



# 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 6th, 2022

## Sunday of Forgiveness (Cheese Fare)

The 42 martyrs of Amoria in Phrygia; discovery of the precious cross and nails by St. Helena;  
Venerable Fridolin, enlightener of the Upper Rhine

### 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!

هلم لنسجد ونركع للمسيح ملكنا والهنا، خلصنا يا ابن الله يا من قام من بين الاموات، لنرتل لك هلوليا!

### Troparion of the Resurrection (Tone Four)

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

إِنَّ تَلْمِيزَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرَزَ بِالْقِيَامَةِ الْبَهْجِ، وَطَرَحْنَ الْقَضَاءَ الْجَدِّيَّ، وَخَاطَبْنَ الرَّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ: سُبِّحِ الْمَوْتُ وَقَامَ الْمَسِيحُ الْإِلَهُ، وَمَنَحَ 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.

في ميلادك حفظت البتولية وصننتها وفي رقادك ما أهملت العالم وتركته يا والدة الإله. لأنك انتقلت إلى الحياة بما أنك أم الحياة. فبشفاعاتك أنقذي من الموت نفوسن.

### Kontakion for Sunday of Forgiveness (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.

أيها المهيدي إلى الحكمة، ورازق الفهم والفطنة، ومؤدب الجهال، وعاضد المساكين، شدّد وفهم قلبي أيها السيّد، وأعطني كلمة يا كلمة الأب، لأنني هاأنذا لا أمتنع شفّتي من الصّراخ إليك: يا رحوم، ارحمني أنا الواقع.

## Epistle for the 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 لِإِلَهِنَا رَتِّلُوا.

يَا جَمِيعَ الْأُمَمِ صَفِّقُوا بِالْأَيْدِي.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى أَهْلِ رومية.

يَا إِخْوَةُ، إِنَّ خَلَاصَنَا الْآنَ أَقْرَبُ مِمَّا كَانَ حِينَ آمَنَّا. قَدْ تَنَاهَى اللَّيْلُ وَأَقْتَرَبَ النَّهَارُ، فَلِنَدْعُ عَنَّا أَعْمَالَ الظُّلْمَةِ وَنَلْبَسُ أَسْلِحَةَ النُّورِ. لِنَسْلُكَنَّ سُلُوكًا لَائِقًا كَمَا فِي النَّهَارِ، لَا بِالْفُصُوفِ وَالسُّكْرِ، وَلَا بِالْمَضَاجِحِ وَالعَهْرِ، وَلَا بِالْخِصَامِ وَالْحَسَدِ، بَلِ الْبَسُوا الرَّبَّ يَسُوعَ الْمَسِيحَ وَلَا تَهْتَمُوا بِأَجْسَادِكُمْ لِقَضَاءِ شَهَوَاتِهَا. مَنْ كَانَ ضَعِيفًا فِي الْإِيمَانِ فَاتَّخِذُوهُ بغيرِ مُبَاحَثَةٍ فِي الْأَرَءِ. مِنْ النَّاسِ مَنْ يَعْتَقِدُ أَنَّ لَهُ أَنْ يَأْكُلَ كُلَّ شَيْءٍ، أَمَّا الضَّعِيفُ فَيَأْكُلُ بَقَوْلًا. فَلَا يَزْدِرِ الَّذِي يَأْكُلُ مَنْ لَا يَأْكُلُ وَلَا يَدِينُ الَّذِي لَا يَأْكُلُ مَنْ يَأْكُلُ، فَإِنَّ اللَّهَ قَدْ اتَّخَذَهُ. مَنْ أَنْتَ يَا مَنْ تَدِينُ عَبْدًا أجنبيًّا؟ إِنَّهُ لِمَوْلَاهُ يَنْبُتُ أَوْ يَسْقُطُ. لَكِنَّهُ سَيَنْبُتُ لِأَنَّ اللَّهَ قَادِرٌ عَلَى أَنْ يُنْبِتَهُ.

## Gospel for the Sunday of Forgiveness

### The reading 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

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِي الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.

قَالَ الرَّبُّ: إِنَّ عَفَرْتُمْ لِلنَّاسِ زَلَّاتِهِمْ، يَغْفِرُ لَكُمْ أَبُوكُمْ السَّمَاوِيِّ أَيْضًا. وَإِنْ لَمْ تَغْفِرُوا لِلنَّاسِ زَلَّاتِهِمْ، فَأَبُوكُمْ أَيْضًا لَا يَغْفِرُ لَكُمْ زَلَّاتِكُمْ. وَمَتَى صُمْتُمْ، فَلَا تَكُونُوا مُعَبِّسِينَ كَالْمُرَائِينَ. فَإِنَّهُمْ يُنْكِرُونَ وَجُوهَهُمْ لِيُظْهِرُوا لِلنَّاسِ صَائِمِينَ. الْحَقُّ أَقُولُ لَكُمْ، إِنَّهُمْ قَدْ أَخَذُوا

wash your face, that your fasting may not be 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. أَمَا أَنْتَ فَإِذَا صُمْتَ، فَادْهَنْ رَأْسَكَ وَاغْسِلْ وَجْهَكَ لئَلَّا تَظْهَرَ لِلنَّاسِ صَائِماً، بَلْ لِأَبِيكَ الَّذِي فِي الْخَفِيَّةِ، وَأَبُوكَ الَّذِي يَرَى فِي الْخَفِيَّةِ يُجَازِيكَ عِلَانِيَةً. لَا تَكْنِزُوا لَكُمْ كُنُوزاً عَلَى الْأَرْضِ، حَيْثُ يُفْسِدُ السُّوسُ وَالْأَكِلَةُ وَيَنْقُبُ السَّارِقُونَ وَيَسْرِقُونَ. لَكِنْ اكْنِزُوا لَكُمْ كُنُوزاً فِي السَّمَاءِ حَيْثُ لَا يُفْسِدُ سَوْسٌ وَلَا أَكِلَةٌ وَلَا يَنْقُبُ السَّارِقُونَ وَلَا يَسْرِقُونَ. لِأَنَّهُ حَيْثُ تَكُونُ كُنُوزُكُمْ، هُنَاكَ تَكُونُ قُلُوبُكُمْ.



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



**1 Year Memorial**  
George Mansour  
**Memory Eternal!**



**Wedding**  
Radi Alfred Haddad  
and  
Aida Ibrahim Zabaneh  
**Congratulations!**



**Engagement**  
Michael Rihani  
and  
Lauren Morris  
**Congratulations!**



**Baptism**  
Zayana  
Parents: Elias & Mary Zaboura  
**Congratulations!**



**Baptism**  
Dominic Nicholas  
Parents: Emil & Jomanna Aldaddah  
**Congratulations!**

**CHEESEFARE SUNDAY**

Today, March 6th is Cheesefare Sunday, the last day you can have cheese and dairy products. Tomorrow, March 7th, is the first day of the Lenten Fast and it will continue until Pascha (Easter), April 24th. 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?”

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 Lent, 2022

**TO BE READ FROM THE PULPIT AND PRINTED IN THE BULLETIN**

Beloved Clergy and Faithful of our Archdiocese,

Blessings to you and your families in the name of our great God and Savior, Jesus Christ!

As we enter Great Lent—this consecrated season of repentance—the Church summons us to focus even more intently on drawing near to God. She shows us proven paths of approach to Him: not just fasting and prayer but also sharing our material blessings with others. From the saints we learn that charitable giving is not just about helping our neighbor, but even more importantly, it is a means of approach to God. St. Paul encourages us, “Do not forget to do good and to share, for God is well pleased with such sacrifices” (Heb. 13:16), and he thus teaches us that charity is a form of holy sacrifice—an act of worship that shows our love for God and invites Him into our lives.

In the same vein, St. John Chrysostom describes philanthropy as a holy and priestly ministry, urging us to “put on the vestment of philanthropy, which is holier than the priestly clothing.” He goes on to exhort us: “When you see a poor believer, think that you behold an altar; when you see a miserable beggar, do not just refrain from insulting him but even reverence him” (Homily 20 on Second Corinthians). His words remind us that people in need do us a service, by providing us a way to show God love and honor. For, as our Lord said, “As you did it to one of the least of these my brethren, you did it to me” (Matt. 25:40).

With this in mind, over the past 48 years our Archdiocese has encouraged you to give alms during Lent through *Food for Hungry People and Charitable Outreach*. Once again, we appeal to your generosity and your love of God, asking you to offer God a gift by putting food and other necessities into the hands of the poor. May your gift from the heart be received by God as a pleasing and holy sacrifice, and may He give you in return the joy of His presence.

With prayers that we all be granted strength for the holy struggle ahead and that we be found worthy to celebrate joyously the victory of our Crucified and Risen Lord, I remain,

Your Father in Christ,

A handwritten signature in blue ink, reading "Metropolitan Joseph". The signature is written in a cursive style with a large initial "J" and a flourish at the end.

**+ 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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## Lent & Holy Week Services 2022 خدمات الصيام والاسبوع العظيم

آذار 6 March	Sunday of Forgiveness (Cheesefare Sunday) أحد الغفران (مرفع الجبن) Sunday: Forgiveness Vespers الأحد: غروب أحد الغفران	10:00am صباحا 5:00pm مساء
آذار 7 March	Monday: Great Compline w/ Canon to St. Andrew الإثنين: صلاة النوم الكبرى First Day of Great Lent	7:00pm مساء
آذار 8 March	Tuesday: Great Compline w/ Canon to St. Andrew الثلاثاء: صلاة النوم الكبرى	7:00pm مساء
آذار 9 March	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه Wednesday: Great Compline w/ Canon to St. Andrew الأربعاء: صلاة النوم الكبرى	10:00am صباحا 7:00pm مساء
آذار 10 March	Thursday: Great Compline w/ Canon to St. Andrew الخميس: صلاة النوم الكبرى	7:00pm مساء
آذار 11 March	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه Friday: Akathist to the Theotokos الجمعة: خدمة مديح والدة الإله	10:00am صباحا 7:00pm مساء
آذار 12 March	Great Vespers صلاة الغروب	5:00pm مساء
آذار 13 March	Divine Liturgy for the 1st Sunday of Lent القداس الإلهي للأحد الأول من الصوم	10:00am صباحا
آذار 14 March	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء
آذار 16 March	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	7:00pm مساء
آذار 18 March	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه Friday: Akathist to the Theotokos الجمعة: خدمة مديح والدة الإله	10:00am صباحا 7:00pm مساء
آذار 19 March	Great Vespers صلاة الغروب	5:00pm مساء
آذار 20 March	Divine Liturgy for the 2nd Sunday of Lent القداس الإلهي للأحد الثاني من الصوم	10:00am صباحا
آذار 21 March	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء
آذار 23 March	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	7:00pm مساء
آذار 24 March	Great Vespers for the Annunciation w/ Artoklasia صلاة الغروب لعيد البشارة Orthros for the Annunciation صلاة السحر لعيد البشارة Divine Liturgy for the Annunciation خدمة القداس لعيد البشارة	4:45pm مساء 5:45pm مساء 7:00pm مساء

## خدمات الصيام والاسبوع العظيم 2022 Lent & Holy Week Services

آذار 25 March	الجمعة: خدمة مديح والدة الإله Friday: Akathist to the Theotokos	مساء 7:00pm
آذار 26 March	صلاة الغروب Great Vespers	مساء 5:00pm
آذار 27 March	القداس الإلهي للأحد الثالث من الصوم Divine Liturgy for the 3rd Sunday of Lent	صباحا 10:00am
آذار 28 March	الإثنين: صلاة النوم الكبرى Monday: Great Compline	مساء 7:00pm
آذار 30 March	الأربعاء: القداس السابق تقديسه Wednesday: Pre-Sanctified Liturgy	مساء 7:00pm
نيسان 1 April	الجمعة: القداس السابق تقديسه Friday: Pre-Sanctified Liturgy الجمعة: خدمة مديح والدة الإله Friday: Akathist to the Theotokos	صباحا 10:00am مساء 7:00pm
نيسان 2 April	صلاة الغروب Great Vespers	مساء 5:00pm
نيسان 3 April	القداس الإلهي للأحد الرابع من الصوم Divine Liturgy for the 4th Sunday of Lent	صباحا 10:00am
نيسان 4 April	الإثنين: صلاة النوم الكبرى Monday: Great Compline	مساء 7:00pm
نيسان 6 April	الأربعاء: القداس السابق تقديسه Wednesday: Pre-Sanctified Liturgy	مساء 7:00pm
نيسان 7 April	الخميس: صلاة النوم الصغرى مع قانون القديس أندراوس وسيرة القديسة مريم المصرية Thursday: Little Compline w/ Canon to St Andrew and life of St Mary of Egypt	مساء 7:00pm
نيسان 8 April	الجمعة: القداس السابق تقديسه Friday: Pre-Sanctified Liturgy الجمعة: خدمة المديح الكبير لولادة الإله Friday: Great Akathist to the Theotokos	صباحا 10:00am مساء 7:00pm
نيسان 9 April	صلاة الغروب Great Vespers	مساء 5:00pm
نيسان 10 April	القداس الإلهي للأحد الخامس من الصوم Divine Liturgy for the 5th Sunday of Lent	صباحا 10:00am
نيسان 11 April	الإثنين: صلاة النوم الكبرى Monday: Great Compline	مساء 7:00pm
نيسان 13 April	الأربعاء: القداس السابق تقديسه Wednesday: Pre-Sanctified Liturgy	مساء 7:00pm
نيسان 15 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

## Lent & Holy Week Services 2022 خدمات الصيام والاسبوع العظيم

April 16 نيسان	<p>Saturday: Lazarus Saturday Orthros صلاة السحر لسبت اليعازر</p> <p>Lazarus Saturday Liturgy القداس لسبت اليعازر</p> <p>Great Vespers for Palm Sunday w/ Artoklasia صلاة الغروب لعيد الشعانين</p>	<p>9:00am صباحا</p> <p>10:00am صباحا</p> <p>5:00pm مساء</p>
April 17 نيسان	<p>Sunday: Palm Sunday Liturgy الأحد: خدمة القداس لعيد الشعانين</p> <p>1st Bridegroom Service الختن الأولى</p>	<p>10:00am صباحا</p> <p>7:00pm مساء</p>
April 18 نيسان	<p>Monday: Pre-Sanctified Liturgy الإثنين: القداس السابق تقديسه</p> <p>Monday: 2nd Bridegroom Service الإثنين: الختن الثانية</p>	<p>10:00am صباحا</p> <p>7:00pm مساء</p>
April 19 نيسان	<p>Tuesday: Pre-Sanctified Liturgy الثلاثاء: القداس السابق تقديسه</p> <p>Tuesday: 3rd Bridegroom Service الثلاثاء: الختن الثالثة</p>	<p>10:00am صباحا</p> <p>7:00pm مساء</p>
April 20 نيسان	<p>Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه</p> <p>Wednesday: 4th Bridegroom Service الأربعاء: الختن الرابعة</p> <p>Wednesday: Holy Unction Service الأربعاء: صلاة الزيت المقدس</p>	<p>10:00am صباحا</p> <p>5:00pm مساء</p> <p>7:00pm مساء</p>
April 21 نيسان	<p>Thursday: Divine Liturgy of St. Basil الخميس: قداس باسيلوس العظيم</p> <p>12 Passion Gospels ١٢ انجيل والصلب</p>	<p>10:00am صباحا</p> <p>7:00pm مساء</p>
April 22 نيسان	<p>Friday: Royal Hours الجمعة: خدمة الساعات</p> <p>Taking Down From the Cross خدمة انزال المصلوب</p> <p>Lamentations جناز المسيح</p> <p>(HOLY FRIDAY All-Night VIGIL to follow سهرانية الجمعة العظيمة)</p>	<p>10:00am صباحا</p> <p>3:00pm مساء</p> <p>7:00pm مساء</p>
April 23 نيسان	<p>Saturday: Vespereal Liturgy of St. Basil السبت: قداس سبت النور</p> <p>Rush Procession &amp; Orthros followed by Paschal Liturgy</p> <p>سحرية العيد، الهجمة و قداس القيامة</p>	<p>10:00am صباحا</p> <p>10:00pm مساء</p>
April 24 نيسان	<p>Sunday: Agape Vespers Followed by Annual Parish Pascha Picnic</p> <p>الأحد: صلاة الباعوث</p>	<p>12:00pm ظهرا</p>

**Today is OCMC Mission Sunday**  
**There will be a Special Collection Today**

## Upcoming Services & Events

Date	Time	Event
3/5/2022	10:00am	Arabic School
	5:00pm	Great Vespers
	5:45pm	Canon and Prayers in Preparation for Holy Communion
3/6/2022	8:45am	Orthros
	10:00am	Divine Liturgy
	10:00am	Sunday School
	11:00am	Calzone Sale
	5:00pm	Forgiveness Vespers
3/7/2022	7:00pm	Great Compline w/Canon to St. Andrew
3/8/2022	7:00pm	Great Compline w/Canon to St. Andrew
3/9/2022	10:00am	Presanctified Liturgy
	11:00am	Arabic Bible Study
	6:00pm	SOYO Night
	7:00pm	Great Compline w/Canon to St. Andrew

*The Antiochian Women are Hosting*

# *Calzone Sale*

Sunday, March 6th

Immediately after Liturgy



**\$10 Each**

# Food For Hungry People 2022

This year we celebrate 48 years of raising funds for our FOOD FOR HUNGRY PEOPLE & CHARITABLE OUTREACH Program. Through your generosity, over \$6.3 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 2022. Lent is not only about fasting, it is about helping those in need.

**Let's make this 48th year the best ever!!!**

Even during the Pandemic our Parishioners, collected over \$185,000 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 Orthodox Church of Palos Heights

## *Antiochian Women*

# A Night with the Angels

March 26th  
6:30pm



All ladies are invited to join us on Saturday, March 26th at 6:30pm for a Night with the Angels. The night will include a discussion led by Fr. Mousa on the role of angels in our lives, great company & delicious Lenten appetizers.

Please contact Rita Sweis with any questions.

**St. Mary's Antiochian Women**

**Spinach Pie Sale**

**on Sunday, March 13<sup>th</sup>**

Pre-order our fresh homemade Spinach Pies



**7 pies for \$10**

**15 pies for \$20**

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

Pick up your Spinach Pies at church after Divine Liturgy  
on Sunday, March 13th.

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.

Pre-order our fresh homemade Spinach Pies by Thursday, March 10th.

# Triumph of Orthodoxy Pan-Orthodox Vespers

Sponsored by the Orthodox Christian Clergy Association of Greater Chicago

**Sunday March 13th 6:30 PM**

Saint George Antiochian Orthodox Church

1220 S 60th Ct, Cicero, IL 60804

**Homilist:**

**His Grace Bishop Maxim**

Western American Diocese of the Serbian Orthodox Church

Responses chanted by The Pan Orthodox Choir of Greater  
Chicago Gordana Tribuhovich, Director



## Young Adult Ministry

*Growing closer to Christ by growing together*

**Sunday, March 20th at 2:00pm**

St. John Chrysostom Monastery visit  
followed by dinner

**Saturday, April 2nd at 4:00pm**

Lenten Retreat with Fr. Silviu Bunta

*Join us for fellowship, friendship, and worship!*



  
**SAINT GEORGE**  
ANTIOCHIAN ORTHODOX CHURCH

**Grand Rapids, Michigan**  
invites you to join us for the  
**2022 Parish Life Conference**  
**June 15 to June 19, 2022**

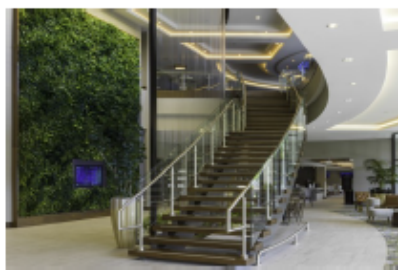
**HOTEL NOW ACCEPTING RESERVATIONS!**



<https://group.embassysuites.com/jhuvwp>

**\$99—\$129 room rates!**

Includes Complimentary Daily Breakfast & Evening Reception

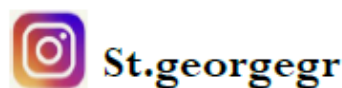


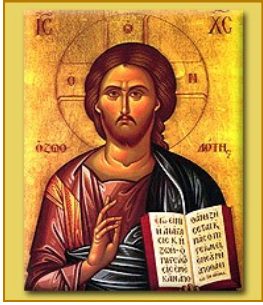
**EVENT WEBISTE IS LIVE!**

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

Please visit to register your “AD” in our Souvenir Journal  
In Celebration of Bishop Anthony’s 10Years or In Memory of Fr. John Winfrey

**Find us on Socials!**





## Weekly Synaxarion



On March 6 in the Holy Orthodox Church, we commemorate the 42 martyrs of Amoria in Phrygia; the discovery of the precious cross and nails by St. Helena; and Venerable Fridolin, enlightener of the Upper Rhine. 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.