

MARCH 1, 2020

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**Sunday of Cheesefare: Expulsion of Adam from Paradise**

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 descendants 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.

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....”

**SCRIPTURE READINGS: Epistle** - Romans 13:11 - 14:4 **Gospel** - Matthew 6:14-21

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**During Great Lent PRESANCTIFIED LITURGIES** will be served every **WEDNESDAY at 5:30 p.m.**

Abstinence for Holy Communion at Presanctified Liturgies begins at 12 noon for clergy and laity alike.

**Saturday Vespers Services** will be held through Great Lent, beginning at **5:30 p.m.**

Bible Study Class following Vespers will also be held

Confessions for Great Lent will be by appointment only

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Again this year, **NEXT Sunday, March 8<sup>th</sup>**, our parish will celebrate the **Feast of the Triumph of Orthodoxy**, which commemorates the Orthodox Church’s victory over iconoclasm and the restoration of Holy Icons in the year 843. In keeping with sacred Orthodox tradition, a key feature of our celebration will be a procession of icons around our St. Elijah Church, led by our children and joined by all faithful. The procession will take place near the end of the Divine Liturgy. The procession will culminate with all faithful joining in the proclamation of the Synodicon of Orthodoxy and the Nicene Creed. **All parishioners (and especially our children) are invited to bring icons from their homes to carry in the procession. Please spread the word to your families, Kumovi, and friends – let’s all begin Great Lent by joyously proclaiming our Orthodox faith!**

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**MOTHER’S CLUB NEWS-** Today following Divine Liturgy for Cheesefare Sunday the Mother’s Club will have **PALACHINKA** available. You may select from the following flavors: Cheese/Nutella/Jam/Cream & Berries. Proceeds benefit our children activities of the church.

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**The Choir is taking orders for SARRIS EASTER CANDY ONCE AGAIN.**

**All orders must be placed no later than Sunday, March 22<sup>nd</sup> Please see**

**Donna August following Divine Liturgy this week and next week to place your order.**



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**Fellowship and Ministry Committee**

**Fellowship Trip: Sunday of Orthodoxy, March 8, 2020** - The Fellowship Committee will be arranging transportation for those who would need it to attend Lenten vespers at the **Holy Trinity Greek Orthodox Church** in the North Hills at 4:30pm. We will need to know **TODAY** if you are planning to join us. There is a sign-up sheet in vestibule on the podium if you wish to attend.

**Fellowship Trip:** We are planning a coordinated visit to the **Orthodox Monastery of the Transfiguration** in Ellwood City on **Saturday, March 28, 2020**. We will leave from our church promptly at 7:45am. Divine Liturgy starts at 9am followed by a Memorial Service for the departed. After, there will be a meal, a tour and a short presentation about the monastery. The Fellowship Committee will arrange transportation. Therefore, we need to know no later than **March 8th** if you plan on attending and if you need transportation or not so that they are prepared. There is a sign-up sheet in vestibule on the podium if you wish to attend.

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**COMMUNICATION COMMITTEE-** The Communication Committee invites all St. Elijah members and visitors to access and manage their contact information, church involvement and so much more in our NEW and secure online member directory. Please scan the QR with your mobile device to learn how to sign up or visit or church website <https://StElijahAliquippa.com>



*The St. Elijah Serbian Orthodox Church By-Law Addendum is available upon request we will gladly supply a copy to you. We can arrange for it to be electronically emailed or mailed or you may pick up a copy in the Tutor’s Room.*