

CHEESEFARE SUNDAY

Resurrectional Dismissal Hymn

The joyful news of Your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the Apostles, "Death has been vanquished. Christ our God is risen from the dead, blessing all the world with His great mercy.

Dismissal Hymn for Sts. Constantine & Helen

The form of Your Cross was seen in the sky by Your Apostle among the kings, O Lord. He received his calling, like Paul, not from man, and placed his imperial city in your hands. Ever guard it in peace, O Loving God, through the intercessions of the Theotokos.

Kontakion of Cheesefare

O Thou Guide unto wisdom, Bestower of prudence, Instructor of the foolish, and Defender of the poor: establish and grant understanding unto my heart, O Master. Grant me speech, O Word of the Father; for behold, I shall not keep my lips from crying unto Thee: O Merciful One, have mercy on me who have fallen.

Epistle of the Day – Romans 13:11-14 - 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.

From the Holy Fathers –

Beware of limiting the good of fasting to mere abstinence from meats. Real fasting is alienation from evil. 'Loose the bands of wickedness.' Forgive your neighbor the mischief he has done you. Forgive him his trespasses against you. Do not 'fast for strife and debate.' You do not devour flesh, but you devour your brother. You abstain from wine, but you indulge in outrages. You wait for evening before you take food, but you spend the day in the law courts. Woe to those who are 'drunken, but not with wine.' Anger is the intoxication of the soul, and makes it out of its wits like wine.

-St. Basil, in his homilies on the Holy Spirit

Κυριακή τῆς Τυρινῆς

Ἀναστάσιμον Ἀπολυτίκιον

Τὸ φαιδρὸν τῆς Ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριάι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

Ἀπολυτίκιον Ἁγίου Κωνσταντίνου

Τοῦ Σταυροῦ σου τὸν τύπον ἐν οὐρανῷ θεασάμενος, καὶ ὡς ὁ Παῦλος τὴν κλήσιν οὐκ ἐξ ἀνθρώπων δεξάμενος, ὁ ἐν βασιλεῦσιν, Ἀπόστολός σου Κύριε, Βασιλεύουσαν πόλιν τῆ χειρὶ σου παρέθετο ἦν περισώζεε διὰ παντὸς ἐν εἰρήνῃ, πρεσβεΐαις τῆς Θεοτόκου, μόνε Φιλάνθρωπε.

Κοντάκιον τῆς Τυρινῆς

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριξον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρὸς Λόγος· ἰδοὺ γὰρ τὰ χεῖλη μου, οὐ μὴ κωλύσω ἐν τῷ κράζειν σοι· Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

Weekly Calendar

Sunday, March 1 – Cheesefare Sunday

8:30 AM Orthros, 9:45 AM Divine Liturgy

Epistle: Romans 13:11-14

(Liturgy Book, Page 134, 135)

Gospel: Matthew 6:14-21

(Liturgy Book, Page 135)

Acolytes Group 4 (Archangels): T. Hunsicker, J. Wagner, S. Mitchell, C. Hunsicker, C. Kraras, G. Hunsicker, S. Elliker, L. Elliker

Council Members Welcoming Today:

Sal Caloiero, Angel Helm

Council Members Ushering Today:

John Lountzis, Chris Kraras

Fellowship Hosts: Mr. & Mrs. Chris Kraras, Mr. & Mrs. Dean Kraras, Mrs. Diane Skyllas, Mr. & Mrs. Cory Kriebel, Mr. & Mrs. Karl Krohn

12 PM - 2nd **Our Project Mexico Meeting**

6 PM – Lenten Vespers

Monday, March 2 – Lent Begins

9 AM Lenten Orthros

12 PM 3rd/6th Hour

5 PM Great Compline w/Canon Pt. 1

Tuesday, March 3

5 PM Great Compline w/Canon Pt. 2

Wednesday, March 4

9 AM Lenten Orthros

12 PM, 3rd/6th Hour

5 PM Pre-sanctified Liturgy

7 PM Our Life in Christ

Thursday, March 5 - Great Canon IV

5 PM Great Compline w/Canon Pt. 4

Friday, March 6

9 AM Pre-sanctified Liturgy

7 PM 1st Salutations

Saturday, March 7 – Saturday of Souls

8:30 AM Orthros, 9:45 AM Divine Liturgy
5 PM Triumph of Orthodoxy Vespers @ Steelton, PA

Next Sunday, March 8 – Sunday of Orthodoxy

Acolytes Group 1 (Thrones): D. Porcaro, Y. Patestas, A. Zeppos, A. Grassley, A.J. Tilley, M. Patestas, C. Zeppos, A. Zeppos

Other Announcements

- This Lenten Season, the National Philoptochos Society has requested the help of our Church School Students with an initiative entitled, **KIDS HELPING KIDS**. The youth of our parish have been enlisted to collect school supplies for the less fortunate children in Berks County and in the Cleveland area. **Please ask your child for the decorative bag created in Church School. A notecard is attached detailing the KIDS HELPING KIDS campaign.** Please consider helping your child learn the importance of philanthropy and how their donation of school supplies will make a difference for many needy children. Parishioners interested in donating additional school supplies will find a **KIDS HELPING KIDS** box located in the Church School hallway. **Please return all donations by Palm Sunday, April 12th.** Thank you for your generosity, kindness, and Christian service.
- Support Sts. Constantine & Helen by buying gift cards from us for your grocery shopping at Giant, Redner's, and Weis supermarkets. They will be on sale each week at Fellowship.



In the Hospital (Remember in Prayer)
Reading: John Karamichalakos



The Holy Righteous Martyr Eudocia the Samaritan (March 1)

This Saint, who was from Heliopolis of Phoenicia (Baalbek in present-day

Lebanon), was an idolater and led a licentious life. Being beautiful beyond telling, she had many lovers, and had acquired great riches. Yet brought to repentance by a monk named Germanus, and baptized by Bishop Theodotus, she distributed to the poor all her ill-gotten gains, and entered a convent, giving herself up completely to the life of asceticism. Her former lovers, enraged at her conversion, her refusal to return to her old ways, and the withering away of her beauty through the severe mortifications she practiced, betrayed her as a Christian to Vincent the Governor, and she was beheaded, according to some, under Trajan, who reigned from 98 to 117, according to others, under Hadrian, who reigned from 117 to 138.

Our Project Mexico

2nd Meeting
Sunday, March 1st
12:00 Noon

On Sunday, March 1st, after Fellowship Hour, we will hold the second meeting of our team of volunteers who will travel to Tijuana, Mexico from July 27th to August 3rd to build a home for a homeless family. The total cost will be \$1,200 per person which we will raise as a group through various fundraisers and online appeals using social media. The minimum age to participate is 14-years-old though this can be negotiated. Please contact Fr. Theodore or Dino if you have an interest in joining the trip.



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The Weekly Church Bulletin

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