

:: Some Notes on Cheesefare Sunday ::

Today is Cheesefare Sunday, traditionally the last day to eat dairy products and eggs before Easter. I realize not all of us are able to do this, but let us do our best to observe the Lenten disciplines of the Church: **Fasting** as we are able, **prayer** (both personal and the extra church services), and **almsgiving**. There is something spiritually powerful about all Orthodox Christians worldwide setting aside this time of the year for prayer, fasting, and almsgiving!

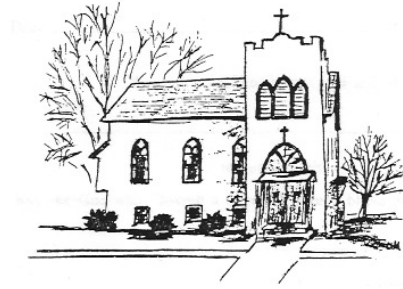
Today the Holy Church remembers the fall of Adam and Eve from Paradise, our alienation from God, and the way back to God through our Lord and Savior Jesus Christ. Here is how the Synaxarion of the Church puts it:

“It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today’s lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve’s banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

“Banished from the joys of Paradise, Adam sat outside and wept, and beating his hands upon his face he said, “I am fallen, in Thy compassion have mercy upon me.” When Adam saw the angel drive him out and shut the door of the divine garden, he groaned aloud and said, “I am fallen, in Thy compassion have mercy upon me.” O Paradise, share in the sorrow of thy Master who is brought to poverty, and with the sound of thy leaves pray to the Creator that He may not keep thy gate closed forever. I am fallen, in Thy compassion have mercy upon me. O Paradise, perfect, all-holy and blessed, planted for Adam’s sake and shut because of Eve, pray to God for the fallen. In Thy compassion, have mercy upon me who am fallen.

“By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.”

Any announcements for the Sunday bulletin? Please submit by Wednesday each week to Fr. Andrew, by email or phone. If you are not on the church’s email list and would like to be, please let Fr. Andrew know.



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February 22, 2015 – Sunday of Forgiveness Cheesefare Sunday

Matins (Morning Prayer), 9:00 AM :: Divine Liturgy, 10:00 AM
Today’s Holy Bread and Coffee Hour: Ron and Dottie Malooley
Next Sunday: Ladies of St. George

Troparion of the Resurrection (Tone 4): Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: ‘Death hath been spoiled; Christ God is risen, granting the world great mercy!’

Troparion of St. George the Great Martyr (Tone 4): Since thou art a liberator and deliverer of captives, a help and succour of the poor and needy, a healing physician of the sick, a contender and fighter for kings, O great among martyrs, the victory-clad George: Intercede with Christ God for the salvation of our souls.

Kontakion of Forgiveness (Tone 6): O Thou who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

St. George is a parish of the Antiochian Orthodox Christian Archdiocese
The Most Reverend Metropolitan JOSEPH
The Right Reverend Bishop ANTHONY, Diocese of Toledo and the Midwest
www.antiochian.org

Epistle and Gospel readings for the Sunday of Forgiveness

*Sing praises to our God, sing praises. Sing praises to our King, sing praises.
O clap your hands, all ye nations.*

The Reading from the Epistle of St. Paul to the Romans (13:11-14:4)

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

The Reading from the Holy Gospel according to St. Matthew (6:14-21)

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.

Announcements and Upcoming Events

For a full calendar of events and services at St. George, see our website, www.stgeorgeorthodox.org or take a print-out from the table downstairs.

Upcoming Events and Services:

- **Today:** Children's Sunday School, immediately after communion
- **Monday, Feb. 23:** First Day of Lent; Compline prayers at 6pm
- **Wednesday, Feb. 25:** Presanctified Liturgy, 6pm
- **Friday, Feb. 27:** Akathist to the Theotokos, 6pm
- **Saturday, Feb. 28:** Vespers, 6:00 PM.
- **Next Sunday, March 1: Sunday of Orthodoxy.** Matins at 9am, Liturgy at 10am.

At the end of the Liturgy, all of our children and teens are welcome to participate in a procession of icons. See Kh. Patty for more information.

Food for Hungry People. Also as part of Lent, our Archdiocese takes up a collection each year for the benefit of the poor. Please pick up a coin box downstairs. Throughout the season of Lent, develop a regular habit of putting money into it, and return it to the church at Easter. Please be generous with those less fortunate!

Do you have questions about how to use your smartphone? There are actually many Christian and Orthodox apps and programs you can download and use: daily prayers, saints, Bible readings, and more. Nicole Wiltse has graciously offered to lead a class for us, free of charge, on the evening of Friday, March 27. We will have our Lenten Akathist service at 6pm, followed by the class downstairs. Please see Nicole or Father Andrew to register.

Teen SOYO Retreat. On Saturday, March 14, Fr. Andrew will be leading a retreat for Orthodox teens on behalf of St. George Church in Cicero. The retreat will take place in northwestern Indiana. I will be talking to some of you individually, but all teens (13-19) are welcome to attend. Total cost is \$100, but see Father if that's a problem.

Father Andrew has scholarship forms for summer camp. If your child, age 9 to 17, would like to attend this year, please let me know as soon as possible! Camp St. George in Cedar Rapids, IA, will be held August 9-15.

January Finances

Income: \$7095.00 (including \$1360 from the trip giveaway fundraiser)

Expenses: \$4057.18