ST. HERMAN OF ALASKA ORTHODOX CHURCH

sthermanshillington.org

Fr. John Black, parish administrator **(610) 427-9279** **johnmblack@gmail.com**

March 2, 2025 – The Expulsion from Paradise

also known as ***Cheesefare Sunday*** *or* ***Forgiveness Sunday***

Today is the final day before the Fast. Great Lent begins at sundown.

Divine Liturgy of St John Chrysostom

Resurrection (Tone 3)

Let the heavens rejoice! / Let the earth be glad! / For the Lord has shown strength with His arm. / He has trampled down death by death. / He has become the first born of the dead. / He has delivered us from the depths of hell, / and has granted to the world great mercy.

Venerable Herman of Alaska (Tone 7)

O joyful North Star of the Church of Christ, / guiding all men to the heavenly kingdom, / teacher and apostle of the true faith, / intercessor and defender for the oppressed, / adornment of the Orthodox Church in America: / blessed father Herman of Alaska, pray to our Lord Jesus Christ for the salvation of our souls!

Cheesefare Sunday (Tone 6)

O Master, Teacher of wisdom, / Bestower of virtue, / Who teaches the thoughtless and protects 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!"

Attendance

Sun Jan 26 Liturgy: 28 adults, 4 children (Communion: 19 adults, 3 children)
Sun Feb 1 Vespers: 1 adult, 3 children
Sun Feb 2 Liturgy: 24 adults, 1 child (Communion: 20 adults, 1 child)
Sun Feb 9 Liturgy: 9 adults, 3 children (Communion: 5 adults, 3 children)
Sun Feb 23 Liturgy: 25 adults, 3 children (Communion: 21 adults, 3 children)

Calendar of Services & Events

On Saturday & Sunday, March 1 & 2, His Eminence, Archbishop Mark will join us in the celebration of the divine services.

Saturday, March 1, 4:30 p.m. – Great Vespers

Sunday, March 2, 9:00 a.m. – *(Forgiveness Sunday)* Divine Liturgy, followed immediately by Forgiveness Vespers.

MONDAY, MARCH 3 – CLEAN MONDAY. BEGINNING OF GREAT LENT.

Mon March 3, 7pm – Great Compline with the Canon of St Andrew
Tues March 4, 7pm – Great Compline with the Canon of St Andrew
Wed March 5, 9am –Presanctified Liturgy at Ss Constantine & Helen
Wed March 5, 5pm – Canon of St Andrew at Ss C&H
Thurs March 5, 5pm – Canon of St Andrew at Ss C&H
Fri March 7, 9am –Presanctified Liturgy at Ss C&H
Fri March 7, 7pm – *Akathist to the Theotokos*, part 1, at Ss C&H

Saturday, March 1 – (No Vespers)

Sunday, March 2, 9:00 a.m. *(Orthodoxy Sunday)* – Service of the Reserved Sacrament (Pdn Peter Skoog).

On Sunday March 2, Pan-Orthodox Vespers for the Triumph of Orthodoxy:
- 4pm at St George, Allentown
- 5pm at St John Chrysostom, York

Wed March 5, 6pm – Presanctified Liturgy here at St Herman's. *We are hosting area parishes.*

A full Lenten Calendar is available at back of the church. Please take one!

Announcements

THANK YOU all for attending and contributing your efforts to last week's All-Parish Meeting. I am grateful that many of you were able to express your feelings, concerns, and wishes for the good of the parish. Especially thank you to many of you who stepped up and volunteered for various Parish Council responsibilities. A list of volunteers (and meeting minutes) will be made available after they are submitted for approval.

Prayers

For health of: Archbishop Nathaniel Popp, Archbishop Alexander Golitzin, Matushka Myra Kovalak, Marcia Lutz, Bernard Kusior, Julia Jay.

Memory Eternal: Archbishop Anastasios of Tirana, Durrës and All Albania (Jan 25). Mat. Susanne Senyo (Jan 18).

"Only struggle a little more. Carry your cross without complaining. Don't think you are anything special. Don't justify your sins and weaknesses, but see yourself as you really are. And, especially, love one another."
– Fr Seraphim Rose

SILENCE IN THE GREAT FAST

In many parts of the Orthodox world, the faithful are encouraged to undertake a discipline of silence, especially in the first week of Lent (as well as Holy Week). While this may seem something that only exists in monastic communities, silence (really, *stillness*) is a universal virtue of the Christian life. It is not merely a mechanical silencing of sound but rather the silencing of the will, the quieting of the mind, the resistance to "idle talk". The pursuit of silence in the heart is our obedience to God's commandment to us at the Red Sea: *"I will fight for you; you have only to be still."*

An attitude of silence does not mean we do not speak. Certainly we continue to communicate when we need to; we continue to go to work, make necessary phone calls, and complete the tasks that life demands. But our mind should be more reflective than expressive; we should listen more than we speak; we should strive to be free of the impulsiveness of speech; so that when we do need to speak, our words are more filled with grace and intention. Silence is also the beginning of any prayer. Any rule of prayer, no matter how short or how long, should begin with at least a brief quieting of the mind, because only out of stillness can real prayer begin to grow.

As we begin Great Lent, perhaps it would be helpful for us to take at least the first few days of this first week, even if just a little bit, to explore this gift which the Orthodox Faith has offered us from the earliest times.

"The Church is like a ship. One person is sleeping, while another is just hanging around. The ship proceeds on its course. Another person is struggling, fighting above with the waves. All together they move forward.

It is enough that you are within the Church.
For this reason see that you are at the services.
Do not be absent."

- Elder Paisios of Mount Athos