

## CHURCH CALENDAR

**Sunday, February 18th:** Sunday of Forgiveness (Cheese Fare)  
Ladies Society Meeting during Coffee Hour  
Outreach Committee 'Soup Kitchen' 12:00-12:30pm



**Monday, February 19th:** Great Lent Begins

**Tuesday, February 20th:** 7:00 P.M.— Service of Great Compline at St. Mary Church

**Wednesday, February 21st:** 9:30am- Ladies Cooking-Sfeeha

7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

**Thursday, February 22nd:** 7:00 P.M.— Service of Great Compline at St. Mary Church

**Friday, February 23rd:** 7:00 P.M.- Akathyst Hymn at St. Mary Church followed by  
Potluck Dinner at Parish Center hosted by the Ladies Society

**Sunday, February 25th:** First Sunday of Lent (Orthodoxy)

**Tuesday, February 27th:** 7:00 P.M.— Service of Great Compline at St. Mary Church

**Wednesday, February 28th:** 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

**Thursday, March 1st:** 7:00 P.M.— Service of Great Compline at St. Mary Church

**Friday, March 2nd:** 7:00 P.M.- Akathyst Hymn at St. Mary Church followed by  
Potluck Dinner at Parish Center hosted by the Ladies Society

**Saturday, March 3rd:** 6:00 P.M.- Arabic Liturgy

**Sunday, March 4th:** Second Sunday of Lent (Gregory Palamas)

**Tuesday, March 6th:** 7:00 P.M.— Service of Great Compline at St. Mary Church

**Wednesday, March 7th:** 9:30am- Ladies Cooking-Kibbee

7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

**Thursday, March 8th:** 7:00 P.M.— Service of Great Compline at St. Mary Church

**Friday, March 9th:** 7:00 P.M.- Akathyst Hymn at St. Mary Church followed by  
Potluck Dinner at Parish Center hosted by the Ladies Society

**Sunday, March 11th:** Third Sunday of Lent (Holy Cross)

Daylight Savings Time

**Tuesday, March 13th:** 7:00 P.M.- Parish Council Meeting

7:00 P.M.— Service of Great Compline at St. Mary Church

**Wednesday, March 14th:** 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

**Thursday, March 15th:** 7:00 P.M.— Service of Great Compline at St. Mary Church

**Friday, March 16th:** 7:00 P.M.- Akathyst Hymn at St. Mary Church followed by  
Potluck Dinner at Parish Center hosted by the Ladies Society

**Saturday, March 17th:** 9:30am- Ladies Cooking-Grape leaves

## SAINT MARY ANTIOCHIAN ORTHODOX CHURCH



*Sunday, February 18, 2018*

**Sunday of Forgiveness  
(Cheesefare)**

***Saint Mary Antiochian Orthodox Church***  
***“A parish of the Antiochian Orthodox Christian Archdiocese of North America”***

249 High Street, Pawtucket, RI 02860  
Phone (401) 726-1202 Fax: (401) 729-1203  
Parish Center Phone (401) 725-5150  
Web site: <http://stmarypawtucket.org>  
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**His Eminence Metropolitan JOSEPH, Archbishop of New York  
& Metropolitan of all North America**

**His Grace Bishop JOHN, Auxiliary and Bishop of the  
Diocese of Worcester and New England**

**V. Rev. Father Elie Estephan**  
**Cell- 1-(240) 205-9079**

**Sub-Deacon Chadi Saad & Sub-Deacon Emad Amirhom**

**Schedule of Services**

<i>Sunday: Orthros (Matins)</i>	<i>9:00 a.m.</i>
<i>Church School</i>	<i>11:15 a.m.</i>
<i>Sunday: Divine Liturgy</i>	<i>10:00 a.m.</i>

*Enter in Quietness, Rest in Prayer,  
Worship in Reverence, Depart in Peace to Serve*

**We welcome our Visitors & Guests:** Please take a moment to fill out a Visitor Card.  
We invite you to join us for coffee hour at the Parish Center following Liturgy.

**Receiving Communion:** Only those Orthodox Christians who have prepared themselves may approach the chalice for Holy Communion. Everyone is welcome to partake of the Holy Bread after the Liturgy.



**Prayer Line**

St. Mary ~ Internet Prayer Line  
Prayer requests can be sent to us via the internet at  
**[office@stmarypawtucket.org](mailto:office@stmarypawtucket.org)**

All requests must be received by Wednesday noon to be included in that week's bulletin.  
Any requests received after that time will be included in the following week's bulletin.

*Repentance is the renewal of life. This means we must free ourselves of all our negative traits and turn toward absolute good. No sin is unforgiveable except the sin of unrepentance.... There are also tears of repentance, when a person's conscience tells him that he has committed many sins. When he realizes his sinfulness, he weeps. That is an act of God's Grace— a soul repents, and the sin is washed away by tears... When a person realizes his sinfulness, he gradually frees himself from the cares of this world and from his own egoism and when this occurs, it is in a state of Grace.*

*~Elder Thaddeus of Vitounica*



**THE SYNAXARION (Plain Reading)**

On February 18 in the Holy Orthodox Church, we commemorate our fathers among the saints Leo the Great, pope of Rome; Agapitos the Confessor, bishop of Synnada in Phrygia; and Venerable Colman, bishop of Lindisfarne.

On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.

***Verses***

Let the world mourn bitterly along with ages past;  
As, by sweet eating, it hath fallen along with those who had fallen.

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.

**PRAYERS ARE BEING OFFERED FOR  
GOOD HEALTH AND BLESSING OF:**

Kevin Hashway  
Mark Hashway  
Offered by: Elaine Wilbur

Adele & Fred Shwaery  
Offered by: Their Family

Nabil Khoury  
Ed Ayoub  
Glenn, Donna & Alicia Maurice  
Offered by: Elaine Swistak

Adele & Fred Shwaery  
Ed Ayoub  
Mirna Nakhoul  
Offered by: Nabil & Salwa Khoury

Ed Ayoub  
Sam Halpern  
Fred & Adele Shwaery  
Mirna & Walid Nakhoul  
Offered by: Samy & Helen Morcos

Edward Ayoub  
Fred & Adele Shwaery  
Offered by: Lorice Hallal

**IN LOVING MEMORY OF:**

Fred Hashway Jr.  
Offered by: Elaine Wilbur



**Liturgical Supplies and Offerings for Lent**

During Great Lent the Church offers an intensified schedule of Divine Services and Prayers. Donations are being sought from the faithful for the many extra Liturgical Supplies needed for the Holy Season. These offerings include candles, wine, oil, incense, bread, service books, music and printed materials. Please earmark your donations and offerings “Liturgical Supplies.” Along with these offerings, bring also yourselves to pray the beautiful Lenten Services.

**Coffee Hour**

Coffee hour today is sponsored by Anwar Saliba for the Health of his Family. Coffee hour will be held at the Parish Center following Liturgy.



**Lent 2018 Diocese of Worcester and New England**

***Bishop JOHN and the clergy invite you to join us each Monday evening of the fast:***

- ♦ Monday, February 19th- St. George, Norwood 7:00 pm
- ♦ Monday, February 26th- St. George, Lowell, 7:00 pm
- ♦ Monday, March 5th- St. George, Boston , 6:30 pm
- ♦ Monday, March 12th– St. Michael, Cotuit, Cape Cod, 7:00 pm
- ♦ Monday, March 19th– St. Saint John of Damascus, Dedham, 7:00 pm
- ♦ Monday, March 26th– St. George Cathedral, Worcester, 6:30 pm

**Sunday of Forgiveness  
(Cheesefare)**

**Tone 4 / Eothinon 4**

**RESURRECTIONAL APOLYTIKION: Tone 3**

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy

**TROPARION OF THE DORMITION: Tone 1**

In giving birth, Thou didst keep Thy virginity and in thy repose, Thou didst not forsake the world, O Theotokos, for Thou art the mother of life, and Thou didst pass over into life; and through thy intercession from death Thou dost redeem our souls.

**KONTAKION FOR FORGIVENESS SUNDAY: Tone 6**

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.





## THE EPISTLE

*Sing praises to our God, sing praises. Sing praises to our King, sing praises.  
O clap your hands, all ye nations.*

### **The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)**

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 the Master is able to make him stand.

## THE GOSPEL

### **The Reading from the Holy Gospel according to St. Matthew. (6:14-21)**

The Lord said to His Disciples: 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.

# GREAT LENT 2018

February 19th ~ April 8th (Holy Pascha)



## What is Lent?

Prayer † Fasting † Acts of Mercy

## Orthodox Vocabulary

### **Lenten Fasting**

Fasting is an essential element of the Christian Life. Christ fasted and taught men to fast. Blessed fasting is done in secret (Matthew 6:16; Romans 14). It has as its goal the purification of our lives, the liberation of our souls and bodies from sin, the strengthening of our human powers of love for God and man, the enlightening of our entire being for communion with the blessed Trinity. The Orthodox rules for Lenten fasting are the monastic rules. No meat is allowed after Meatfare Sunday and no eggs or dairy products after Cheesefare Sunday. These rules exist not as a Pharisaic "burden too hard to bear" (Luke 11:46), but as an Ideal to be striven for; not as an end in themselves, but as means to spiritual perfection crowned in love. The fast of Great Lent continues from Meatfare Sunday to Easter Sunday. And is broken only after the Paschal Divine Liturgy. Knowing the great effort to which they are called, Christians should make every effort to fast as well as they can, in secret, so that God would see and bless them openly with a holy life. Each person must do his best in the light of the given Ideal.