



SAINT INNOCENT ORTHODOX CHURCH

March 10, 2019

The Expulsion of Adam from Paradise/Sunday
of Cheesefare



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Priest Theophan Buck

Troparion and Kontakion

Tone 8 Troparion (*Resurrection*)

Thou didst descend from on high, O Merciful One! Thou didst accept the three day burial to free us from our sufferings! // O Lord, our Life and Resurrection, glory to Thee!

Tone 8 Kontakion (*Resurrection*)

By rising from the tomb, Thou didst raise the dead and resurrected Adam. Eve exults in Thy Resurrection, and the world celebrates Thy rising from the dead, O greatly Merciful One!

Tone 6 Kontakion (*from the Lenten Triodion*)

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!

Epistle and Gospel Readings

Epistle: Romans 13:11-14:4

¹¹And 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. ¹²The 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. ¹³Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. ¹⁴But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. ¹Receive one who is weak in the faith, but not to disputes over doubtful things. ²For one believes he may eat all things, but he who is weak eats only vegetables. ³Let 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. ⁴Who 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.

Gospel: Matthew 6:14-21

¹⁴“For if you forgive men their trespasses, your heavenly Father will also forgive you. ¹⁵But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. ¹⁶“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. ¹⁷But you, when you fast, anoint your head and wash your face, ¹⁸so 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. ¹⁹“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; ²⁰but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. ²¹For where your treasure is, there your heart will be also.

Many Years!

Birthdays	10	David Bush
	11	Hannah Magnusson
	12	David Marble
	13	Anne Gordy
	14	Lana Hough
	15	Mark Olsen

Announcements for Sunday, March 10, 2019:

- This Sunday is **Forgiveness Sunday**, after the Divine Liturgy we will serve Forgiveness Vespers with the rite of mutual forgiveness.
- **Visit from Fr. Seraphim Aldea:** On Saturday, March 16, at **3:30 pm** followed by Great Vespers. Priestmonk Seraphim Aldea will be visiting us to give a presentation on his work establishing the Mull Monastery, the first Orthodox Monastery in the Celtic

Isles of Scotland in a thousand years. There will be a free will offering.

- **Icon Blessing and Procession:** On Sunday, March 17, there will be a general blessing of icons along with an icon procession. Please bring any icons you would like blessed.
- **Lenten Retreat:** Part 1 of our Lenten Retreat will be on Saturday, March 23 at **3:30 pm** (followed by Great Vespers) and part 2 will be on Sunday, March 24 at **12:15 pm** during Coffee Hour. There will be a free will offering.
- **Lenten Services this Week:** Lent begins on Monday, March 11. For the first week of Lent we will have services every night at **6:30 pm**:
 - Monday March 11 - Great Compline with the Great Canon of St. Andrew of Crete, part 1.
 - Tuesday March 12 - Great Compline with the Great Canon of St. Andrew of Crete, part 2.
 - Wednesday March 13 - Liturgy of the Presanctified Gifts.
 - Thursday March 14 - Great Compline with the Great Canon of St. Andrew of Crete, part 3.
 - Friday March 15 - Small Compline

We welcome all visitors to our Divine Liturgy this morning.

There are green service booklets in the entrance area of our Church that will help you follow along with the service if you like. While Holy Communion may only be received by prepared Orthodox Christians, our non-Orthodox guests are welcome to join us in venerating the cross and receiving the Holy Bread at the conclusion of the Divine Liturgy.

Please join us for coffee hour in the Parish Hall!