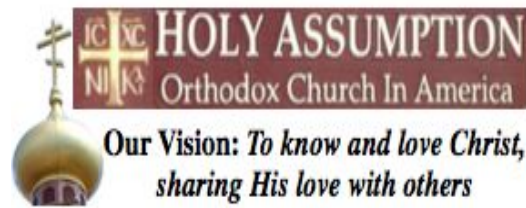


SUNDAY OF CHEESEFARE – Tone 3. The Expulsion of Adam and Eve from Paradise. St. Porphyrius, Bishop of Gaza (420). Ven. Sebastian of Poshekhónsk (ca. 1500). Martyr Sebastian (1st c.).



holyassumption.net
Fr. Stacey richter
330 754-6068 hm 330 312-6234 cell
srichte4@ashland.edu
facebook.com/holyassumption.net

Tone 3 Troparion (*Resurrection*)

Let the heavens rejoice!

Let the earth be glad!

For the Lord has shown strength with His arm.

He has trampled down death by death.

He has become the first born of the dead.

He has delivered us from the depths of hell,

and has granted to the world great mercy.

Tone 3 Kontakion (*Resurrection*)

On this day You rose from the tomb, O Merciful One, leading us from the gates of death.

On this day Adam exults as Eve rejoices;

with the Prophets and Patriarchs they unceasingly praise the divine majesty of Your power.

Tone 6 Kontakion (*from the Lenten Triodion*)

O Master, Teacher of wisdom,

Bestower of virtue, Who teach the thoughtless and protect the poor, strengthen and enlighten my heart!

O Word of the Father, let me not restrain my mouth from crying to You: "Have mercy on me, a transgressor, //

O merciful Lord!"



Romans 13:11-14:4 (Epistle)

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.

Tone 8 Prokeimenon (*Resurrection*)

Pray and make your vows before the Lord, our God! (*Ps 75/76:11*)

v: In Judah God is known; His name is great in Israel. (Ps 75/76:1)

Tone 6

Alleluia, Alleluia, Alleluia!

v. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. (Ps 91/92:1)

v. to declare Your mercy in the morning, and Your truth by night. (Ps 91/92:2)

Communion Hymn

Praise the Lord from the heavens! Praise Him in the highest! (*Ps 148:1*)

Alleluia, Alleluia, Alleluia!

Matthew 6:14-21 (Gospel) 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.

WHY DO WE FAST? The purpose of fasting is to remind us of the Scriptural teaching, "Man does not live by bread alone." The needs of the body are nothing compared to the needs of the soul. Above all else, we need God, Who provides everything for both the body and the soul. Fasting teaches us to depend on God more fully. The first sin of our parents, Adam and Eve, was eating from the forbidden tree (*Genesis 3:1-19*). We fast from food, or a food item, as a reminder that we are to fast from sinning and doing evil.

There are several benefits of fasting. Fasting helps us pray more easily. Our spirit is lighter when we are not weighed down by too much food or food that is too rich. Through fasting, we also learn to feel compassion for the poor and hungry and to save our own resources so that we can help those in need.

Fasting is more than not eating food. Saint John Chrysostom teaches that it is more important to fast from sin. For example, besides controlling what goes into our mouths, we must control what comes out of our mouths as well. Are our words pleasing to God, or do we curse God or our brother?

The other members of the body also need to fast: our eyes from seeing evil, our ears from hearing evil, our limbs from participating in anything that is not of God. Most important of all, we need to control our thoughts, for thoughts are the source of our actions, whether good or evil.

Fasting is not an end in itself. Our goal is an inner change of heart. The Lenten Fast is called "ascetic." This refers to actions of self-denial and spiritual training which are central to fasting.

Fasting is a spiritual exercise. It is not imposed or forced upon us. In the same way that true repentance cannot be forced upon anyone, each of us makes the choice to turn away from our sinful ways and go toward our loving, forgiving Father in Heaven.

<http://www.antiochian.org/fasting-great-lent>

COFFEE HOUR SCHEDULE

Feb. 26 **Huba**, Richter, Condo, Archer
 March 5 **Vorkapich**, Croston, Gates
 March 12 **Romano**, Blanchard, Fedorko, Nikishin
 March 19 **Manos**, Manos, Hoffman, McClellan
 March 26 **Wescott**, Haywood, Frischkorn, Brandon
 April 2 - **Mudrak**, Tapyrik, Byrnes
 APR. 9 **Monahan**, Kisha, Kisha-Wise, Mathewson
 APR. 16 PASCHA
 APR. 23 **Richter**, Miller, Huba, Vorkapich
 APR. 30 **GATES**, Powell, Condo
 MAY 7 **CROSTON**, Wescott, Archer, Fedorko
 MAY 14 MOTHER'S DAY
 MAY 21 **FRISCHKORN**, Romano, Blanchard, McClellan
 MAY 28 **HAYWOOD**, Mailat, Tapyrik, Nikishin

UPCOMING

Sunday, Feb. 26

9:10 Hours

9:30 Divine Liturgy

Rite of Forgiveness

11:00 Coffee Hour

11:30 - Sunday School

Mon., Feb. 27 - Canon of St. Andrew 6:30

Tues., Feb. 28 - Canon of St. Andrew 6:30

Wed., March 1 - Canon of St. Andrew 6:30

Thurs. March 2 - Canon of St. Andrew 6:30

Frid., March 3 - PreSanctified 6:30

LENTEN PotLuck Dinner

Saturday, March 4 Great Vespers 5:00

Sunday, March 5

9:10 Hours

9:30 Divine Liturgy

11:00 Coffee Hour

11:30 Sunday School

Pan-Orthodox Vespers@ St. George Serbian

5:30 PM Sunday March 5

ANNOUNCEMENTS

House Blessings! It is that time of year again! If you would like Father Stacey to come bless your house please put your name and information on the list on the candle desk in the narthex.

Parish Council is looking for an Auditor for the 2017 year. Please see Marge if you are interested.

WELCOME VISITORS

We are delighted to have visitors with us and we pray that you will be blessed in your time with us. Holy Communion is treated with reverence, respect and preparation in the Orthodox Church. Orthodox Christians prepare with confession, prayer, and fasting. Our non-Orthodox guests are welcome to participate with us in any other ways including venerating the icons, Cross and receiving blessed bread at the conclusion of Liturgy