

Bulletin Sponsors for this week, and last two weeks, are for:**The memory of:**

Ken Walsh, offered by Andrew and Maribeth Romanofsky

Readings: **Romans 13:11-14;14:1-4** (*Sunday of Cheesefare, 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.”

Sunday Service:

Hours - 9:40 AM **Divine Liturgy – 10:00 AM**

With COVID cases falling , mask wearing will again be optional. Unvaccinated persons should continue to mask up, however. Thank you for caring about your fellow parishioners!

Coffee hour

A Cheesefare luncheon will be held today after Divine Liturgy.
 Everyone is invited to attend. (There is no charge for the luncheon)
 Coffee hour will resume next week.

Church School

Sunday School classes resume today, March 6.
The schedule for March: March 6th and March 20th.
 Classes will meet at the same times as prior to the hiatus.

Announcement:

- Please remember the citizens of Ukraine in your prayers. Donate at <https://www.oca.org/relief> to help refugees.
- Presanctified Liturgy services start this week, and are at 6:30 PM every Wednesday during lent.
- **The Annual Parish Meeting of the Parishioner** will be held next Sunday, March 13, 2022, after coffee hour. The annual meeting of the parishioners is for the election of the Parish Council and its officers, reports by the Rector and Council members, and for other business. Please email Andrew Romanofsky, the Council President, if you have an item that you want included on the agenda or if you plan to nominate someone for a Parish Council position.
- Remember to set your clock an hour ahead next Sunday.
- **Dues and assessments** are now being collected for the year 2022. Total Parish Membership Fee is \$200. Partial payments are gladly accepted. Please indicate on the check that it is to be applied to Membership.
- Donations are being accepted for an outdoor chairlift to be used on our steps.

Reminders:

- Please consider mailing your weekly donation to our treasurer:
 Church of the Mother of God, c/o Holly Dawson, treasurer,
 111 Main Ave, Egg Harbor Township, NJ 08234
 Thank you to everyone who has been sending in their donations.
- Announcements or Prayer Requests for the bulletin, should be **submitted by email to: Bulletin@ChurchMotherOfGod.org** (there is no longer a sign up sheet at the candle stand).
- 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.

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....”

This is the last day before Lent. Its liturgy develops three themes:

1. “The expulsion of Adam from the paradise of bliss.” Man was created for paradise, for knowledge of God and communion with Him. His sins have deprived him of this blessed life and his existence on earth is an exile. Christ, the God-man, opens the doors of Paradise to everyone who follows Him, and the Church is our guide to the heavenly fatherland.
2. Our fast must not be hypocritical, a show off. We must “appear not unto men to fast, but unto our Father who is in secret” (cf. Sunday lesson from Matthew: 6:14-21).
3. The condition for such real fasting is that we forgive each other as God forgives us -“If you forgive men their trespasses, your Heavenly Father will also forgive you ...”

To read more about Pre-Lent, see:

<https://churchmotherofgod.org/articleschurch/about-services-and-prayers/3070-pre-lent.html>

To read more about the saints remembered today, see:

<https://www.oca.org/saints/lives/2022/03/06>

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and the website of the Orthodox Church in America: www.oca.org/

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Orthodox Church of the Mother of God

"The Joy of All the Sorrowful"

115 Hudson St. Mays Landing, New Jersey 08330

The Most Reverend Michael

Archbishop of NY & the Diocese of NY/NJ

V. Rev. Dr. Matthew Searfoorce,

Temporary Rector

Email: docandr1@verizon.net

Phone: 856-227-6915

Dn. Edward Dawson

Attached Deacon



Christ is in our midst!

He is and ever shall be!

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."

Kontakion – Tone 6

March 6, 2022

Today the Church remembers:

SUNDAY OF CHEESEFARE • The Expulsion of Adam and Eve from Paradise

- The 42 Martyrs of Ammoria in Phrygia, including: Constantine, Aetitus, Theophilus, Theodore, Melissenus, Callistus, Basoës and others (ca. 845) • The Uncovering of the Precious Cross and the Precious Nails by Empress St. Helen (Elena) in Jerusalem (326) • Monastic Martyrs Conon and his son, Conon, of Iconium (270-275) • Ven. Arcadius of Cyprus (4th c.).

37th Sunday after Pentecost
Cheesefare – Forgiveness Sunday

Tone 4 of the [Octoechos](#)
Triodion week 4