

SAINT LUKE SERBIAN ORTHODOX CHURCH  
ORTHODOX CHURCH IN AMERICA - ARCHDIOCESE OF WASHINGTON  
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MARCH 1, 2020  
**FORGIVENESS AND CHEESEFARE SUNDAY**  
**EXPULSION OF ADAM FROM PARADISE**  
FOURTH SUNDAY OF THE LENTEN TRIODION

**Epistle Reading**  
Romans 13:11 - 14:4

**Gospel Reading**  
Matthew 6:14-21

*Christ is in our midst!  
He is and ever shall be!*

**Kontakion for the Expulsion of Adam from Paradise**

Master, Teacher of Wisdom, Bestower of virtue, who teaches the thoughtless and protects the poor: strengthen and enlighten my heart. Word of the Father, let me not restrain my mouth from crying to Thee: have mercy on me, a transgressor, O Merciful Lord!

**Forgiveness and Cheesefare Sunday – Vespers Today**

Today is the last day for having dairy products. Thank you to everyone who brought food for our (meatless) Coffee Hour. Please return to the Chapel at 1PM for Forgiveness Sunday Vespers to help spiritually begin the Fast of Great Lent.

**“Forgive me, God forgives, I forgive.”**

**From the Stichera of Cheesefare Sunday - Ideomelon** (excerpt)

The arena of the virtues has been opened. You who desire to struggle for the prize now enter and gird yourselves for the good fight of the Fast; for those who strive rightly are justly crowned! Having taken up the armor of the Cross, let us fight against the Enemy! Let the Faith be our invincible wall, and let prayer be our breastplate, and let mercy and almsgiving be our helmet! Instead of a sword, let us use fasting, which cuts out all evil from the heart! He who does these things shall receive the true crown at the Day of Judgment from Christ the King of All.

**Welcome to Our Guests**

If you are joining us for the first time, we offer you our warm welcome. Please sign the guestbook at the entrance and pick up a Welcome folder. Join us after Liturgy for Coffee Hour. We look forward to meeting you and answering any questions you may have about the Orthodox Faith and St. Luke parish life.

**First Sunday of the Month – Food for the Needy ~ Thank You**

God bless all who donated nutritious foods for the families assisted by SERVE.

**Orthodox Mission Sunday - Today**

We join Orthodox parishes nationwide in praying today for missionaries of the Orthodox Christian Mission Center. We can support them by giving to missions and volunteering for a short-term mission team. See www.ocmc.org.

**Service Schedule for the First Week of Great Lent**

Monday, March 2 7PM Canon of St. Andrew of Crete  
Tuesday, March 3 7PM Canon of St. Andrew of Crete  
Wed., March 4 7PM Liturgy of the Presanctified Gifts; Lenten potluck  
Thursday, March 5 7PM Canon of St. Andrew of Crete  
Saturday, March 7 5PM First-Saturday-of-the-Month Great Vespers

**Upcoming Local Events**

Sunday, March 29 St. Luke Annual Meeting and Lenten Soup Social  
Saturday, April 4 Lenten Retreat with Archimandrite Sergius, “Acquiring the Mind of Christ: Embracing the Vision of the Orthodox Church”, 9:30-3:30, St. Katherine Greek Orthodox Church  
The wonderworking icon of St. Anna will be present.

**Daylight Savings Time ~ Sunday, March 8 ~ Set clocks forward one hour.**

**Pan-Orthodox Vespers for the Sunday of Orthodoxy – March 8**

The Vespers for the Sunday of Orthodoxy will be hosted by St. Sophia Cathedral, 36th and Massachusetts Ave., NW, Washington, DC at 5:30PM on March 8. Come join with clergy and laity from the many churches in the metropolitan area for prayer, to see the icon procession and celebrate the Triumph of Orthodoxy.

**God Grant You Many Years! Mnogaja Ljeta!**

We pray for birthday blessings upon George Minahan on his third birthday. God bless Fr. John and Pda. Kitty on the 11<sup>th</sup> anniversary of his ordination. AXIOS!