

# St. Demetrius Ukrainian Orthodox Cathedral



[www.stdemetriusuoc.org](http://www.stdemetriusuoc.org)

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Rev. Fr. James Cairns, Pastor

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Protopresbyter Dr. Taras Chubenko, Pastor Emeritus



**Epistle** Rom. 13:11-14:4

Tone 7

**Gospel:** Mt. 6:14-21

## **March 14<sup>th</sup> – Cheesefare Sunday, of Forgiveness**

**TODAY'S SERVICES:** *Today's Greeter: Stan Nartowicz*

- Sun. 8:30am Sacrament of Confession – Fr. James will be available to any who desire confession every Sunday starting at 8:30 AM.
- Sun. 9:00am Divine Liturgy – Cheesefare Sunday, of Forgiveness Martyr Eudocia of Heliopolis (152). Martyrs Nestor, Tribimius, Marcellus, and Anthony (3rd c.). Martyr Antonina of Nicaea in Bithynia (284-305). Virgin Domnina of Syria (450-460).
- Sun. 10:20am Memorial Service for Nagia Nartowicz – by Joanne Hosbach

### **SERVICES FOR THE WEEK:**

- Mon. 6:00pm Canon of St. Andrew of Crete
- Wed. 6:00pm PreSanctified Liturgy – Canon of St. Andrew of Crete
- Fri. 6:00pm PreSanctified Liturgy – Sorokousty Commemorations
- Sun. 8:30am Sacrament of Confession – Fr. James will be available to any who desire confession every Sunday starting at 8:30 AM.
- Sun. 9:00am Divine Liturgy – 1<sup>ST</sup> SUNDAY of Lent – Triumph of Orthodoxy

***NEXT WEEK's Greeter: TBD***

***Altar Servers:*** Subdeacon J.D. Cairns, Qorey Carter, Ryan Fealy

***Reader:*** Subdeacon Thomas Bodnar or Subdeacon J.D. Cairns

**PLEASE CONTINUE TO PRAY FOR:** Diane Decibus Morgan, John Piropatto, John Zelenak, Hilda Zuccaro, Thomas Zuccaro, Joseph Nardi, Olga Piropatto, Nancy Grabie, Robert Cousins, Chester Bohanek Jr., Mary Wrubleski, Margaret York, Ronald York, Ann Holoob, Jeanette Stokes, Pani Mary Ann, Bruce Wadiak, Patty Tucker, Michelle Goldberg, Alan Toth, Raymond Wizna, Catherine Ann Bylinski, Anna Muzyka, Kathleen Ward, Olivia Zazworsky, Andrew, Christopher, Sarah, Arthur, Debra, James, Rick, Jerome & children Karina, Oskar, Tessa, Robert, Jacob, and Jonathan, remembering all the sick, the suffering, those in hospitals and nursing homes, and all the men and women in the **US Military**, especially

**Vitaly Pacej**, who serve our country and all of us. Please keep them in your prayers daily, asking God's protection upon them all.

**HAPPY BIRTHDAY TO:** John Decibus II, Peter Prociuk and Anne Protenick, and all those celebrating birthdays or special intentions, may the Lord grant you all "Many Blessed Years, Mnohaya Lita!"

### **Cheesefare Sunday of Forgiveness**

**Cheesefare Sunday** is the last Sunday before Great Lent begins, and is called Cheesefare to commemorate that it is the last day we will partake of dairy and eggs until Pascha. It is also known as **Forgiveness Sunday** because many attend [Forgiveness Vespers](#) on the eve of Great Lent. They hear on the Lord's teaching about fasting and forgiveness and enter the season of the fast forgiving one another so that God will forgive them. *If you forgive men their trespasses, your heavenly Father will forgive you; but if you do not forgive men their trespasses, neither will your heavenly Father forgive you your trespasses* ([Matthew](#) 6:14) **How do you participate?** - Ask each other for forgiveness each evening this week before bed.

**Question** - Fasting is discussed in the services on Forgiveness Sunday, and all the days of Great Lent. What **\*most important\*** kind of fasting is stressed over and over?

**Answer** - The services of the church and the fathers stress over and over that our physical fast from food is **useless** if we do not also strive to "fast" from our iniquities. Fasting from food is an important aid to the help purify the soul, and to gain in virtue.

Adam was driven out of Paradise, / because in disobedience he had eaten food; / but Moses was granted the vision of God, / because he had cleansed the eyes of his soul by fasting. / If then we long to dwell in Paradise, / let us abstain from all needless food; / and if we desire to see God, / let us like Moses fast for forty days. / With sincerity let us persevere in prayer and intercession; / let us still the passions of our soul; / let us subdue the rebellious instincts of the flesh. / With light step let us set out upon the path to heaven, / where the choirs of angels with never-silent voice / sing the praises of the undivided Trinity; / and there we shall behold the surpassing beauty of the Master. / O Son of God, Giver of Life, / in Thee we set our hope: / count us worthy of a place there with the angelic hosts, / at the intercessions of the Mother who bore Thee, O Christ, / of the apostles and the martyrs // and of all the saints.' (Praises)

**ALL EMERGENCIES:** PLEASE MAKE SURE TO CALL FATHER JAMES for any and all emergencies – for hospital, nursing home, or home visitations. PLEASE call his Cell number 732-619-3259, if necessary, please leave a voice message, Father will return your call. THANK YOU.