

CHRISTIAN EDUCATION

No Christian Education Classes This Week

THIS WEEK'S SERVICES

February 22 – March 1

Mon. Feb. 23 – 6:30pm: Great Compline with Canon of St. Andrew
Tues. Feb. 24 – 6:30pm: Great Compline with Canon of St. Andrew
Wed. Feb. 25 – 6:30pm: Presanctified Liturgy (Acolyte Team 2)
Thurs. Feb. 26 – 6:30pm: Great Compline with Canon of St. Andrew
Fri. Feb. 27 – 6:30pm: Little Compline with Akathist to the Theotokos
Sat. Feb. 28 – 6:30pm: Great Vespers
Sun. Mar. 1 - 9:00am: Matins
Sun. Mar. 1 - 10:00am: Divine Liturgy with Icon Procession for Sunday of Orthodoxy (Acolyte Team 2)
Sun. Mar. 1 – 5:00pm: Sunday of Orthodoxy Vespers at Holy Transfiguration Greek Orthodox Church (2800 O'Malley Rd, 99507)
Confessions are heard following Vespers, Weekday Services, and by appointment

PARISH ANNOUNCEMENTS

- ❖ **WELCOME** to all who are visiting with us today! We hope you will feel at home here and, if you do not already have a church home, will consider becoming a part of the Saint Herman Church community.
- ❖ **BRING AN ICON TO CHURCH NEXT SUNDAY!**
- ❖ **SUNDAY OF ORTHODOXY VESPERS** will be March 1 at 5:00pm at Holy Transfiguration Greek Orthodox Church – 2800 O'Malley Road, Anchorage. Bishop DAVID will preside, and we will do the formal service that is done only with a hierarch present. Bring an icon to be blessed, and stay to enjoy a meal in the fellowship hall afterward.
- ❖ **NO CHRISTIAN ED this week of Lent, Feb. 23-27.** During Lent, Christian Education will be Wednesdays at 5:30pm for Atrium Levels 1 & 2, pre-teens, and Teen SOYO. Presanctified Liturgy will start at 6:30pm, and Soup Supper will follow liturgy. Atrium teachers will bring your children into the church at 6:30pm.
- ❖ **WE WILL TAKE A COLLECTION FOR ARCHDIOCESE SEMINARY SCHOLARSHIPS NEXT SUNDAY.** Please see insert for more information.

SAINT HERMAN

ANTIOCHIAN ORTHODOX CHURCH

*Antiochian Orthodox Christian Archdiocese of North America
Diocese of Los Angeles and the West*

PRIMATE and DIOCESAN HIERARCH

His Eminence, the Most Reverend Metropolitan JOSEPH

PASTOR

Rev. Fr. Matthew Howell

DEACONS

Rev. Dn. Thomas Ross

Rev. Dn. John Phelps

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*Forgiveness
Sunday
(Cheesefare)*

February 22, 2015

A NOTE REGARDING HOLY COMMUNION

Welcome! In the Orthodox Church, reception of the Holy Eucharist is reserved for baptized, chrismated Orthodox Christians who have *prepared by prayer, fasting and a recent confession*. If you are visiting from a non-Orthodox church or otherwise are not prepared to commune today, you are welcome to receive some of the unconsecrated, blessed bread which the acolytes are holding. We pray for all to be united in the Body and Blood of Christ! If you would like to learn how you can enter into communion with the Orthodox Church, please speak with our clergy.

THE EPISTLE

(For Sunday of Forgiveness)

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

(For Sunday of Forgiveness)

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.

SAINTS & FEASTS OF THE DAY

Sunday of Forgiveness (Cheese Fare)

Uncovering of the Seven Martyrs' relics at Gate of Eugenios in Constantinople; Martyr Anthusa and her twelve servants

A GOOD WORD

VITAMINS FOR THE SOUL

❖ *The Lenten prayer of St. Ephraim the Syrian*

"O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power and idle talk. (Prostration)

But give rather the spirit of chastity, humility, patience and love to thy servant. (Prostration)

Yea, O Lord and King, grant me to see my own sins and not to judge my brother; for Thou art blessed unto ages of ages. Amen." (Prostration)

Then make 12 metanias (low bows), repeat the prayer in its entirety, and make one prostration at the end.

- ❖ "When you are ready to stand in the presence of the Lord, let your soul wear a garment woven throughout from the cloth of our forgiveness of others. Otherwise, your prayer will be of no value whatsoever." –St. John Climacus
- ❖ "Do we forgive our neighbors their trespasses: God also forgives us in His mercy. Do we refuse to forgive? God, too, will refuse to forgive us. As we treat our neighbors, so also does God treat us. The forgiveness, then, of your sins or unforgiveness, and hence also your salvation or destruction, depend on you yourself, man. For without forgiveness of sins there is no salvation." --St. Tikhon of Zadonsk
- ❖ "Let us not render evil for evil, and we shall not receive our due for our sins. For we find the forgiveness of our trespasses in the forgiving of our brothers; and the mercy of God is hidden in mercifulness to our neighbor." –St. Maximos the Confessor
- ❖ "The time cometh which is the beginning of spiritual struggles and triumph over Satan. And the complete armor of abstinence is the beauty of the angels and in favor with God, and received in an invisible manner with a voice in His ear. Wherefore, O Lord, prepare us thereby to worship Thy holy Passion and Resurrection, since Thou art the Lover of mankind."

2015 LENTEN RETREAT

WHEN

March 7 & 8
St Gregory Palamas Sunday

WHERE

St Juvenaly
Orthodox Church
962 S Hyer Rd, Wasilla Ak

WWW.STJUVENALYWASILLA.ORG

SCHEDULE OF EVENTS

Saturday
9:00 am Divine
Liturgy
Lenten Luncheon
Retreat
5:00 Vigil

Sunday
9:00 am Divine
Liturgy

4:00 pm Lenten
Vespers

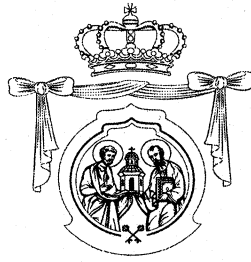
Heiromonk
Fr. Phanourios from
St. Herman's
Seminary will be
giving the Retreat

BENEFITING

St. Herman Seminary

A special collection
will be taken to
benefit the seminary

His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

St. Herman Church
Rev. Fr. Matthew Howell
6988 N En Dove Rd.
Wasilla, AK 99654-9030

March 1, 2015

To Be Read from the Pulpit and Printed in the Bulletin

"Let us begin the season of fasting with rejoicing, giving ourselves to spiritual strife, purifying soul and body, fasting from passions, as we fast from foods, faring on the virtues of the Spirit, which if we continue to long for, we shall all be worthy to behold the most solemn Passion of Christ, and the holy Pascha, rejoicing with spiritual joy."

---Vespers of Cheese-fare Sunday Evening

Reverend Fathers, Esteemed Members of the Parish Council, Beloved Faithful:

Grace and peace to you and your families in the name of our Lord Jesus Christ on this first Sunday of the Great Fast.

Each year on this Sunday an appeal is made for your continued support for the young men of our archdiocese who are undertaking theological studies in preparation for ordination. We must all give thanks to God for having richly blessed us with an abundance of workers in the Lord's Vineyard. At the same time, we must be constantly vigilant of the rising cost of educating these young men. As college tuition continues to rise, so does the cost of educating our future priests. The last thing we want is to send a new, young priest (most often with a wife and children) to a parish to serve his spiritual children with a large debt hanging over his head. With that in mind, we ask you, the "families" of these young men whom you will someday call father, to give generously as you always do for this special collection.

Praying that this holy season of prayer, fasting and almsgiving will aid us on our journey to the heavenly kingdom, I remain,

Your Father in Christ,

+Metropolitan JOSEPH
Archbishop of New York and Metropolitan of all North America

Note: Please make your check payable to the "Antiochian Archdiocese" and earmark it "Sunday of Orthodoxy". St. Herman Church-Wasilla- Minimum Contribution is \$ As Collected

"The disciples were first called Christians in Antioch" (Acts 11: 26)

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Reverend Deacon Thomas Ross

Reverend Deacon John Phelps



MARCH 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 1st Sunday of Lent Triumph of Orthodox 9:00am Matins 10:00am Divine Liturgy (Acolyte Team 2) 5:00pm Sunday of Orthodoxy Vespers at Greek Church in Anchorage Fast: wine & oil allowed</p>	<p>2 6:30pm Great Compline Fast</p>	<p>3 Fast</p>	<p>4 5:30pm Christian Ed Classes 6:30pm Presanctified Liturgy (Acolyte Team 3) 7:45pm Soup Supper Fast</p>	<p>5 Fast</p>	<p>6 6:30pm Little Compline with Akathist Hymn to the Theotokos Fast</p>	<p>7 6:30pm Great Vespers Fast: wine & oil allowed</p>
<p>8 2nd Sunday of Lent St. Gregory Palamas 9:00am Matins 10:00am Divine Liturgy (Acolyte Team 3) Fast: wine & oil allowed</p>	<p>9 40 Martyrs of Sebaste 6:30pm Presanctified Liturgy Fast</p>	<p>10 Fast</p>	<p>11 5:30pm Christian Ed Classes 6:30pm Presanctified Liturgy (Acolyte Team 1) 7:45pm Soup Supper Fast</p>	<p>12 Fast</p>	<p>13 6:30pm Little Compline with Akathist Hymn to the Theotokos Fast</p>	<p>14 6:30pm Great Vespers Fast: wine & oil allowed</p>
<p>15 3rd Sunday of Lent Adoration of the Cross 9:00am Matins 10:00am Divine Liturgy (Acolyte Team 1) Fast: wine & oil allowed</p>	<p>16 6:30pm Great Compline Fast</p>	<p>17 Fast</p>	<p>18 5:30pm Christian Ed Classes 6:30pm Presanctified Liturgy (Acolyte Team 2) 7:45pm Soup Supper Fast</p>	<p>19 Fast</p>	<p>20 6:30pm Little Compline with Akathist Hymn to the Theotokos Fast</p>	<p>21 6:30pm Great Vespers Fast: wine & oil allowed</p>
<p>22 4th Sunday of Lent St. John of the Ladder 9:00am Matins 10:00am Divine Liturgy (Acolyte Team 2) Fast: wine & oil allowed</p>	<p>23 6:30pm Little Compline with the Life of St. Mary of Egypt and the full Great Canon of Repentance Fast</p>	<p>24 6:30pm Great Vespers with Lilia Fast</p>	<p>25 ANNUNCIATION 5:30pm Christian Ed Classes 6:30pm Vespers Divine Liturgy for Annunciation and Synaxis of the Archangel Gabriel (Acolyte Team 3) 7:45pm Fish Supper Fast: fish, wine, & oil allowed</p>	<p>26 Fast</p>	<p>27 6:30pm Little Compline with full Akathist Hymn to the Theotokos Fast</p>	<p>28 6:30pm Great Vespers Fast: wine & oil allowed</p>
<p>29 5th Sunday of Lent St. Mary of Egypt 9:00am Matins 10:00am Divine Liturgy (Acolyte Team 3) Fast: wine & oil allowed</p>	<p>30 6:30pm Great Compline Fast</p>	<p>31 Fast</p>	<p>Apr 1 5:30pm Christian Ed Classes 6:30pm Presanctified Liturgy (Acolyte Team 1) 7:45pm Soup Supper Fast</p>	<p>Apr 2 Fast</p>	<p>Apr 3 6:30pm Little Compline with Canon of St. Lazarus Fast</p>	<p>Apr 4 9:00am Matins 10:00am Divine Liturgy with Baptisms and Chrismations 6:30pm Great Vespers Fast: wine & oil allowed</p>

Confessions are heard after Vespers and by appointment.