



# Protection of the Virgin Mary Orthodox Church

OUR SUNDAY BULLETIN

February 14 2010

## Sunday of Cheesefare Expulsion of Adam from Paradise



Protection of the Virgin Mary

8600 Grand Blvd.  
Merrillville, IN 46410  
(219) 947-4748 (Church)  
(219) 730-4698 (Hall Rental)

Great Vespers  
Saturday - 4 PM  
Feast Days - 7 PM  
Divine Liturgy  
Sunday - 9:45 AM  
Feast Days - 9 AM  
Sunday Adult class 9Am  
Children's classes after liturgy

Fr. Peter Bodnar, Rector

Fr. Christopher Sarafin

All services in English

A parish of the  
Orthodox Church in America

[PtvM.com](http://PtvM.com)



### Tone 3 Troparion (Resurrection)

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.

### Tone 6 Kontakion (from the Lenten Triodion)

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 You:  
"Have mercy on me, a transgressor, //  
O merciful Lord!"

### Tone 8 Prokeimenon (Resurrection)

Pray and make your vows before the Lord, our God! (Ps 75/76:11)  
v: In Judah God is known; His name is great in Israel. (Ps 75/76:1)

**Tone 6** Alleluia, Alleluia, Alleluia!  
v. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. (Ps 91/92:1)  
v. to declare Your mercy in the morning, and Your truth by night.  
(Ps 91/92:2)

### Communion Hymn

Praise the Lord from the heavens, praise Him in the highest! (Ps 148:1)  
Alleluia, Alleluia, Alleluia!

Today's commemorated feasts and saints...

**SUNDAY OF CHEESEFARE — Tone 3. Forgiveness Sunday. The Expulsion of Adam from Paradise.** Ven. Auxentius of Bithynia (ca. 470). Repose of St. Cyril, Equal-to-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.).

## **Romans 13:11-14:4 (Epistle)**

**11**And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed.

**12**The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light.

**13**Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy.

**14**But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.

**1**Receive one who is weak in the faith, but not to disputes over doubtful things.

**2**For one believes he may eat all things, but he who is weak eats only vegetables.

**3**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.

**4**Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

## **Matthew 6:14-21 (Gospel)**

**14**For if you forgive men their trespasses, your heavenly Father will also forgive you.

**15**But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

**16**Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.

**17**But you, when you fast, anoint your head and wash your face,

**18**so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

**19**Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal;

**20**but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.

**21**For where your treasure is, there your heart will be also.

## **Commemorated on February 14**

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...."

Lent begins tomorrow, Monday. The first week of Lent offers us many opportunities to begin this time of repentance with full force, to make us spiritually strong for the duration of Lent.

Beginning today (Sunday) after our Annual Meeting, is Forgiveness Sunday Vespers.

The beautiful service of the Canon of St. Andrew is held each evening at 7:00 pm on Monday, Tuesday, Wednesday & Thursday. On Friday at 6:00 pm. There is Presanctified Liturgy followed by Lenten Potluck.

Let us set our minds aright and make time in our lives for these spiritual opportunities our church has afforded us. In the words of St. John Chrysostom: "Do not hold aloof from the Church, for nothing is stronger than the Church.

The Church is your hope, your salvation, your refuge. It is higher than the heavens, it is wider than the earth. It never waxes old, but is always in full vigor. "

## ANNOUNCEMENTS FOR SUNDAY.....February 14, 2010

SUNDAY  
MONDAY  
TUESDAY  
WENESDAY  
THURSDAY  
FRIDAY  
SATURDAY  
SUNDAY

**SEE BELOW**

*check your monthly bulletin for more dates and information*

WHAT TIME OF DAY IS THE SIXTH HOUR?

A 6AM  
B 6PM  
C 9AM  
D NOON

### SAVE THE DATE: APRIL 11, 2010

The combined parishes "Spring Fashion Show" will be on Sunday, April 11, 2010 at the Avalon Manor. Please help to make this a success by donating a themed basket, baking your dessert specialty, and asking as many family members, friends, colleagues, or co-workers to join us for this annual event. Enjoy a delicious luncheon, awesome raffle prizes, and the latest men's and women's fashions from Fashion Affair and John Cicco's!

**Fashion Affair Boutique**  
**- Wonderful clothes for every event**  
**- Come browse around**  
233 E 84th Dr

Merrillville, IN 46410

<b>SUNDAY</b>	<b>2/14/2010</b>	<b>ANNUAL MEETING AFTER LITURGY FORGIVENESS SUNDAY VESPERS</b>
<b>MONDAY</b>	<b>2/15/2010</b>	<b>LENT BEGINS 7PM CANON OF ST. ANDREW</b>
<b>TUESDAY</b>	<b>2/16/2010</b>	<b>7PM CANON OF ST. ANDREW</b>
<b>WEDNESDAY</b>	<b>2/17/2010</b>	<b>7PM CANON OF ST. ANDREW</b>
<b>THURSDAY</b>	<b>2/18/2010</b>	<b>7PM CANON OF ST. ANDREW</b>
<b>FRIDAY</b>	<b>2/19/2010</b>	<b>5:15 CONFESSIONS 6PM PRESANCTIFIED LITURGY LENTEN POT LUCK</b>
<b>SATURDAY</b>	<b>2/20/2010</b>	<b>4PM GREAT VESPERS &amp; CONFESSIONS</b>
<b>SUNDAY</b>	<b>2/21/2010</b>	<b>SUNDAY OF ORTHODOXY</b>

email bulletin items to [ptvmchurchgrowth@live.com](mailto:ptvmchurchgrowth@live.com)