

SAINT MARY'S GREEK ORTHODOX CHURCH

Sunday, March 6, 2022

Forgiveness Sunday (Cheesefare)

The Divine Liturgy

The City of Minneapolis has lifted its recent mask mandate for entry into public buildings, however, it is encouraged that masks continue to be worn when in public spaces to help keep young children and those who may be vulnerable safe. Thank you for your cooperation.

Commemoration: Forgiveness Sunday (Cheesefare Sunday); 42 Martyrs of Amorion in Phrygia; Finding the Precious Cross by St. Helen; Hesybios the Wonderworker.

Morning Gospel: Fourth

Tone: Fourth

Variable Hymns and Readings in the Liturgy

At the Second Antiphon

Save us, O Son of God, who rose from the dead, save us who sing to you: Alleluia!

At the Small Entrance

Resurrection Hymn, Fourth Tone

The joyful news of your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with his great mercy.

Hymn of Entrance

Come, let us worship and bow down before Christ. Save us, O Son of God, who rose from the dead, save us who sing to You: Alleluia!

Repeat the Resurrection Hymn, above.

Hymn of the Dormition of the Theotokos, First Tone

In giving birth, you preserved your virginity, O Theotokos; in falling asleep you did not forsake the world. You passed over into life, O Mother of Life; and by your prayers you deliver our souls from death!

Kontakion of the Forgiveness (Cheesefare) Sunday, Plagal Second Tone

O you who are the source of all wisdom and discernment, instructor of the ignorant and champion of the poor; strengthen my heart, O Master, and grant me understanding. O Word of the Father, bring words to my lips, that nothing would keep from crying out to you: In your compassion have mercy on me, for I have fallen.

Epistle..... Romans 13:11-14; 14:1-4

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 God is able to make him stand.

Gospel..... Matthew 6:14-21

The Lord said, "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.”

The Communion Prayers are found on page 4 of this leaflet.

The Service of Forgiveness is found on page 5 of this leaflet.

Stewardship Prayer

Lord Jesus Christ, our God, accept our offerings as You have accepted the gifts of Your people throughout the ages. We offer these gifts to Your glory, for the support of the ministries of Your holy Church, for the alleviation of suffering and hunger, and for the proclamation of Your Gospel to the whole world.

Grant us Your blessing, Lord our Savior, that we may always be faithful stewards, continuing to share the gifts you have given us, by the power of Your grace, mercy, and love. May Your name be glorified forever. Amen.



Prosforo for today’s Liturgy is provided by Ruta Kubits.

Please join us in the Great Hall following the Liturgy for a time of refreshment and conversation.

THE COMMUNION PRAYERS

I believe and confess, Lord, that You are truly the Christ, the Son of the living God, who came into the world to save sinners, of whom I am the first. I also believe that this is truly Your pure Body and that this is truly Your precious Blood. Therefore, I pray to You, have mercy upon me, and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And make me worthy without condemnation to partake of Your pure Mysteries for the forgiveness of sins and for life eternal. Amen.

Behold, I approach for Divine Communion. O Maker, burn me not as I partake, for You are fire consuming the unworthy. But cleanse me from every stain.

Receive me today, O Son of God, as a partaker of Your mystical supper; for I will not betray Your mysteries to Your enemies, nor give You a kiss as did Judas, but as the thief I confess You: Remember me, O Lord, in Your kingdom.

Tremble, O man, as you behold the divine Blood. It is a burning coal that sears the unworthy. The Body of God both deifies and nourishes me: It deifies the spirit and wondrously nourishes the mind.

You have smitten me with yearning, O Christ, and by Your divine eros You have changed me. But burn up my sins with spiritual fire, and grant me to be filled with delight in You, so that, leaping for joy, I may magnify, O Good One, Your two comings.

How shall I, who am unworthy, enter into the splendor of Your saints? If I dare to enter into the bridal chamber, my clothing will accuse me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. In Your love, Lord, cleanse my soul and save me.

Loving Master, Lord Jesus Christ, my God, let not these holy Gifts be to my condemnation because of my unworthiness, but for the cleansing and sanctification of soul and body and the pledge of the future life and kingdom. It is good for me to cling to God and to place in Him the hope of my salvation.

Approaching to receive, each makes a reverence and says:

✠ Behold I approach Christ, our immortal King and God.

Service of Forgiveness

on the Sunday of Forgiveness

Hymns of Repentance, Fourth Tone

- All:* I want to wash away with tears the record of my sins, O Lord, and through the rest of my life to please you by repentance; but the enemy deceives me and fights against my soul. Before I perish utterly, save me, O Lord.
- All:* If one takes refuge from the tempest in this harbor, will he not be saved? If in his agony he kneels before this house of healing, will he not be cured? O Maker of all and Physician of the sick, before I perish utterly, save me, O Lord.
- All:* Wash me with my tears, O Savior, for I am defiled by many sins. Therefore I fall down before you: I have sinned, have mercy upon me, O God.
- All:* I am a sheep of your spiritual flock, and to you I flee for refuge, O Good Shepherd. I have gone astray, O God: seek me and have mercy upon me.

Hymns of Forgiveness, Second Tone

(by Joseph)

- All:* Let us all make haste to humble the flesh by abstinence, as we set out upon the God-given course of the holy Fast; and with prayers and tears let us seek our Lord and Savior. Laying aside all memories of evil, let us cry aloud: We have sinned against you, Christ our King; save us as the men of Nineveh in days of old, and in your compassion make us sharers in your heavenly Kingdom.
- All:* When I think of my works, deserving every punishment, I despair of myself, O Lord. For see, I have despised your precious commandments and wasted my life as the Prodigal. Therefore I ask you: cleanse me in the waters of repentance, and through prayer and fasting make me shine with light, for you alone are merciful; abhor me not, O Benefactor of all, supreme in love.

All: Glory to the Father and the Son and the Holy Spirit,
both now and ever and to the ages of ages. Amen.

Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from every passion. Rejoicing in the virtues of the Spirit may we persevere with love, and so be counted worthy to see the solemn Passion of Christ our God, and with great spiritual gladness to behold his holy Passover.

The Great Prokeimenon, Plagal Fourth Tone

Priest: Turn not away your face from your servant, for I am in trouble; hear me speedily: hearken unto my soul, and deliver it.

People: Let your salvation, O God, help me. Let the poor see it and be glad. Seek God, and your soul shall live.

Priest: Turn not away your face from your servant, for I am in trouble; hear me speedily: hearken unto my soul, and deliver it.

The Lenten Hymns

Chanter: Rejoice, Theotokos Virgin, Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have borne to the Savior of our souls.

Prostration

Glory to the Father and the Son and the Holy Spirit.

O Baptist of Christ, remember us all, that we may be delivered from our iniquities, for you have been given grace to pray for us.

Prostration

Now and ever and to the ages of ages. Amen.

Pray for us, holy Apostles and all Saints, that we may be delivered from peril and afflictions, for you are our fervent advocates before the Savior.

Prostration

All: O Theotokos, beneath your tender mercy we take refuge. Do not despise our supplications in distress, but deliver us from peril, for you alone are pure and blessed.

The Lenten Prayer of St. Ephraim

O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power and idle talk.

Prostration

But give rather the spirit of chastity, humility, patience, and love to your servant.

Prostration

Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother, for blessed are you unto ages of ages.

Prostration

*Following the Prayer of St. Ephraim,
we turn to those on our right and our left and say,*

“Forgive me, the sinner.”

*The Dismissal Prayers are then offered
followed by the conclusion of the Divine Liturgy.*



Prayer Ministry

Please remember the sick, the suffering, and those in need, especially:

Those suffering from COVID-19 and those who care for them; our brothers and sisters living through the aftermath of disaster; for the victims of violence; Metro Hope Ministries; Orthodox Christian Prison Ministry; Families Moving Forward; FOCUS Minnesota; Our brothers and sisters serving in the Armed Forces throughout the world especially John Ellis; San Miguel Del Lago Orphanage; Efstatia, Jordan, David, Nino, Joe, Tom, Gigi, Zossima, Donnarae, Samira, Mary K., Dreux, Monte, Bethany, Mark, Owen, Chrysanthy, Estelle, Justine, Melissa, Megan, Dallas, Lenzie, Lisa, Michael, Robbie, Judi, Evonne, James, Nichole, Constantine, Theodora, Mary, Irene Maria, Marion, Apostolos, Olivia, Lincoln, Joan, Carole, Patty, Archimandrite Dionysios, Karrisra, Corina, Tom, George R., Ken, Nancy and Tim, Olga, Peter, Cora and family, Lamona, Bo, Tom, Lynn, Deb, Sarah, Maia, Travis, Kassie, Tahnlee, Lois, Kalli, Quinn, Annie, Sue & Jim, Steve, Sue, Jane, Rifka, Pat, Nancy, Dave, Pam, Gilbert, George P., Danielle, Jenny, John L., Steven E., Julia, Presvytera Janis, Sandra, Sophia, George, Rick, Bryn, Nancy, Alex, Eryn, Phil, Karen, Phil, Joyce, Dorla, Linda, Fr. Elias, Vicki, Bill, Diana, Elpis Fotini, Doria, Mike, Stephanie, Tyler, Ben, Amy, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Toni, Gina, Julie, R.J., Allie, Vickie, Petra, Bob, Joseph, Avgi, Christopher, Elizabeth, Jaxon, Judi, Bodil, Ole, and others known to you.

Lenten Prayer Challenge

The world needs Christians on their knees, praying!

Join us and Orthodox Christians around the world to make prayer a priority during this upcoming Lent season, beginning March 7. Our goal? To pray at least three times per day for a total of 25+ minutes. If you haven't downloaded the new Orthodox prayer app "The Encounter," search for it in the app store or visit our table in the Great Hall after Liturgy for help. This new app offers the morning, noon, and evening prayers in a modern design as well as recordings of the prayers if you want to listen. Some of the prayers were recorded by St. Mary's parishioners!



Scan the QR code to give through Venmo.

When giving through Venmo, please provide both your first AND last name in order to receive proper credit for your contribution.

Calendar of the Week

Sunday, March 6: Forgiveness Sunday (Cheesefare)

- *“The Messenger” News Item Deadline: April Issue*

8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy; Church School

4:00 p.m. – Forgiveness Vespers

Monday, March 7: Clean Monday - First Day of Great Lent

6:00 p.m. – Great Compline

Tuesday, March 8

6:15 p.m. – Parish Council, Fireside Room

Wednesday, March 9

9:30 a.m. – FAITH Play Group, Great Hall and Terrace Room

10:30 a.m. – Intercessory Prayer, Nave

11:00 a.m. – Women’s Bible Study, Fireside Room

4:00 p.m. – Holy Confession, Nave

5:30 p.m. – Liturgy of the Presanctified Gifts

after Liturgy– Church School Confession: Grades 7 & 8, Nave

after Liturgy– Lenten Dinner, hosted by Senior GOYA, Terrace Room

7:30 p.m. – Choir Rehearsal, Nave

Friday, March 11

7:00 a.m. – Men’s Fellowship, Fireside Room

4:00 p.m. – Holy Confession, Nave

6:00 p.m. – Salutations to the Theotokos

Winter Camp

Saturday, March 12: Third Saturday of Souls

9:00 a.m. – Orthros; 10:00 a.m. – Divine Liturgy

9:00 a.m. – Bible Study, Lecture Room

* *Great Vespers is suspended until Holy Pascha.*

Winter Camp

- *Daylight Saving Time begins at 2:00 a.m. Sunday morning.*

*Set your clocks **ahead** one hour on Saturday night!*

Sunday, March 13: Sunday of Orthodoxy

8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy; *No Church School*

4:00 p.m. – Pan-Orthodox Vespers

St. Mary’s Orthodox Cathedral

1701 Fifth Street NE, Minneapolis

Winter Camp Concludes

Announcements

Immediate Food Shelf Needs for Next Week

Graham crackers, pancake syrup, coffee,
hot chocolate packets, saltines, cooking oil

March's recipient is FOCUS Minnesota.

Please do not bring opened packages. They will be discarded.

Coffee Hour Hosts Needed

Coffee hour hosts are needed for Sunday, March 13. Please contact the Church Office if you would enjoy hosting.

For Prayer during Lent...

Complimentary copies of "A Rule of Prayer for Great Lent" are available in the bookstore.

Lenten Dinner Hosts Needed

We are resuming our Wednesday evening Lenten dinners this year. Most Wednesdays have hosts, however, we are in need of hosts for Wednesdays, March 23 and 30. If your organization, family, or group of friends would like to host, please contact the Church Office.

Each week a free-will offering is received in support of a charity of the hosts' choosing.

Lenten Book Reading

To help us grow in faith and as a community of faith, Father Tim is inviting all parishioners to participate in a Lenten read. He has chosen the book *Arise, O God! The Gospel of Christ's Defeat of Demons, Sin, and Death* by Father Andrew Stephen Damick for this Lent. Copies are available for purchase in the bookstore. Fr. Tim will post weekly reflections on the book throughout the six weeks of Lent.

Film Screening: Man of God

The film, *Man of God*, will play nationwide in theaters one night only, at 7:00 p.m., on Monday, March 21. *Man of God* depicts the trials and tribulations of Saint Nektarios of Aegina. It will be shown at numerous theaters throughout the Metro area. To find a theater near you and to purchase tickets, see the link in this weekend's e-mails or contact the Church Office during the week for assistance.

Philoptochos News

Prosforo Workshop

Saturday, March 19, 10:30 a.m.-1:30 p.m.

Stop by the Philoptochos table to register for a free workshop to learn how to make prosforo (communion bread). Participants will learn prayers and general information and will bake loaves for use at St. Mary's.

Membership Drive Continues

Philoptochos responds to immediate needs in the community and world. Membership voted at their February meeting to donate to two organizations providing medical needs to refugees from the Ukrainian crisis. Be a part of this dynamic organization by becoming a member. Stop by our table in the Great Hall to join.

Spring Fillo Sale

Runs through March 20

Stop by the Philoptochos table and order your fresh fillo today! The cost is \$5 per pound with delivery expected on Sunday, March 27.

NEW! Two Lenten Collections Coming

• FOCUS Fun and Games Drive

During the month of April, Philoptochos is collecting new and gently used books appropriate for ages 18 and older, 500+ puzzles, and backpacks. Please bring them to our table next month.

• TANDEM Baby Bottle Collection

Our annual collection for Tandem, who supports women in crisis, is coming. Pick up a baby bottle (or an envelope) and fill it with dollars, coins and checks!

Women's Book Club in April

Pick up a copy of Fr. Anthony Coniaris' "Philokalia" in the bookstore in preparation for our April 7 discussion. All women are welcome!



From the Fathers...on Forgiveness

Forgive and pray, in order to live your life serenely.
And do not do to others that which you do not want them to do to you,
or return the evil which they have done to you.

—*Saint Raphael of Lesvos*

Daily Bible Readings

Monday, March 7

First Monday of Lent - Clean Monday

Isaiah 1:1-20 • Genesis 1:1-13 • Proverbs 1:1-20

Tuesday, March 8

Isaiah 1:19-2:3 • Genesis 1:14-23 • Proverbs 1:20-33

Wednesday, March 9

The Holy Forty Martyrs of Sebastia

Luke 21:12-19 • Hebrews 12:1-10 • Matthew 20:1-16

Thursday, March 10

Isaiah 2:11-21 • Genesis 2:4-19 • Proverbs 3:1-18

Friday, March 11

Isaiah 3:1-14 • Genesis 2:20-3:20 • Proverbs 3:19-34

Saturday, March 12

Third Saturday of Souls

II Timothy 2:1-10 • Mark 2:23-28; 3:1-5

Sunday, March 13

Sunday of Orthodoxy

Hebrews 11:24-26, 32-40 • John 1:43-51

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