



# The Sunday Messenger

HOLY TRINITY ORTHODOX CHURCH - WILKES BARRE, PA

+ March 17th, 2024 + Forgiveness Sunday + The Expulsion of Adam and Eve from Paradise + Cheesefare Sunday



## Hymns for Today

Thou didst descend from on high, O Merciful One! Thou didst accept the three day burial to free us from our sufferings! O Lord, our Life and Resurrection, glory to Thee!

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!"

## Please Sing Along!

Singing the hymns and responses to the litanies along with the choir throughout the Divine Liturgy is encouraged!

## Epistle Reading - Romans 13:11-14:4

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. 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. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. Receive one who is weak in the faith, but not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats only vegetables. 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. 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 Reading - Matthew 6:14-21

For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. 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. But you, when you fast, anoint your head and wash your face, 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. Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth

**DEAR GUESTS AND FRIENDS:** A most sincere and heartfelt welcome to you from our community. According to the ancient traditions of the Orthodox Church, the Sacrament of Holy Communion is to be administered only to Orthodox Christians who have prepared to receive the Holy Sacrament through prayer and fasting. If you have questions please let us know!

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nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

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## This Week's Schedule

### Doly Trinity Orthodox Church

#### **THIS WEEKEND - Meatfare Sunday**

Saturday, March 16th

5 PM: 9th Hour (4:50), Great Vespers,  
Confession (*before or after Vespers*)

Sunday, March 17th

8:10 AM: Resurrectional Matins w/ Hours

9 AM: Divine Liturgy, Forgiveness Sunday Vespers,  
Coffee Hour

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#### **THIS WEEK - 1st Week of Great Lent**

**Sun @ 10:30 AM:** Forgiveness Sunday Vespers

**Mon, Tues, Wed, Thurs @ 6:30 PM:** Great Compline w/  
the Great Canon of St. Andrew of Crete

**Wed, 9 AM-10:30 AM:** Presanctified Divine Liturgy

**Fri @ 6:30 PM:** Canon to St. Theodore  
w/ Litya for the Departed

**Sat @ 9 AM:** St. Theodore Saturday Divine Liturgy  
w/ Blessing of Koliva

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#### **NEXT WEEKEND - Sunday of Orthodoxy**

Saturday, March 23rd

9 AM: Divine Liturgy

5 PM: 9th Hour (4:50), Great Vespers,  
Confession (*before or after Vespers*)

Sunday, March 17th

8:10 AM: Resurrectional Matins w/ Hours

9 AM: Divine Liturgy, Church School, Coffee Hour,  
Adult Ed - Tour of the newly installed icons

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**Friends of the Poor** is the second Saturday of each month. The next gathering will be **SAT, April 13th.**

**Parish Potlucks** are usually the last Sunday of each month. Our next potluck is **April 28th, Palm Sunday.**

**Lenten Adult Ed:** Sunday's throughout Great Lent during Coffee hour we will have a short Lenten Adult Education presentation w/ discussion. We will focus on a variety of topics that relate to Great Lent. As we journey towards Holy Week and Pascha we will seek to deepen our Lenten experience through focusing on topics like fasting, the sacraments of Confession and Holy Communion, the meaning of our Lenten services & prayers, Our Lord's Passion, Death and Resurrection. Bring the questions you've always wanted to ask and a desire to grow closer to Our Lord!

**Watch "The Chosen" Saturday Nights During Lent:** The Chosen is a critically acclaimed television series that tells the story of the gospels, Our Lord and His disciples. Join us Saturday evenings following Great Vespers @ 6 PM during Lent to watch episodes from Season 1. This is an excellent and thought provoking show that is sure to inspire your Lenten journey. Popcorn and drinks will be provided!

**Bring in your Pussywillows:** Anyone willing to harvest pussywillows from your yard or area for our Paschal celebration can now bring them to the church. Spring weather is upon us and they will soon begin to flower. Thanks so much for your help!

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## LENTEN & PASCHAL

### FLOWER DONATIONS

Donations towards adorning the church this Lenten season and Pascha are being accepted so that our parish will be beautifully adorned for all of the feasts. General Donations for Palm Sunday may be given to Deborah Mills. Please write "Flowers for Lent" in the memo. If you would like to honor a loved one by making a donation for Holy Pascha flowers "In Memory of" or "For the Health of" a loved one, please sign up in the Church Vestibule/Narthex. Please leave donations at the candle stand, mail them to the Church, OR drop it off in the rectory mailbox. The names of your loved ones will be



## ANNOUNCEMENTS

### & Upcoming Parish Events

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**Parish Council** is the second Sunday of each month. Our next meeting is **SUN, April 14th.**

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listed in the Holy Pascha Church Bulletin and remembered in prayer. If you wish to have your offering listed in the Holy Pascha Bulletin, your loved ones name(s) and donation must be received by Palm Sunday.

## Birthdays & Anniversaries

**March Birthdays:** Emma Lynn DiBatista (3/3), Abby Harvey (3/4), Lisa Marie Harvey (3/7), Isabela Sofrenovic (3/9), Dara Soljaga (3/11), Michael Polk (3/12) Nadine Breisch (3/13), Joshua Leonori (3/22), Jacob Zbegner (3/27) Gerry Stankiewicz (3/27), Jean Ann Hutz (3/31) Delores Voda (3/31)

**This Week's Birthdays:** Joshua Leonori (3/22)



## Words of Wisdom From the Saints & Teachers

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### 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 descendents 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.



*“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...”*

**PARISH PRAYER LIST Living:** Cynthia Dulsky, Nadine Breisch, Evelyn Kosmiski, Mat. Elizabeth, Jeri Basarab, Fr. Theodore Orzolek, Vladimir & Marie Dutko, Tom & Joan Austin, Joan Lello, Barbara Pascoe, Elizabeth Hutz, Melanie Bishop, Delores Voda, David Goobic, David Lezinsky, Michael Yeosock, Fr. Gregory White, Mary Gurka, Mary Ann Kudey, Tom Youngblood, Catherine Gates, John Boyle, Rose Marie **Departed:** Barbara Kulick, Daniel Fitzsimmons, Shirley Gingo

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## **FORGIVENESS SUNDAY VESPERS: WHY?**

*By Protobresbyter Alexander Schmemmann*

What is the meaning of this rite? Why is it that the Church wants us to begin the Lenten season with forgiveness and reconciliation? These questions are in order because for too many people, Lent means primarily, and almost exclusively, a change of diet, the compliance with ecclesiastical regulations concerning fasting. They understand fasting as an end in itself, as a "good deed" required by God and carrying in itself its merit and its reward. But, the Church spares no effort in revealing to us that fasting is but a means, one among many, towards a higher goal: the spiritual renewal of man, his return to God, true repentance and, therefore, true reconciliation. The Church spares no effort in warning us against a hypocritical and pharisaic fasting, against the reduction of religion to mere external obligations. As a Lenten hymn says: "In vain do you rejoice in no eating, O soul! For you abstain from food, but from passions you are not purified. If you persevere in sin, you will perform a useless fast."

Now, forgiveness stands at the very center of Christian faith and of Christian life because Christianity itself is, above all, the religion of forgiveness. God forgives us, and His forgiveness is in Christ, His Son, Whom He sends to us, so that by sharing in His humanity we may share in His love and be truly reconciled with God. Indeed, Christianity has no other content but love. And it is primarily the renewal of that love, a return to it, a growth in it, that we seek in Great Lent, in fasting and prayer, in the entire spirit and the entire effort of that season. Thus, truly forgiveness is both the beginning of, and the proper condition for the Lenten season.

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*O Paradise, garden of delight and beauty,  
dwelling-place made perfect by God,  
unending gladness and eternal joy,  
the hope of the prophets and the  
home of the saints, by the music of thy rustling  
leaves beseech the Creator of all  
to open the gates which my sins have closed,  
that I may partake of the Tree of Life and Grace  
which was given to me in the beginning!*

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## **The Treasury**

*"... but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. + Jesus Christ*

<p><b>Monthly Cost to Keep the Church Open:</b> \$12,305 <b>Weekly Cost to Keep the Church Open:</b> \$2,840 <b>Collections last Sunday (3/10):</b> <b>\$1,530</b> <b>Potato Pancakes (3/8) -</b> \$2,367</p>
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