

ST. JACOB OF ALASKA ORTHODOX CHURCH
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February 14, 2010

Fr. Caleb Abetti
Priest (802-485-9615)

Susanna Toolan
President

✠ ✠ ✠ Service Schedule ✠ ✠ ✠

Sunday, February 14th. **Sunday of Cheesefare – Tone 3. Forgiveness Sunday. The Expulsion of Adam from Paradise.** Ven Auxentius of Bithynia (ca. 470). Repose of St Cyril, Equal-of-the-Apostles and Teacher of the Slavs (869). Ven Isaac, Recluse, of the Kiev Caves (Near Caves – ca. 1190). The Twelve Greeks who built the Dormition Cathedral in the Lavra of the Kiev Caves (11th c.). Translation of the Relics of Martyrs Michael and his councilor, Theodore, of Chernigov (1578). Ven Maron, Hermit, of Syria (4th c.). St Abraham, Bishop of Charres in Mesopotamia (5th c.)

3rd and 6th Hours: 9:10 am.

Divine Liturgy, 9:30 am

Epistle: Rom. 13:111-14:4; Gospel: Matt. 6:14-21.

Vespers: 12 noon. Ceremony of Mutual Forgiveness

Monday, February 15th. Great Compline and Canon of St Andrew of Crete, 6:00 pm

Tuesday, February 16th. Great Compline and Canon of St Andrew of Crete, 6:00 pm

Wednesday, February 17th. Pre-Sanctified Liturgy, 6:00 pm. Meal and Study Group to follow: St Isaac of Nineveh's *On Ascetical Life*.

Thursday, February 18th. Great Compline and Canon of St Andrew of Crete, **6:30 pm (Note change in time)**

Friday, February 19th. Pre-Sanctified Liturgy, 6:00 pm

Saturday, February 20th. Great Vespers of the Resurrection: 5:00 pm.

Sunday, February 21st. **First Sunday of Lent – Tone 4. Sunday of Orthodoxy.** Ven Timothy of Symbola in Bithynia (9th c.). St Eustathius (Eustace), Archbishop of Antioch (377). St George, Bishop of Amastria on the Black Sea (802-811). The **"KOZEL'SHCHANSKAYA"** Icon of the Most-holy Theotokos (1881).

3rd and 6th Hours: 9:10 am

Divine Liturgy of St Basil the Great, 9:30 am

Epistle: Heb. 11:24-26, 32-12:2; Gospel: John 1:43-51.

Procession of Icons

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Sunday of Cheesefare
Expulsion of Adam from Paradise
Commemorated on February 14
(from ora.org)

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 descendents 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..."

Kontakion – Tone 6

Master, Teacher of Wisdom,
Bestower of virtue,

You teach the thoughtless and protect the poor:
Strengthen and enlighten my heart.

Word of the father,

let me not restrain my mouth from crying to you:

Have mercy on me, a transgressor,
O merciful Lord!

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Lenten Retreat

This year's Lenten Retreat will be held at Saint Jacob of Alaska Orthodox Church on Saturday, March 6, 2010. The retreat is entitled:

**The Whole Earth Is Sanctified:
Reclaiming the Christian Vision of Creation**

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There is a special collection today for the Orthodox Christian Mission Center
(the official mission and evangelism agency of the Standing Conference of Canonical Bishops in the Americas)