council

Timothy Kachur, Sr. Warden

Mark Benda, Jr. Warden

Michael Olsen, Treasurer

Doris Livanos/Susan Matthews, Co/Recording Secretary

Council members

Edward Engelsman • Michael Chwan

Anna Seniw • Louis Matthews

www.holyspiritorthodox.org

HOLY SPIRIT ORTHODOX CHURCH

Wantage, New Jersey

March 9, 2008



**Forgiveness Sunday (Cheesefare) Sunday
Expulsion of Adam from Paradise**

ORTHODOX CHURCH OF THE HOLY SPIRIT

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Sunday, March 9, 2008

SCHEDULE OF SERVICES AND EVENTS

Today	Blini Dinner
Mon	7:00 p.m. Great Canon of St. Andrew
Tues	7:00 p.m. Great Canon of St. Andrew
Wed	7:00 p.m. Pre-sanctified Liturgy
Thurs	7:00 p.m. Great Canon of St. Andrew
Fri	7:00 p.m. Pre-sanctified Liturgy
Saturday	6:00 p.m. Vespers/Lenten Confessions
Sunday, March 9	9:15 Church School – 9:35 a.m. Hours, 10 AM Divine Liturgy

Today's commemorated feasts and saints... Today's commemorated feasts and saints... SUNDAY OF CHEESEFARE—Tone 8. The Expulsion of Adam from Paradise. The Holy Forty Martyrs of Sebaste: Cyrion (Quirio), Candidus, Domnus, Hesychius, Heraclus, Smaragdus, Eunocius (or Eunicus), Valens, Vivianus, Claudius, Prescus, Theodulus, Euthychius, John, Xantheas, Helianus, Sisinius, Angius, Aetius, Flavius, Acacius, Ecditius, Lysimachus, Alexander, Elias, Gorgonius, Theophilus, Dometian, Gaius, Leontius, Athanasius, Cyril, Sacerdon, Nicholas, Valerius, Philoctimon, Severian, Chudion, Aglaius, and Meliton (ca. 320). Martyr Ursasianus, of Nicomedia (ca. 295). St. Caesarius, brother of St. Gregory the Theologian (ca. 369). Righteous Tarasius. The "ALBAZIN" Icon of the Most-Holy Theotokos ("THE WORD WAS MADE FLESH"—1666).

Romans 13:11-14:4 (Epistle) Hebrews 12:1-10 (Epistle, 40 Martyrs)
Matthew 6:14-21 (Gospel) Matthew 20:1-16 (Gospel, 40 Martyrs)

BULLETIN

Lenten Confessions will be heard *before* and *after* each service of the **Great Canon of St. Andrew** and *Before* each **Pre-sanctified Liturgy**. **Private Lenten Confessions** will be heard *before* and *after* **each vespers service**. Please do not come on Sunday mornings for Confession as Father Samuel is extremely busy at those times. Father Samuel will hear confessions by appointment if you would like.

The **Engelsman family** is signed up to host next week. **The schedule is posted downstairs and on our website. Please make arrangements for someone to fill in for you or switch with if you cannot make your day.**

Thank you to John Clauson for cutting down the trees and branches that were knocked down during our last snow storm. May God repay

Beginning of Great Lent- Starting tomorrow we begin the Great Lenten Fast. No dairy products, meat, fish and oil are allowed until the great feast of Pascha. There are some days when the fast is relaxed (ie. Annunciation). Check the your Church wall calendars to see when those days are. If you have any questions do not hesitate to speak to Father Samuel.. The fast can be relaxed do to certain circumstances. Let us prepare to enter the Lenten season as a most important journey in our lives.

CONFESSION: Great Lent is a time for each and every one of us to come to the Sacrament of

Confession. This is an integral part of our Great Lenten effort. Confessions can be scheduled before or after Great Vespers, before services held during the week, or at other times by arranging with Fr. Samuel. Please remember that when you come to confession, you should plan to receive Holy Communion. In addition, all who come to confession during Lent are encouraged to receive Holy Communion throughout Great Lent, and especially on Great and Holy Pascha, the goal of our Lenten effort. Make this part of your family journey through Great Lent! **IT IS IMPORTANT THAT OUR CHILDREN EXPERIENCE THE VALUE OF CONFESSION ALSO, THROUGH YOUR EXAMPLE!**

Please place a **food donation in the Sussex Help Center basket** downstairs. The food is distributed to the needy in our community. Thank-you, Despina Eptamenitis. They were very appreciative of the food that you had placed in the basket as they were running short.

Please place a small donation in the basket at Coffee Social to help pay for the paper products. **A reminder** to all who are worshipping at Holy Spirit Church, please turn off your cell phones or leave it in your cars until after Divine Liturgy

PLEASE PURCHASE gift cards for shopping at ShopRite and A & P stores. They are working out wonderfully. Very convenient for shopping. No cash, no checks, just a little card. They are great, and our church benefits by your using them.

WE HAVE SHOP RITE AND A&P GIFT CARDS-STOCK UP ON GIFT CARDS FOR YOUR REGULAR SHOPPING & AS GIFTS TO OTHERS

Please keep the following people in your prayers: Catherine Schwed, Thelma Macheska, Alyssa Karakos, Mary Kwak, Matushka Evelyn Kreta, Christopher, the infant Ella Jane, Corinne Matthews, infant Nicholai, Dan Taylor, Stephen Kachur, Pighi Mardaloescu, Valentina Bobrowsky, Archimandrite Joachim (Parr), Frank Higginbotham, Joanne Patrick, Feodora Apanasow, Archpriest Joseph Chupeck, the infant Logan Eugene, Jennifer, Matushka Vera Yuschak, Kat Shannon, Christine Molbury and her children, Elise Chwan and Archbishop GREGORY

SEVEN DAY VIGIL CANDLES

By the **Alexandra Gutu** in Blessed Memory of her brother **+ND Dumitru** 2-09-08
By **Valentina Bobrowsky** for health, safety, protection and salvation of her daughter **Galina**

Seven day vigil candles are available for the faithful to sponsor in memory of their departed, the sick, or for the general intentions (anniversaries, birthdays, weddings, baptisms, etc.). They will remain lit on the altar and table of oblation. The suggested donation is \$10.00 each and will burn for seven days. The intentions and those who offered them will be announced in the weekly bulletins. You may purchase your offering at the Parish Council office.

If you would like to have something published in the weekly bulletin, e-mail or bring typed copy to Father Samuel by Wednesday of the week prior to the Sunday you would like it published.

We welcome our guests who are worshipping with us today. Please join us downstairs for refreshments and fellowship. Please sign our guest book before you leave.

Please be respectful of our children participating in Church School. If you are not a teacher or student, please remain upstairs, rather than interrupt their schooling. Thank-you-Fr Samuel

Visit our web site at www.holyspiritorthodox.org -Updates to services and schedules will be posted there as needed. **Please try to come early to services.** On Sundays we should strive to be in church by 9:35 am to hear the reading of the Hours, light our candles and say our private prayers (pre-Communion prayers). Thank You!

The Rebates from the president's stimulus package will be forthcoming. You may want to apply yours toward our mortgage for this year...