

Today's Bulletin Sponsor are:

For the health of:

For Memory of:

Readings:

Romans 13:11-14;14:1-4 (*Sunday before lent*)
Matthew 6:14-21 (*Sunday of Cheesefare, Sunday before lent*)

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."

Saturday service: Vespers – 6:30 PM

Sunday service:

Hours - 9:40 AM **Divine Liturgy – 10:00 AM**
 (Private Confession – After Vespers by appointment.)
 (General Confession – 9:45 AM on the first Sunday of each month)
 (Pannikhidas – after Divine Liturgy 3rd Sunday of each month)

Church School

2nd through 8th grades – 9:30 AM (No Church School on the first Sunday of each month.)

Preschool through 1st grades meet immediately after communion every Sunday.

Coffee hour - after Liturgy

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

Announcements:

- We will serve the Liturgy of the Presanctified Gifts on Wednesday evenings at 6:30 pm during Great Lent. This liturgy is the solemn Lenten Vespers with Holy Communion added to it. The Communion is received from the Sacramental Gifts of bread and wine offered and sanctified at the Divine Liturgy of the previous Sunday, hence its name of the Liturgy of the Presanctified Gifts. Fasting for Presanctified Liturgy should begin after consumption of lunch.
- The Sisterhood will be hosting a luncheon today for Cheesefare Sunday. The luncheon will be held after Divine Liturgy, and the cost will be \$10 per adult (13 and up), payable at that time. Please support our Sisterhood and enjoy some delicious homemade foods.
- Donations are needed for the Sisterhood's Paschal basket to be raffled off on Sunday April 14th. Please see the sign-up sheet posted downstairs to volunteer to bring an item. Tickets for the basket raffle will cost \$1.00, and each parishioner is asked to sell 10 tickets. Tickets are now available, please see Tammy Zimmerman or Linda Dantine.

Reminders:

- Announcements or Prayer Requests for the bulletin, can be submitted by E-Mail to: Bulletin@ChurchMotherOfGod.org Upcoming bulletins can also be sponsored by using the signup sheet at the candle stand. If using the signup sheet, please give two weeks' notice.
- The Living Clean Group of Narcotics Anonymous meets every Friday from 8-9:15 pm downstairs in the community room.
- The Grey Book Step Meeting Group of Narcotics Anonymous meets every Tuesday from 7-8:00 pm downstairs in the community room.

The lives of the saints remembered today can be read at:

<https://oca.org/saints/lives/2019/03/10>

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 ourselves 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.

At Forgiveness Vespers we sing: “Let us begin the time of fasting in light, preparing ourselves for spiritual efforts. Let us purify our soul, let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit....”

See us on the web at: ChurchMotherOfGod.org/bulletin

See us on Facebook at: www.facebook.com/mayslandingmog

E-Mail us at: Bulletin@ChurchMotherOfGod.org

Orthodox Church of the Mother of God

"The Joy of All the Sorrowful"

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The Most Reverend Michael

Archbishop of NY & the Diocese of NY/NJ

V. Rev. Dr. Matthew Searforce,

Temporary Rector

856-227-6915



Glory to Jesus Christ

Glory Forever

Sunday of Cheesefare: Expulsion of Adam from Paradise

*Master, Teacher of wisdom,
Bestower of virtue,
you teach the thoughtless and protect the poor:
Strengthen and enlighten my heart.
Word of the Father,
let me not restrain my mouth from crying to you:
Have mercy on me, a transgressor,
O merciful Lord!*

Kontakion — Tone 6

On this day the Church remembers:

SUNDAY OF CHEESEFARE • The Expulsion of Adam and Eve from Paradise • Martyr Quadratus and those with him: Cyprian, Dionysius, Anectus, Paul, Crescens, Dionysius (another), Victorinus, Victor, Nicephorus, Claudius, Diodorus, Serapion, Papias, Leonidas, Chariessa, Nunechia, Basilissa, Nice (Nika, Victoria), Galla, Galina, Theodora, and many others, at Corinth (258, 267-268). Martyrs Quadratus, Saturninus, Rufinus, and the rest, of Nicomedia (3rd c.) • St. Anastasia the Patrician, of Alexandria (567-568).

March 10, 2019

Tone 8 of the Octoechos

Week 4 of the Lenten Triodion