

**Forgiveness Sunday (Cheese Fare)**  
**March 17, 2024**

Venerable Alexios the 'Man of God,' Patrick, bishop of Armagh and enlightener of Ireland

**Troparion of the Resurrection (Tone 8)**

Byzantine Tone 8

Basil Kazan  
(1915 - 2001)

Ison  
From the heights thou didst de - scend, O Com - pas - sion - ate  
One; and thou didst sub - mit to the three - day bur - i -  
al, that thou might de - liv - er us from pas - sion.  
Thou art our Life and our Res - ur - rec - tion,  
O Lord, glo - ry to thee.

**Troparion for St. Raphael of Brooklyn (Tone 3)**

Rejoice, O Father Raphael, Adornment of the holy Church! Thou art Champion of the True Faith, Seeker of the lost, Consolation of the oppressed, Father to orphans and Friend of the poor, Peacemaker and good Shepherd, Joy of all the Orthodox, Son of Antioch, Boast of America. Intercede with Christ God for us and for all who honor thee.

**Kontakion (Tone 1)**

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.

**Prokeimenon**

Make your vows unto the Lord and perform them. God is known in Judah; His name is great in Israel.

**Epistle**

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

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

**Holy Gospel**

**Matthew 6:14-21**

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 their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who sees in secret; and your Father who sees in secret will reward you openly. Do not lay up for yourselves treasures on earth, where moths 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.



**Holy Bread:** Carol Ofiesh/Kh Meleah Palke

**Commemorations(Living):** Fr Michael, Pr Vicki, John, Corgie, Karen, Maher, Fabiola, Christopher, Steven, Jonathan, Jaime, Justin, George, Joan, Fr Tom, Kh Meleah, Stephen, Carol, Michael, Joel, Lisa, Danny, Asa, Cody, Max, Levi, Courtney, Nina, Kenneth, Alex, Christina, Beth, Janni, Dominick, Yina, Lauren, Rashid, Hala, Irina, Alex, Lauren, Aaron, Adam, Atticus, Gabriela, Antonina, Fr. Vladimir Paul, all Orthodox missionaries, the suffering believers everywhere.

**Departed:** James, Laura

**This Wednesday, at 8:00 PM, we will continue our study of St. Paul's epistle to the Philippians.** Look for the Zoom link in your email.

**The Lenten Fast begins tomorrow.** Today, we prepare for Lent by offering one another forgiveness at the conclusion of Forgiveness Sunday Vespers. May this be a time of spiritual renewal for all of us!

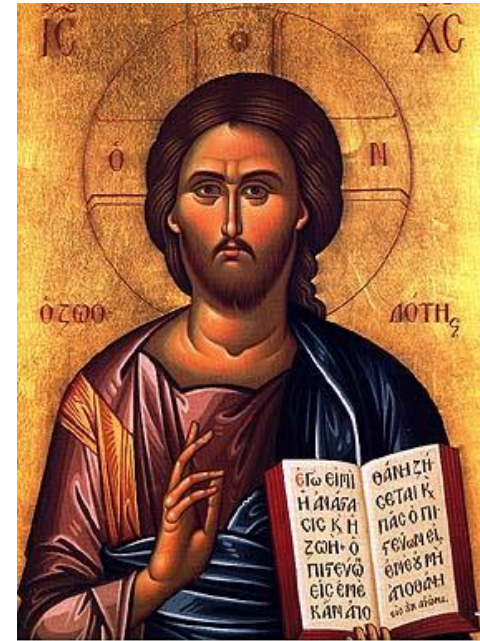
**Know your faith.** Matthew 26 and Mark 14 give another account of the anointing of Jesus. Here, the woman is unnamed, and anoints his head. Jesus commended the woman and said that she would be \_\_\_\_\_ always. He said that she was preparing his body for \_\_\_\_\_. This happened in Bethany in the house of \_\_\_\_\_ the \_\_\_\_\_. On what day of Holy Week was the Last Supper observed? \_\_\_\_\_. During Lent, we say the prayer of St. \_\_\_\_\_, the Syrian. It consists of \_\_\_ parts, each followed by a \_\_\_\_\_. On the fifth Sunday of Lent, we honor the repentant harlot, \_\_\_\_\_. The proper color for Lent is \_\_\_\_\_. Which prophet of the OT prophesied that Jerusalem would rejoice as the King entered on a donkey? \_\_\_\_\_. The Church offers Holy Communion on Wednesdays of Lent in the Liturgy of the \_\_\_\_\_ Gifts. It is a combination of Vespers and Holy Communion, which has been consecrated on \_\_\_\_\_.

**Upcoming:**

March 24 —First Sunday in Lent (Sunday of Orthodoxy)

May 5—Pascha (celebrated May 4 at 7:30 PM)

**Today is Forgiveness Sunday.** Nothing is more important than that we be reconciled to Christ and to one another. As we share mutual forgiveness from the heart, it is Christ who forgives and brings us together by his love. In this way the “doors of Paradise” are opened to us, and we begin to understand why we will fast and pray, and what we hope to obtain during the Lenten journey. We will share mutual forgiveness today as we ask each other for forgiveness and respond “God forgives.”



## St. Raphael of Brooklyn Orthodox Church

Antiochian Orthodox Christian Archdiocese

Metropolitan Saba, Primate

Bishop Thomas, Diocese of the Mid-Atlantic

Divine Liturgy 10:30 AM

Meeting at Compton Village

14401 Compton Village Dr.

Centreville, Virginia 20121

Fr. Thomas L. Palke, Pastor

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