



**SAINT
INNOCENT**

**ORTHODOX
CHRISTIAN
CHURCH**

Cheesefare Sunday

Forgiveness Sunday

The Expulsion of Adam from Paradise



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Priest Theophan Buck

Troparion and Kontakion

Tone 4 Troparion (*Resurrection*)

When the women disciples of the Lord learned from the angel the joyous message of thy Resurrection, they cast away the ancestral curse and elatedly told the apostles: “Death is overthrown! Christ God is risen,// granting the world great mercy!”

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

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

Gospel: Matthew 6:14-21

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

Many Years!

<i>Birthdays</i>	1	Molly Croft
	2	Danny Bush
	5	Mark Dorogy

Announcements for Sunday, March 1, 2020:

- **Forgiveness Vespers:** Today, Forgiveness Vespers with the rite of mutual forgiveness will begin immediately after the announcements. Coffee hour will begin after Forgiveness Vespers.
- **Cheesefare:** Today is “Cheesefare” which is the last day of dairy until Pascha. Tomorrow, Great Lent begins. During Great Lent, please do not bring any meat or dairy products to

coffee hour. This also includes many of the store purchased cakes and sweets.

- **Services this Week:** This week is "Clean Week" the first week of Lent, we have services scheduled Monday-Friday at **6:30 pm**. If you desire to partake of Communion at the Wednesday Presanctified Liturgy, please fast from food and water at least 6 hours before the service.
 - Monday (2nd): Great Compline - Great Canon pt. I
 - Tuesday (3rd): Great Compline - Great Canon pt. II
 - Wednesday (4th): Presanctified Liturgy
 - Thursday (5th): Great Compline - Great Canon pt. III
 - Friday (6th): Small Compline
- **Family Church School:** Saturday, March 7.
 - **4:00 pm** – Church School
 - **6:00 pm** – Great Vespers

Come discover a fuller understanding of the Mystery of Confession with us! This special Lenten retreat-style Church School is meant to help prepare all of us partake of the Mystery of Confession during the season of Great Lent.

- **Next Sunday:** Next Sunday is the Sunday of Orthodoxy, please bring an icon of your patron saint or a family icon for the procession. If you have any icons that need to be blessed please bring them with you to the Liturgy and we will have a blessing at the end.

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!