

The Sunday of the Expulsion of Adam & Eve 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. 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..."

St. Herman of Alaska Orthodox Church

Orthodox Church in America, Diocese of the West

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Reflection and Hymnography from oca.org

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Port Townsend, WA



Sunday, March 1st, 2020

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Cheesefare Sunday

37th Sunday after Pentecost

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Readings

Epistle Romans 13:11-14:4
Gospel Matthew 6:14-21

Tone 4 Troparion (Resurrection)

When the women disciples of the Lord learned from the angel the joyous message of thy Resurrection, they cast away the ancestral curse and elatedly told the apostles: "Death is overthrown! Christ God is risen, // granting the world great mercy!"

Tone 6 Kontakion (from the Lenten Triodion)

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!



This Week at St. Herman's

Sunday, March 1st - Sunday of the Expulsion of Adam & Eve

Cheesefare Sunday

- 9:30 AM - Divine Liturgy
- Forgiveness Vespers
- Coffee Hour in the parish hall

Monday, March 2nd - Hieromartyr Theodotus

Great Lent Begins

- 6:30 AM - Matins
- 6:30 PM - Great Compline w/ Great Canon of St. Andrew of Crete

Tuesday, March 3rd - Martyrs Eutropius, Cleonicus, & Basiliscus

- 6:30 AM - Matins
- 6:30 PM - Great Compline w/ Great Canon of St. Andrew of Crete

Wednesday, March 4th - Venerable Gerasimus

- 6:30 AM - Matins
- 6:30 PM - Great Compline w/ Great Canon of St. Andrew of Crete

Thursday, March 5th - Martyr Conon of Isauria

- 6:30 AM - Matins
- 6:30 PM - Great Compline w/ Great Canon of St. Andrew of Crete

Friday, March 6th - 42 Martyrs of Amonia

- 6:30 AM - Matins
- 5:45 PM - Liturgy of Pre-Sanctified Gifts
- Lenten meal following liturgy

Saturday, March 7th - Seven Hieromartyrs of Cherson

Wine & Oil

- 6:00 PM - Vigil