



Saint Mary Orthodox Church

Antiochian Orthodox Christian Archdiocese of North America

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Church Office Hours : Monday - Friday 10:00am-3:00pm

Sunday, March 14th, 2021

SUNDAY OF FORGIVENESS

VENERABLE BENEDICT OF NURSIA; EUSCHEMENOS, BISHOP OF LAMPSAKOS

Entrance Hymn

O Come, let us worship and fall down before Christ.

Save us, O Son of God, who art risen from the dead, who sing to Thee: Alleluia!

هَلُمُّ لِنَسْجُدْ وَنَرْكِعْ لِلْمَسِيحِ مَلَكْنَا وَالْهَنَا، خَلَصْنَا يَا ابْنَ اللَّهِ يَا مَنْ قَامَ مِنَ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلِ لَكَ هَلْلُويَا!

Troparion of the Resurrection (Tone Seven)

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

حَطَمْتَ بِصَلَابِيكَ الْمَوْتَ، وَفَتَحْتَ لِلصَّالِحِينَ الْفِرْدَوْسَ، وَحَوَّلْتَ نَوْحَ حَامِلَاتِ الطَّيِّبِ، وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزُوا، بِأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ، مَانِحاً الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

Troparion of the Dormition (Tone One)

In thy birth giving O Theotokos, thou didst keep and preserve virginity; and in thy falling asleep thou hast not forsaken the world; for thou wast translated into life, being the Mother of Life. Wherefore by thine intercessions, deliver our souls from death.

فِي مِيلَادِكَ حَفِظْتَ الْبَتُولِيَّةَ وَصَنَنْتَهَا فِي رِقَادِكَ مَا أَهْمَلْتَ الْعَالَمَ وَتَرَكْتَهُ يَا وَالِدَةَ الْإِلَهِ. لِأَنَّكَ انْتَقَلْتِ إِلَى الْحَيَاةِ بِمَا أَنْكَ أُمُّ الْحَيَاةِ. فَبِشَفَاعَاتِكَ أَنْقِذِي مِنَ الْمَوْتِ نَفُوسَنَا.

Kontakion for Forgiveness Sunday (Tone Six)

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

أَيُّهَا الْمُهْدِي إِلَى الْحِكْمَةِ، وَرَازِقَ الْفَهْمِ وَالْفِطْنَةِ، وَمُؤَدِّبَ الْجُهَالِ، وَعَاضِدَ الْمَسَاكِينِ، شَدِّدْ وَفَهِّمْ قَلْبِي أَيُّهَا السَّيِّدُ، وَأَعْطِنِي كَلِمَةً يَا كَلِمَةَ الْآبِ، لِأَنَّي هَاأَنْدَا لَا أَمْنَعُ شَفَقَتِي مِنَ الصُّرَاخِ إِلَيْكَ: يَا رَحُومًا، ارْحَمْنِي أَنَا الْوَاقِعَ.

Epistle for Sunday of Forgiveness

*O chant unto our God, chant ye.
Clap your hands, all ye nations!*

The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

رَتِّلُوا لِلْهِنَا رَتِّلُوا.

يا جميع الأمم صَفِّقُوا بالأيدي.

فصلٌ من رسالة القديس بولس الرسول إلى أهل رومية.

يا إخوة إنَّ خلاصنا الآن أقرب مما كان حين آمنَّا *
قد تناهى الليل واقترب النهار فلندع عنا أعمال
الظلمة ونلبس أسلحة النور * لنسلكن سلوكاً لايقاً كما
في النهار لا بالقصوف والسكر ولا بالمصاجع والعهر
ولا بالخصام والحسد * بل لبسوا الرب يسوع المسيح
ولا تهتموا بأجسادكم لقضاء شهواتها * من كان
ضعيفاً في الإيمان فاتخذوه بغير مباحثة في الآراء *
من الناس من يعتقد أن له أن يأكل كل شيء . أمَّا
الضعيف فيأكل بقولاً * فلا يزدري الذي يأكل من لا
يأكل ولا يدين الذي لا يأكل من يأكل فإن الله قد
اتَّخذه * من أنت يا من تدين عبداً أجنبياً . إنه لمولاه
يتبُّ أو يسقط . لكنَّه سيثبت لأن الله قادر على أن
يُنبتَه *

Gospel for Sunday of Forgiveness

The Reading is 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

فصلٌ شريفٌ من بشارة القديس متى الإنجيلي
البشير، التلميذ الطاهر.

قال الرب إن غفرتُم للناس زلاتهم يَغْفِرُ لكم أبوكم
السَّمَاوِي أيضاً * وإن لم تَغْفِرُوا للناس زلاتهم فأبوكم
أيضاً لا يَغْفِرُ لكم زلاتكم * ومتى صُمتم فلا تكونوا
مُعَبِّسِينَ كالمُراءِين . فإنهم يُنكِّرون وجوههم ليظهروا
للناس صائمِينَ . الحق أقول لكم إنهم قد أخذوا

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.”

أَجْرَهُمْ * أما أنتَ فإذا صُمتَ فادهنْ رأسَكَ واغسِلْ
وَجْهَكَ لئلا تَظَهَرَ للنَّاسِ صائِماً بل لأبيكَ الذي في
الخِفيَّةِ. وأبوكَ الذي يَرى في الخِفيَّةِ يُجازيكَ علانيةً *
لا تَكْنِزُوا لَكُمْ كُنُوزاً على الأرضِ حيثُ يُفسِدُ السُّوسُ
والآكلَةُ وَيَنْقُبُ السَّارِقُونَ وَيَسْرِقُونَ * لكن اكنِزُوا لَكُمْ
كنوزاً في السَّماءِ حيثُ لا يُفسِدُ سوسٌ ولا آكلَةٌ ولا
يَنْقُبُ السَّارِقُونَ ولا يسْرِقُونَ * لأنَّهُ حيثُ تَكُونُ كُنُوزُكُمْ
هناكَ تَكُونُ قُلُوبُكُمْ *


CHEESEFARE SUNDAY


Today, March 14th is Cheesefare Sunday, the last day you can eat cheese and dairy products. Tomorrow, March 15th, is the first day of the Lenten Fast and it will continue until Pascha (Easter), May 2nd. Please do not forget that in order for our fasting to be effective and beneficial to our souls, it must be accompanied by prayer, repentance, forgiveness, alms-giving (giving to the poor), and good works. The fast is not a “diet” so that one could lose weight. What good is the fast if it does not change us and strengthen our relationship with Jesus Christ and with one another? Fast from anger, judging, pride, gossip, and lust. If you are not able to keep the discipline of fasting as prescribed by the church for health reasons, please speak to one of our clergy and they will offer you a discipline you can handle. Remember the words of St. John Chrysostom:


“Let the ear fast, by not listening to evil talk and gossip...”


“Let the mouth fast from foul words and unjust criticism...”

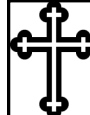
“For what good is it if we abstain from birds and fishes, but bite and devour our brothers?”

 **3rd & 9th Day Memorial**
Suhaila Twal
Memory Eternal!

 **3rd & 9th Day Memorial**
Khalil Sweis
Memory Eternal!

 **6 Month Memorial**
Sudjie Fakhoury
Memory Eternal!

 **Memory Eternal!**
Gabby Abdo Habeeb

 **Memory Eternal!**
Mary Sweis

Upcoming Services & Events

Date	Time	Event
3/11/2021	6:30pm	Adult Sunday School (Virtual)
3/12/2021	6:30pm	YAM Gathering (Young Adults)
3/13/2021	5:00pm	Great Vespers
3/14/2021	8:45am	Orthros (Church)
	10:00am	Divine Liturgy (Church/Gym)
	1:00pm	Sunday School (Virtual)
	5:00pm	Forgiveness Vespers
3/15/2021	7:00pm	Great Compline w/Canon to St. Andrew
3/16/2021	7:00pm	Great Compline w/Canon to St. Andrew
3/17/2021	10:00am	Presanctified Liturgy
	11:30am	Arabic Bible Study (Virtual)
	6:30pm	Teen SOYO
	7:00pm	Great Compline w/Canon to St. Andrew

Lent & Holy Week Services 2021 خدمات الصيام والاسبوع العظيم

March 7 آذار	Sunday of the Last Judgment (Meatfare Sunday) أحد الدينونة الأخيرة (مرفع اللحم)	10:00am صباحا
March 13 آذار	Great Vespers صلاة الغروب	5:00pm مساء
March 14 آذار	Sunday of Forgiveness (Cheesefare Sunday) أحد الغفران (مرفع الجبن) الأحد: غروب أحد الغفران Sunday: Forgiveness Vespers	10:00am صباحا 5:00pm مساء
March 15 آذار	Monday: Great Compline w/ Canon to St. Andrew الإثنين: صلاة النوم الكبرى First Day of Great Lent	7:00pm مساء
March 16 آذار	Tuesday: Great Compline w/ Canon to St. Andrew الثلاثاء: صلاة النوم الكبرى	7:00pm مساء
March 17 آذار	Wednesday: Pre-Sanctified Liturgy الأربعاء: القديس السابق تقديسه Wednesday: Great Compline w/ Canon to St. Andrew الأربعاء: صلاة النوم الكبرى	10:00am صباحا 7:00pm مساء
March 18 آذار	Thursday: Great Compline w/ Canon to St. Andrew الخميس: صلاة النوم الكبرى	7:00pm مساء
March 19 آذار	Friday: Pre-Sanctified Liturgy الجمعة: القديس السابق تقديسه Friday: Akathist to the Theotokos الجمعة: خدمة مديح والدة الإله	10:00am صباحا 7:00pm مساء
March 20 آذار	Great Vespers صلاة الغروب	5:00pm مساء
March 21 آذار	Divine Liturgy for the 1st Sunday of Lent القديس الإلهي للأحد الأول من الصوم	10:00am صباحا
March 22 آذار	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء
March 24 آذار	Great Vespers for the Annunciation w/ Artoklasia صلاة الغروب لعيد البشارة	7:00pm مساء
March 25 آذار	Thursday: Orthros for the Annunciation الأحد: صلاة السحر لعيد البشارة Liturgy for the Feast of the Annunciation القديس لعيد البشارة	9:00am صباحا 10:00am صباحا
March 26 آذار	Friday: Pre-Sanctified Liturgy الجمعة: القديس السابق تقديسه Friday: Akathist to the Theotokos الجمعة: خدمة مديح والدة الإله	10:00am صباحا 7:00pm مساء
March 27 آذار	Great Vespers صلاة الغروب	5:00pm مساء

خدمات الصيام والاسبوع العظيم 2021 Lent & Holy Week Services

March 28 آذار	Divine Liturgy for the 2nd Sunday of Lent القداس الإلهي للأحد الثاني من الصوم	10:00am صباحا
March 29 آذار	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء
March 31 آذار	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	7:00pm مساء
April 2 نيسان	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه Friday: Akathist to the Theotokos الجمعة: خدمة مديح والدة الإله	10:00am صباحا 7:00pm مساء
April 3 نيسان	Great Vespers صلاة الغروب	5:00pm مساء
April 4 نيسان	Divine Liturgy for the 3rd Sunday of Lent القداس الإلهي للأحد الثالث من الصوم	10:00am صباحا
April 5 نيسان	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء
April 7 نيسان	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	7:00pm مساء
April 9 نيسان	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه Friday: Akathist to the Theotokos الجمعة: خدمة مديح والدة الإله	10:00am صباحا 7:00pm مساء
April 10 نيسان	Great Vespers صلاة الغروب	5:00pm مساء
April 11 نيسان	Divine Liturgy for the 4th Sunday of Lent القداس الإلهي للأحد الرابع من الصوم	10:00am صباحا
April 12 نيسان	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء
April 14 نيسان	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	7:00pm مساء
April 15 نيسان	Thursday: Little Compline w/ Canon to St Andrew and life of St Mary of Egypt الخميس: صلاة النوم الصغرى مع قانون القديس أندراوس وسيرة القديسة مريم المصرية	7:00pm مساء
April 16 نيسان	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه Friday: Great Akathist to the Theotokos الجمعة: خدمة المديح الكبير لوالدة الإله	10:00am صباحا 7:00pm مساء
April 17 نيسان	Great Vespers صلاة الغروب	5:00pm مساء
April 18 نيسان	Divine Liturgy for the 5th Sunday of Lent القداس الإلهي للأحد الخامس من الصوم	10:00am صباحا
April 19 نيسان	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء

خدمات الصيام والاسبوع العظيم 2021 Lent & Holy Week Services

نيسان 21 April	الأربعاء: القداس السابق تقديسه Wednesday: Pre-Sanctified Liturgy	مساء 7:00pm
نيسان 23 April	الجمعة: القداس السابق تقديسه Friday: Pre-Sanctified Liturgy الجمعة: قانون سبت اليعازر (w/ Little Compline) Friday: Canon to Lazarus (w/ Little Compline)	صباحا 10:00am مساء 7:00pm
نيسان 24 April	السبت: صلاة السحر لسبت اليعازر Saturday: Lazarus Saturday Orthros القداس لسبت اليعازر Lazarus Saturday Liturgy صلاة الغروب لعيد الشعانين Great Vespers for Palm Sunday w/ Artoklasia	صباحا 9:00am صباحا 10:00am مساء 5:00pm
نيسان 25 April	الأحد: خدمة القداس لعيد الشعانين Sunday: Palm Sunday Liturgy الختن الأولى 1st Bridegroom Service	صباحا 10:00am مساء 7:00pm
نيسان 26 April	الإثنين: القداس السابق تقديسه Monday: Pre-Sanctified Liturgy الإثنين: الختن الثانية Monday: 2nd Bridegroom Service	صباحا 10:00am مساء 7:00pm
نيسان 27 April	الثلاثاء: القداس السابق تقديسه Tuesday: Pre-Sanctified Liturgy الثلاثاء: الختن الثالثة Tuesday: 3rd Bridegroom Service	صباحا 10:00am مساء 7:00pm
نيسان 28 April	الأربعاء: القداس السابق تقديسه Wednesday: Pre-Sanctified Liturgy الأربعاء: الختن الرابعة Wednesday: 4th Bridegroom Service الأربعاء: صلاة الزيت المقدس Wednesday: Holy Unction Service	صباحا 10:00am مساء 5:00pm مساء 7:00pm
نيسان 29 April	الخميس: قداس باسيليوس العظيم Thursday: Divine Liturgy of St. Basil خدمة ١٢ انجيل والصلب 12 Passion Gospels	صباحا 10:00am مساء 7:00pm
نيسان 30 April	الجمعة: خدمة الساعات Friday: Royal Hours خدمة انزال المصلوب Taking Down From the Cross جناز المسيح Lamentations (سهرانية الجمعة العظيمة (HOLY FRIDAY All-Night VIGIL to follow	صباحا 10:00am مساء 3:00pm مساء 7:00pm
أيار 1 May	السبت: قداس سبت النور Saturday: Vesperal Liturgy of St. Basil Rush Procession & Matins followed by Paschal Liturgy سحرية العيد، الهجمة و قداس القيامة	صباحا 10:00am مساء 10:00pm
أيار 2 May	الأحد: صلاة الباعوث Sunday: Agape Vespers	ظهرا 1:30pm

His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

Great Fast, 2021

TO BE READ FROM THE PULPIT AND PRINTED IN THE BULLETIN

No one can say, "I am poor and hence I have no means of giving alms." For even if you cannot give as the rich gave their gifts into the temple treasury, give two farthings as the poor widow did, and from you God will consider it a greater gift than the gifts of the rich. And if you do not have as much as two farthings? You can take pity on the sick and give alms by ministering to them. And if you cannot do even this? You can comfort your brother by your words. "A good word is better than the best of gifts."

-----*St. Dorotheos of Gaza*

Beloved in Christ,

Greetings in the name of our Lord and Savior Jesus Christ. I pray that you and your families are safe and in good health as we prepare to begin another Lenten journey that culminates in the death and resurrection of our Lord.

Last year at this time we were just becoming aware of a virus that started to rear its ugly face on the shores of North America. Just as we began our holy Lenten season, our journey to Pascha was interrupted, and our rhythm of prayer, fasting and almsgiving suffered. Nevertheless, we persevered thinking this interruption to our "normal" way of life would soon be over and we would quickly resume our daily routines as usual. Here we are a year later and, while there is hope now that a vaccine is available and being distributed, we nevertheless will once again have a different Lenten experience.

Despite this different time in which we live, there is one program that should never suffer due to our modified way of life, that program is the *Food for Hungry and Charitable Outreach Program*. This outreach, under the guidance of Ms. Robin Nicholas, has helped countless numbers of people for the past 47 years! People now, more than ever, are in need depend on our pennies, nickels and dimes that we collect from all over the archdiocese.

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

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As we begin a new fast, let us this year more than ever, be vigilant in our effort to give alms. While we might not be able to participate as fully as usual in the liturgical and prayer life of the Church because of the pandemic, let us increase our efforts in helping the poor and others in need. Let us emulate the words of St. Dorotheos of Gaza quoted above remembering that, even if we ourselves are experiencing some economic difficulty during this time, let us give what we can and if we cannot give, let us minister to the poor in other ways. Let us strive to reach out and help our brothers and sisters who are in need at this trying time as we examine our hearts and souls in order to cleanse them as we approach the feast of our Lord's glorious resurrection from the dead.

Wishing you all a fruitful and spiritually rewarding fast, I remain,

Your Father in Christ,

A handwritten signature in blue ink that reads "Metropolitan Joseph". The signature is written in a cursive style with a large, stylized initial "J" that extends upwards and to the left. A horizontal line is drawn under the signature.

+JOSEPH

Archbishop of New York and Metropolitan of all North America

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

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Food For Hungry People 2021

This year we celebrate 47 years of raising funds for our FOOD FOR HUNGRY PEOPLE & CHARITABLE OUTREACH Program. Through your generosity, over \$6.2 million has been distributed to the hungry poor in the United States and around the World. During this past year, we made every effort to reach out to those in need in our own Parishes and in our local communities.



We are asking each Sunday School family to take home a box and help the FFHP reach their goal for 2021. Lent is not only about fasting, it is about helping those in need.

Let's make this 47th year the best ever!!!

Even during the Pandemic our Parishioners, collected over \$160,000 last year. With just a little extra effort from every parish we can try to collect and distribute more this year to those in need.

His Eminence Metropolitan JOSEPH determines where the money is sent.

“When you see a poor person, remember the words of our Lord Jesus Christ by which He declared that it is He, Himself who is fed. For though that which appears be not Christ, yet in that person's form, it is Christ Himself who receives and begs.”

St. John Chrysostom

St. Mary's Antiochian Women

Spinach Pie Sale

on Sunday, March 21st

Pre-order our fresh homemade Spinach Pies



7 for \$10
15 for \$20
23 for \$30
30 for \$40
37 for \$50
45 for \$60
52 for \$70
60 for \$80
70 for \$90
80 for \$100

[Click here to place your order online](#)

Pick up your Spinach Pies at church after Divine Liturgy
on Sunday, March 21st.

If you are unable to pick up your order after Liturgy, you can
pick it up on March 22nd or 23rd between 11:00am and 2:00pm
from the church office.

If you have any questions or would like to place your order by
phone please call Rita Sweis at 773-510-4303 or Muna Salman
708-769-5105.

*All proper sanitation procedures have been followed to ensure the safety and health of
our community. Pies will come prepacked in take home containers to minimize
physical handling of baked products.*



Altar Servers' Retreat & Workshop

Saturday, March 13th, 2021

3:00pm – 6:00pm

We are excited to welcome our young men back into the altar! Before they begin to serve again, we ask they attend the Altar Servers' Retreat & Workshop so they can learn about the importance of serving in the Holy Altar as well as understand the instructions and etiquette that is required of them.

Servers must be at least 7 years of age or older. The number of servers will be limited at each service. After your son completes the training, they will be placed on a rotating schedule. As the condition of the pandemic continues to improve, we will allow more servers in the altar at one time.

Schedule:

- 3:00pm: Session with Fr Jacob
- 3:30pm: Altar Server Instruction and Etiquette
- 4:15pm: Pizza Dinner
- 5:00pm: Great Vespers (families are welcome to join us for Vespers)
- 5:45pm: Pick-up

[Please click here to register.](#)

Contact Fr. Jacob with any questions at youthpastor@stmaryoc.org



NATIONAL ORTHODOX YOUTH LENTEN RETREAT

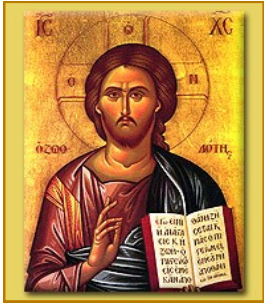
HOSTED BY HELLENIC COLLEGE HOLY CROSS
SONIA BELCHER'S AMBASSADORS

WHEN: SAT. MARCH 13, 2021
TIME: 1:00-3:30PM EST
THEME: "SANITIZE" YOUR LIFE
FOR: HIGH SCHOOLERS, GRADES 9-12

JOIN US FOR AN AFTERNOON OF PRESENTING, SMALL
GROUP DISCUSSIONS, AND FELLOWSHIP WITH YOUNG
ORTHODOX CHRISTIANS ACROSS THE COUNTRY.

FOR MORE INFORMATION, OR TO REGISTER, TEXT US AT (617) 850 1260
OR VISIT OUR WEBSITE AT
ENROLLMENT.HCHC.EDU/AMBASSADORS_LENTEN_RETREAT.





Weekly Synaxarion



On March 14 in the Holy Orthodox Church, we commemorate our Venerable Father Benedict of Nursia; and Euschemenos, bishop of Lampsakos. On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight. It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments. By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.