

Orthodox Church in America + Diocese of Eastern Pennsylvania

Elevation of the Holy Cross Orthodox Church Williamsport, PA.



Forgiveness Sunday

Cheesefare Sunday

March 17th, 2024

Elevation of the Holy Cross Orthodox Church

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Scripture Readings:

Epistle: Romans 13:11-14:4

Gospel: St. Matthew 6:14-21

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

Services, Events & Announcements

- + Church open for prayer/Confession – Tues March 19th & Thurs March 21st 7 – 9:30am
- + ***The Great Canon of St Andrew*** - Mon March 18th – Thurs March 21st at 5:30 each evening
- + ***Presanctified Liturgy*** – Fri March 22nd – ***Ninth Hour & Liturgy*** at 5:20) - *Lenten potluck* fellowship following in the Hall.
- + Sat March 23rd – ***Choir Practice*** at 4
- + Sat March 23rd - ***Great Vespers*** at 5 (Confessions at 4:30)
- + ***Sunday of Orthodoxy*** – March 24th - ***Hours & Divine Liturgy*** at 9:40 & Procession - Fellowship following in the Hall
- + Sun March 24th - ***Great Vespers for the Annunciation*** at 4

Our Giving – March 10th, 2024

Tithes/Offerings - \$2,732.00 / Online Giving - \$373.50

Candle Offerings – \$53.00 / Benevolence - \$250.00

Thank you all for your generosity & kindness!

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 everyone too.* If you have any questions about Communion, please see Fr. Seraphim. 😊

Sunday of Forgiveness

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 descendants 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...."

“Humble yourself before all; try to be a servant to others; do not accuse, judge or reproach anyone. Make peace with everybody, forgive them, all, or you yourself will not receive the Lord’s forgiveness.”

✚ Abbot Nikon Vorobiev, Letters to Spiritual Children p.127

“The debts of those who ask for pardon are forgiven. But see that you do not harbor hatred for your brethren when you ask forgiveness of your debts.”

✚ St. Ephraim the Syrian, A Spiritual Psalter or Reflections on God p.60

“Do not allow the spark of discord and enmity to smolder. The longer you wait, the more the enemy tries to cause confusion among you. Be watchful, so that he does not mock you. Humility destroys all of his schemes.”

✚ St. Macarius of Optina

Living Without Hypocrisy: Spiritual Counsels of the Holy Elders of Optina

Prayers For the Health and Salvation of those in need: Many Years!

His Eminence, Archbishop Nathaniel, Priestmonk Ambrose (Young), Abbot Tryphon, Mitred-Archpriest Nicholas (Harris), Mitred-Archpriest Daniel & Mat. Myra (Kovalak), Archpriest Michael (Evans), Archpriest Antony (Hughes), Priest Gregory (White), Pres. Eva (Koutroulelis), Pres. Rosy (Tanveer), Mat. Mary Lynn (Henry), Mat. Deborah (Belonick), Mat. Barbara (Matusiak), Anastasia Linnehan & Sarah Gunter (children to be born of them), Newly Illumined child Odette Crews, Paul Beard, Evelyn Chabal, Michael Kuzmiak, Juliana Matusiak, Elias Ciaccio, Elizabeth Wadsworth, Sebastian Fillar, Isaac Bannister, Christine Perrin, Elizabeth Yonkin, Michael Lazorchak, Edward Hojnicky, Brian Gunter, Vladimir Kerkendall, Alec Litchard & those suffering from the wars in Ukraine, Russia, & the Middle East

Prayers for the Newly Departed: Memory Eternal!

Protodeacon Taras Papish +2/18, & Those who have lost their lives in the wars in Ukraine, Russia, & the Middle East