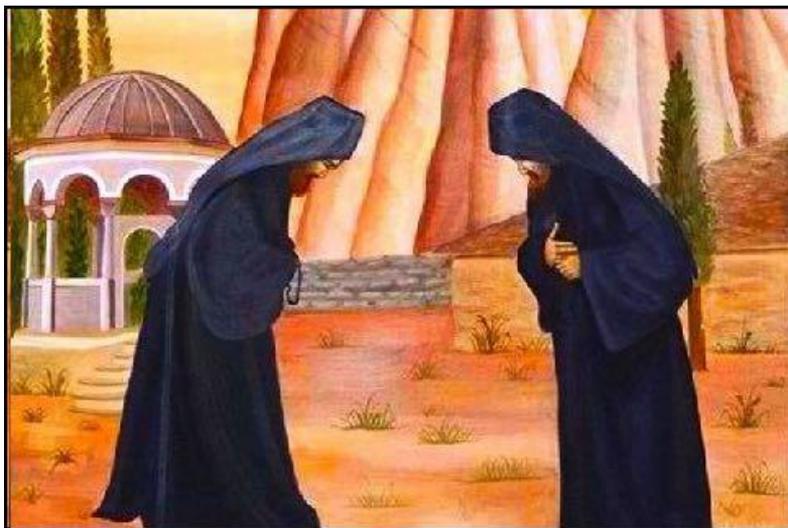


Diocese of Eastern Pennsylvania + Wilkes-Barre Deanery

Elevation of the Holy Cross Orthodox Church Williamsport, PA.



Forgiveness Sunday

Expulsion of Adam & Eve from the
Garden

40th Sunday After Pentecost

March 14th, 2021

Elevation of the Holy Cross Orthodox Church

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Today's Scripture Readings:

Epistle: Romans 13:11-14:4

Gospel: St. Matthew 6:14-21

A warm welcome to everyone, and especially to our visitors and guests this morning! Please join us for some fellowship after in the Parish Hall!

Services, Events & Announcements

++*Forgiveness Sunday*: we will have Forgiveness Vespers @ 5pm this evening. This is the beginning of Great Lent.

++Great Canon of St. Andrew of Crete – Monday Mar 15th – Thursday Mar 18th – Thursday evenings @ 5:30pm

++Presanctified Liturgy – Friday Mar 19th @ 5:30pm (Begin your Eucharistic fast after your noon meal) A light Lenten potluck Fellowship to follow in the Hall.

***Great Vespers** – Saturday, Mar 20th @ 5pm

***Divine Liturgy** – Sunday, Mar 21st @ 10am (Hours @ 9:40am) Lenten Fellowship After in the Hall

Our Giving – March 7th, 2021

Tithes/Offerings - \$3,280.00

Candle Offerings – \$86.00

Love Offerings - \$40.00

Regarding Holy Communion: Only those faithful who are Orthodox Christians and have properly prepared themselves by **fasting, prayer [i.e., *Prayers Before Communion*], recent confession**, and who were at least present for the reading of the Epistle and Gospel should approach to receive the Holy Eucharist. *We should all be at peace with each other too.* If you have any questions about this, please see Fr. Seraphim. 😊

Despair and Despondency ***Repentance is the antidote to despondency***

Despair and despondency must be avoided, for they are used by demons to make us feel hopeless. When we confess our sins and receive Christ's absolution through His agent (the priest), we must depart with joy, for our sins have been forgiven.

Repentance is the key to receiving this joy, and the antidote to despondency. If we, however, cling in despair, out of a false sense of humility, we are denying God's promise of forgiveness.

Likewise, if we do not quickly forgive others who've sought our forgiveness, but hold fast to the memory of their transgression, we can lead them into a state of despondency, and deprive them of the joy that comes with repentance.

Forgiving others, and accepting forgiveness for ourselves, brings joy, and dispels all despair and despondency, which is the tool of the enemy. Let's put off all despair and despondency, and tell the devil to take a hike.

The period of Great and Holy Lent is a perfect time to confront the spirit of depression, for the increased attendance in

the Church's divine services, and the time spent in private prayer, contribute to the healing of the soul, taking our minds off our problems, and turning our hearts towards the things of God. Spiritual reading, frequent confession, and the reception of the Holy Mysteries, all come together, bringing the healing the soul longs for.

*Love in Christ,
Abbot Tryphon*

“Do not be discouraged when you see no improvement. One thing is needful: try to live according to the Gospel commandments. Fight and defend yourself against every sin through deeds, words or thoughts, and do not voluntarily succumb to bad influences. If you do succumb, repent before the Lord, ask forgiveness, and rise to fight again. And so until death.”

*Abbot Nikon Vorobiev
Letters to Spiritual Children p.148*

Prayers For the Health and Salvation of those in need: Many Years!
Priestmonk Ambrose (Young), Abbot Tryphon, Mitred-Archpriest Nicholas (Harris), Archpriest Daniel (Kovalak), Mat. Myra (Kovalak), Mat. Theodora (Ressetar), Presbytera Eva (Koutroulelis), Mary (Federoff) and the child to be born of her, Helen Maybo, Paul Beard, Evelyn Chabal, Phoebe Davis, Peter Georges

Prayers for the Newly Departed: Memory Eternal!
Proto-Pres. Daniel Hubiak (+2/5), Archpriest John Chupeck (+2/10), Archpriest John Tkachuk (+2/19)