

**Bulletin sponsor this week is for:****The health of:**

**Emily** Turpin on her 10th birthday requested with love by her grandparents,  
Fr. Matthew and M. Barbara

**David** Searforce on his birthday requested with love by Fr. Matthew and M.  
Barbara

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**Romans 13:11-14;14:1-4** (*Sunday of Cheesefare, Sunday before lent*)

**Readings:** [II Corinthians 4:6-15](#) (*Forerunner - transferred from February 24*)

**Matthew 6:14-21** (*Sunday of Cheesefare, Sunday before lent*)

[Matthew 11:2-15](#) (*Forerunner - transferred from February 24*)

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**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.

**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."

**Sunday Services:**

<b>Hours - 9:40 AM</b>	<b>Divine Liturgy – 10:00 AM</b>
<b>General Confession – 9:45 AM</b> on the first Sunday of each month	
<b>Private Confession -</b> by appointment, contact Father Matthew	
<b>Pannikhidas –</b> after Divine Liturgy, 3 <sup>rd</sup> Sunday of each month	

**Coffee hour - after Divine Liturgy.**

We would like to welcome all parish visitors and invite you to join us after the Liturgy, downstairs, for Coffee Hour.

**Sunday school classes meet every Sunday.**

Please see your child's teacher for meeting times.

**Announcements:**

- The **Sisterhood** is sponsoring a **pre-Lenten Cheesefare luncheon** today, **February 22<sup>nd</sup>**. Tickets for the luncheon **cost \$10** for those 13 years of age and up, payable at the door. Twelve and under are free. Checks can be made out to the Sisterhood.
- The first **Pre-Sanctified Liturgy** will be celebrated on Wednesday, Feb. 25<sup>th</sup> at 6:30 PM.

**Reminders:**

- We now have a dedicated fund for a **parish rectory**. Please **mark any donations** for this important fund with the designation "**Rectory**".
- **The Sisterhood's food drive is ongoing**. Please be generous with your donations. Collection bins are located both downstairs and in the back of the church. Thank you!
- **Please remember the citizens of Ukraine in your prayers**. And please continue to pray for peace in the Middle East.
- Bulletin sponsors, prayer requests, or announcements for the bulletin should be **submitted by email to:** [bulletin@churchmotherofgod.org](mailto:bulletin@churchmotherofgod.org)
- Thank you to everyone who has been donating to our parish. There is a donation basket at the candle stand. Also, a **Venmo account** can be used for donations. It is at <https://venmo.com/u/Hala-Dawson>.
- **The Grey Book Step Meeting Group** of Narcotics Anonymous meets every Tuesday from 7-8:00 PM downstairs in the community room.
- **The Living Clean Group** of Narcotics Anonymous meets every Friday from 8-9:15 PM downstairs in the community room.

**Sunday of Cheesefare - Expulsion of Adam from Paradise:**

As we begin the Great Fast, the Church reminds us of Adam's expulsion from Paradise. God commanded Adam to fast (Gen. 2:16), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendants became heirs of death and corruption.

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free us from the sinful desires and urges of our fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake of the life-giving Mysteries of Christ.

Finally, on the eve of Great Lent, we identify ourselves with Adam, lamenting our loss of the beauty, dignity and delight of our original creation, mourning our corruption in sin. We also hear on this day the Lord's teaching about fasting and forgiveness, and we enter the season of the fast forgiving one another so that God will forgive us.

If you forgive men their trespasses, your heavenly Father will forgive you; but if you do not forgive men their trespasses, neither will your heavenly Father forgive you your trespasses (Mt 6:14-18).

**First and Second Finding of the Honorable Head of the Holy Glorious Prophet, Forerunner:**

*The head of the Forerunner rose from the earth as a star,  
brilliant with rays of healing and immortality.  
It gathers the choirs of angels in heaven,  
and assembles the human race on earth  
to sing with one voice the glory of Christ our God.*

Troparion – Tone 4

*O Prophet of God and Forerunner of Grace,  
your head has blossomed from the earth as a sacred rose.  
We are ever being healed,  
for as of old, You preach repentance to the world.*

Kontakion – Tone 3

To read about the saints remembered today, see:

<https://www.oca.org/saints/lives/2026/02/22>

To read about the 1<sup>st</sup> and 2<sup>nd</sup> finding, see:

<https://www.oca.org/saints/lives/2026/02/24>

Please check the website of our Diocese: [nynjoca.org/](http://nynjoca.org/).

and the website of the Orthodox Church in America: [www.oca.org/](http://www.oca.org/)

See our Website at: [ChurchMotherOfGod.org](http://ChurchMotherOfGod.org)

See our Facebook page at: [www.facebook.com/mayslandingmog](https://www.facebook.com/mayslandingmog)

Email us at: [bulletin@churchmotherofgod.org](mailto:bulletin@churchmotherofgod.org)

**Orthodox Church of the Mother of God**

*"The Joy of All the Sorrowful"*

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**The Most Reverend Michael**

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*Glory to  
Jesus Christ*

*Glory  
Forever*

**Sunday of Cheesefare:****Expulsion of Adam from Paradise**

*O Master, Guide to wisdom, Bestower of prudence,  
Instructor of the foolish, and Defender of the poor:  
make firm my heart and grant it understanding.*

*O Word of the Father,*

*give me speech, for behold, I shall not restrain my lips from crying out to Thee:  
"Have mercy, have mercy on me who have fallen."*

Tone 6 – Kontakion

**February 22, 2026****Today the Church remembers:**

**SUNDAY OF CHEESEFARE** • The Expulsion of Adam and Eve from Paradise • Uncovering of the Relics of the Holy Martyrs at the Gate of Eugenius at Constantinople (395-423) • Martyrs Maurice and his son, Photinus, and Martyrs Theodore, Philip, and 70 soldiers, at Apamea in Syria (ca. 305) • Ven. Thalassius, Limnæus and Baradates, Hermits, of Syria (5<sup>th</sup> c.) • St. Athanasius the Confessor, of Constantinople (821) • **First and Second Finding of the Honorable Head of the Holy Glorious Prophet, Forerunner, and Baptist of the Lord, John** *(transferred from February 24)*

Triodion week 3  
Sunday of the Last Judgment

Forgiveness Sunday – Great Lent starts Monday.  
Tone 3 of the [Octoechos](#)