

SAINT GEORGE ORTHODOX CHURCH

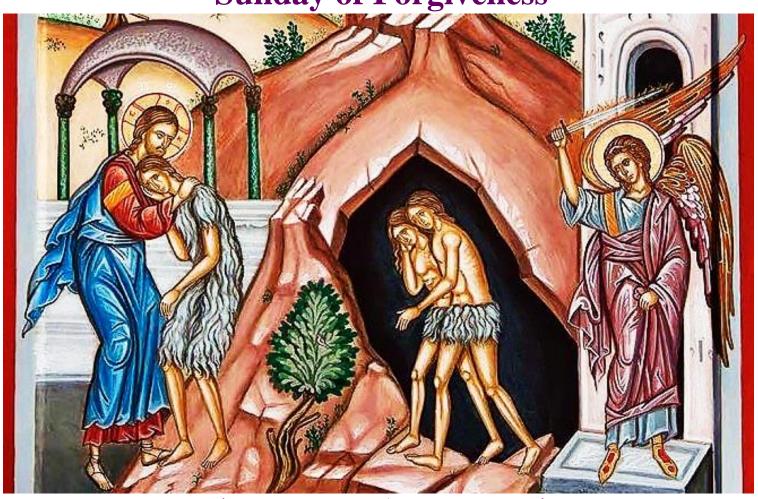
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Antiochian Orthodox Christian Archdiocese of North America Metropolitan JOSEPH

> Diocese of Toledo and the Midwest Bishop ANTHONY

"One, Holy, Catholic & Apostolic Church"

Sunday, 6 March 2022; Tone 4 / Eothinon 4 Sunday of Forgiveness



ORTHROS, 8:45 AM • DIVINE LITURGY, 10:00 AM

PASTOR: Father Mark Sahady

ECCLESIARCH: Rdr Michael Baum SACRISTAN: Sbdn David Anderson PARISH COUNCIL MEMBERS:

Melanie Thompson, *Chair* Wayne Sanders, *Vice-Chair* Ronald Malooley, *Treasurer* Nicholas Schaefer, *Secretary* George Nimee

Genie Sanders, *Chanters/Choir*Dee Khoury, *Antiochian Women*David Anderson, *Sunday School*Robert Abraham, *Facilities*Markella Fousekas

BULLETIN PART ONE – ANNOUNCEMENTS CHURCH FINANCES					
January 2022 Income-Expense	January 2022 Total Assets				
Total January Income: \$6,802.74	Checking Account: \$27,804.01				
Total January Expenses: \$4,401.34	TD Ameritrade Legacy: \$98,348.77				
Net Income January: \$2,401.40	Total Assets: \$126,152.78				
Thank you to all our parishioners, friends, don ++++++++++++++++++++++++++++++++++++	tors and benefactors for your support. ++++++++++				
WORSHIP On Youtube: https://www.youtube.com/					
STUDIES & MEETINGS On Zoom: https://us02web					
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March 4, Friday, 7 pm Pre-Lent Hours & Vest + + + + + + + + + + + + + + + + + + +)ers + + + + + + + + + + + + + + + + + + +				
March 5, Saturday, 6 pm Vespers					
March 6, Forgiveness Sunday, 8:45 am Matins,	10 am Divine Liturgy				
National Antiochian Women Proje					
Last Day for Dairy Before L	ent this Monday				
March 7, Monday, 7 pm Grand Compline & C	anon				
March 9, Wednesday, 5:30 pm Pre-Sanctified 1	Liturgy & Potluck				
March 11, Friday, 7 pm Akathist in Small Con	apline (Flowers Appreciated)				
March 12, Saturday, 6 pm Vespers, Change Cl					
March 13, Orthodoxy Sunday, 8:45 am Matins,	, 10 am Divine Liturgy				
Orthodoxy Sunday Seminarian Co	llection, 11:15 am Fellowship				
11:45 am Ladies Meeting					
	spers at St George in Cicero, IL.				
March 14, Monday, 7 pm Grand Compline &					
March 16, Wednesday, 5:30 pm Pre-Sanctified	~ ~				
March 18, Friday, 7 pm Akathist in Small Con	apline (Flowers Appreciated)				
March 19, Saturday, 6 pm Vespers					
March 20, Palamas Sunday, 8:45 am Matins, 10	0 am Divine Liturgy				
National Antiochian Women Proje					
11:45 am Parish Council M	, <u> </u>				
March 21, Monday, 7 pm Grand Compline &	Canon				
March 23, Wednesday, 5:30 pm Pre-Sanctified	Liturgy & Potluck				
March 24, Thursday, 6:30 pm Vigil for Annun	ciation (6:30 Vespers, 7:30 Matins)				
March 25, Friday, 5:30 pm Vesperal Liturgy, 6 ++++++++++++++++++++++++++++++++++++	5:30 pm Akathist (Flowers Welcomed)				
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March 26, Saturday, 6 pm Vespers,	40 - 51 - 71				
March 27, Holy Cross Sunday, 8:45 am Matins	,				
National Antiochian Women Proje	,				
March 28, Monday, 7 pm Grand Compline &					
March 30, Wednesday, 5:30 pm Pre-Sanctified	.				
April 1, Friday, 7 pm Akathist in Small Compline (Flowers Appreciated)					
April 2, Saturday, 10 am – 2 pm, Retreat on Pra	yer Life, Noon Lunch Ladies Meeting				

BULLETIN PART TWO - WORSHIP

• The "Glory" hymn at the end of Matins: THE DOXASTICON FOR SUNDAY OF FORGIVENESS IN TONE SIX

Glory to the Father, and to the Son, and to the Holy Spirit.

The time cometh for us to begin our spiritual contests and triumph over the demons. Let us put on the complete armor of abstinence which is the beauty of the angels and the confidence before God; for thereby Moses spoke with the Creator, and he heard the voice of the Invisible One. Thereby, O Lord, make us worthy to worship Thy Passion and holy Resurrection, since Thou art the Lover of mankind.

Both now and ever, and unto ages of ages. Amen.

Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.

THE GREAT DOXOLOGY AND TROPARION "Today is Salvation"

• The Hymns of the Day during the Divine Liturgy of Saint John Chrysostom:

THE GREAT LITANY & THE FIRST ANTIPHON:

Refrain: Through the intercessions of the Theotokos, O Savior, save us. (*Thrice*)

THE LITTLE LITANY & THE SECOND ANTIPHON:

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia. (Thrice)

RESURRECTIONAL APOLYTIKION IN TONE FOUR

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

THE EISODIKON (ENTRANCE HYMN) OF ORDINARY SUNDAY:

Priest: Come, let us worship and fall down before Christ. Save us, O Son of God, Who art risen from the dead, who sing unto Thee, Alleluia.

All: Save us, O Son of God, Who art risen from the dead, who sing unto Thee. Alleluia.

• After the Little Entrance (Eisodos), sing these Apolytikia in the following order.

RESURRECTIONAL APOLYTIKION IN TONE FOUR:

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

APOLYTIKION OF SAINT GEORGE IN TONE FOUR:

Since thou art a liberator and deliverer of the captives, a help and succour of the poor and needy, a healing physician of the sick, a contender and fighter for the kings, O great among martyrs, thou victory-clad George: Intercede with Christ God for the salvation of our souls.

KONTAKION FOR FORGIVENESS SUNDAY IN TONE SIX:

• *The Scripture of the day:*

THE EPISTLE (For Sunday of Forgiveness):

Clergy: Let us attend!

Reader: O chant unto our God, chant ye. Clap your hands, all ye nations!

Clergy: Wisdom!

Reader: The Reading from the Epistle of Saint Paul to the Romans. (13:11-14:4)

Clergy: Let us attend!

Reader: Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. 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. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

Clergy: Peace be to thee, who readest.

Reader: And to thy spirit.

Choir: Make a joyful noise to God, all the earth!

Sing of His name, give to Him glorious praise!

All: Alleluia! Alleluia! Alleluia!

THE GOSPEL (For Sunday of Forgiveness):

The Reading from the Holy Gospel according to Saint Matthew. (6:14-21)

The Lord said to His Disciples: 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 received 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 is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth 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.

• After "One is Holy, One is Lord..." & "I Believe O Lord and I Confess..." Sing the following Hymns in Tone Two:

Let us all hasten to the subjugation of the flesh by abstinence, as we approach the divine battlefield, the battlefield of blameless fasting. Let us pray to the Lord, our Savior, in tears and prayers, turning away completely from sin, and crying, "We have sinned against Thee, O Christ, the King. Save us, therefore, as of old Thou didst save the people of Nineveh; and make us partakers of Thy heavenly kingdom, O compassionate One."

If I were to imagine all my sins deserving all punishment, I would despair of myself, O Lord Savior; for by them have I disobeyed Thy noble commandment, wasting my life in extravagance. Wherefore, I beseech Thee to purify me with Thy showers of forgiveness, and lighten me with fasting and supplication; for Thou alone art compassionate; and reject me not, O all-bountiful and of transcendent goodness.

Let us begin the season of fasting with rejoicing, giving ourselves to spiritual strife, purifying soul and body, fasting from passions, as we fast from foods, faring on the virtues of the Spirit, which, if we continue to long for, we shall all be worthy to behold the most solemn Passion of Christ, and the holy Passover, rejoicing with spiritual joy.

THEN THE ORDINARY KOINONIKON (COMMUNION HYMN):

Praise the Lord from the Heavens. Praise Him in the Highest. Alleluia.

FIRST LENTEN GREAT PROKEÍMEÑON IN TONÉ EIGHT

Deacon: The Evening Prokeimenon!

Choir: Turn not away Thy face from Thy servant; for I am in trouble: hear me speedily. Attend to my soul, and deliver it. (TWICE)

Verse 1. Let Thy salvation, O God, help me. (Refrain)

Verse 2. Let the poor see it and be glad. (Refrain)

Verse 3. Seek God, and thy soul shall live. (Refrain)

THE APOSTÍCHA FOR FORGIVENESS SÚNDAY IN TONE FOUR

Thy grace hath risen, O Lord, the illumination of our souls hath shone forth. Lo, now is the acceptable time; the season of repentance hath come. Let us cast down the works of darkness, and put on the works of light, that we may pass the great tempest of fasting and reach the summit of the third-day Resurrection of our Lord and Savior Jesus Christ, the Savior of our souls.

THE PRAYER OF ST EPHRAIM THE SYRIAN

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. (*The clergy and people prostrate*.)

But give rather the spirit of chastity, humility, patience and love to Thy servant. (*The clergy and people prostrate.*)

Yea, O Lord and King, grant me to see my own sins and not to judge my brother; for Thou art blessed unto ages of ages. Amen. (*The clergy and people prostrate*.)

THE DISMISSAL AND CEREMONY OF MUTUAL FORGIVENESS

James Lee Farral, Angelina	& newborn Evan	geline Panizzi.							
Holy Bread & Food	++++++++ Usher	Epistle Reader							
Ladies of the Church	Patrice Nimee	Nicole Wiltse							
Schaefer Family	Lynette Forsa	Andrea Schaefer							
		Ruth Baum							
Kh Barbara Sahady	Patrice Nimee	Kh Barbara Sahady							
Richard & Bette Malooley Open									
	Open								
Medawar & S	Open								
Leonard & Panizz	Open								
Holy Saturday Morning Open									
Open	Open								
April 24, Pascha									
March 4 – Ron Ford March 23 – Anne Abraham March 6 – Dee Khoury March 24 – George Kaleel March 13 – Nick Schaefer March 30 – Christopher Baran, Dina Desai + + + + + + + + + + + + + + + + + + +									
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them to Church during Holy Week to dye Easter-Pascha Eggs red on Holy Friday. +++++++++++++++++++++++++++++++++++									
	Ames Lee Farral, Angelina H + + + + + + + + + + + + + + + + + +	Ladies of the Church Schaefer Family Nellie Jacobs Memorial Richard & Bette Malooley Bob Abraham Memorial for Henry & Gwen Medawar & Sanders Leonard & Panizzi Families Leonard & Panizzi Families Open Open Open Open Open Arch 23 – Anne Abra March 24 – George Ka March 30 – Christophe Henry & Gwen Arch Three – Special Events On skins in a plastic bag in the refrigera (Holy Week to dye Easter-Pascha Eggs II) Henry & Gwen Welcome! Holy Cross Sunday - \$60, Holy Ims - \$10, Friday Akathists' Flowers – Brith Henry & Gwen Welcome! Holy Cross Sunday - \$60, Holy Ims - \$10, Friday Akathists' Flowers – Brith Henry & Gwen Open Ope							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MARCH 7 How many clocks do you have in your home? Deposit .25 for each in your Food for Hungry People Box because "time" is running out for those who are starving.	8 "Put a little love in your heart," get FFHP off to a good start. Put in a dime for all the "loves" in your life.	9 Count the number of Bibles in your home and deposit .50 for each, because Jesus said, "I was hungry and you gave me food."	10 Count the number of soda cans or water bottles in your home. Put in .15 each, because Jesus said, "I was thirsty and you gave me drink."	How many tablets do you own? Deposit .25 each. Tablets can be a means of communication. Let's communicate our love for the hungry.	Count the number of steps (inside and outside) of your home. Pay .10 for each step. Help the hungry "step" into a new future.
How many mirrors are in your home? Pay .15 for each. Let your "mirror" reflect the image of one who cares.	Count the locks in your home. Pay .20 for each lock. Let's "unlock" the door that gives hope to the hungry.	How many rings do you have? Deposit .15 per ring. This will help us b"ring" food to the hungry!	16 How many eggs are in your refrigerator? Pay .15 for each. Hungry people have to "scramble" for their food.	17 How many doors does your home have? Pay .20 for each. Help open a "door" to a better future for the world's hungry.	18 Have everyone in the family deposit all the loose change they have in their pockets or purses. It makes "cents" to help the hungry	How many electrical outlets are in your kitchen and living room? Pay .15 each. You'll get a "charge" out of feeding the hungry.
20 "Button up your overcoat" - so simple to do. They are not only hungry but very cold too. Deposit .50 for each coat in your home.	For every cellphone in your home, pay .30. It is "long distance" to hungry areas in most parts of the world. Let's make it a toll free number.	How many extension cords do you have in your home? Pay .25 for each. Let's "extend" a helping hand to those who need it.	23 For each pie or cake in your home, deposit .40. We should never "dessert" the hungry.	How many Apple products do you own? For every one deposit .35. Let's never "tune out" the hungry.	For every salt and pepper shaker, pay .25. Let's all "sprinkle" their lives with a little seasoning.	For every TV show that was watched today pay .35. TV helps us see around the world, this money will help us feed the hungry around the world.
27 How many computers do you own? Pay .30 for each. Let's take a "byte" out of hunger!	28 How many pictures do you have on your walls? Just "picture" yourself without food & deposit .15 for each picture.	29 Pay .30 for each pair of contacts or eyeglasses you have. This will help us "see" clearly the need of caring for the hungry.	30 Do you have musical instruments in your home? Pay .75 for each. This is a "key" to sharing and caring.	31 How many phone chargers can you find in your home? Pay .25 for each. You'll get a "charge" out of helping the hungry.	APRIL 1 Count your tea or coffee cups and deposit .10 each. Our "cup" runneth over, so let's fill theirs.	2 "I've got my love to keep me warm," that's true, but the hungry have only you. Pay .15 for each blanket in your home.
How many cars are in your family? You can't "Dodge" the hungry, but you can af"Ford" to pay .50 for each car.	4 "Day by day," from dawn till night, Hunger knows no hour - nor if it's day or night. Pay .20 for each lamp in your home.	5 How many cameras do you have? Pay .30 for each. This will help us make all "negatives" positives.	6 Pick up all the loose change laying around the house. Put it in your FFHP Box. This will help make a "change" in the world!	7 Count the scissors you have in your home and pay .25 for each pair. Let's "cut-out" the hunger in hunger-y!	8 How many members are in your family? Pay .20 for each. The hungry have families to feed also; let's make this a real "family affair!"	9 How many towels are in your home? If you pay .05 for each towel, this may help us "wipe out" hunger for all people.

"Blessed are the merciful for they will receive mercy (Mt 5:7). The merciful is he who gives to others what he himself received from God. Whether it is money, food, strength, a helpful word, a prayer, or anything else that he has through which he can express his compassion for those in need. At the same time he considers himself a debtor, since he has received more than he is asked to give by Christ's grace, both in the present and in the world to come, before the whole of creation he is called merciful, just as God is called merciful." St. Peter of Damascus

What is the Nous? It is sometimes translated "Mind". The Nous is a perceptive organ. It sees the spiritual world. It receives thoughts, and ultimately, it's designed to see God. That's why God gave us the nous - to see him. And this corresponds to our experienced reality. Our nous can see clearly and properly only through purification, asceticism and repentance. The Holy Spirit purifies the nous; the Holy Spirit purifies the eyes of the heart and opens them. And in the light of the Holy Spirit there is participation in the divine light that then allows Christ to be revealed to us, and then the nous finds its proper focus, which is seeing Christ. And so, any other approach involving the nous/mind which does not involve the Holy Spirit, involves other spirits, which should be avoided because they put thoughts in our nous/mind that are not from God. The human person is spiritually very permeable, so a lot of what spiritual life is about is guarding that permeability and using it appropriately. And that means our inner monologue is not us, but thoughts from spirits or the Holy Spirit. So that is this whole idea of guarding our thoughts and asking God to guard our thoughts, placing a guard and not letting everything enter. And also thoughts are sort of like seeds. Even once they come in, we don't have to let them take root. And even if they have taken root, we don't have to let them keep growing; we can rip them up by the root and throw them out. And this is what St. Paul is talking about in 2 Corinthians 10:5, when he talks about taking every thought captive and making it obedient to Christ. We have these thoughts, this constant stream, running through our mind, all the time. The demonic powers constantly bombard us with all these thoughts. This is why, when we go and try to pray, there are all of these thoughts interupting us, because these spirits show up and start putting them into our head and giving us all of these things to think about. So, when we look at the prayer disciplines of the Orthodox Church, they're aimed at helping us exercise this flabby muscle – the nous. They're aimed at working on focusing our mind/nous, so we have the prayer of a single thought, the Jesus prayer – "O Lord, Jesus Christ, Son of God, have mercy on me, a sinner." Asceticism is training our nous/mind to focus on Christ. Why is it that Orthodox prayers are so over flowery and poetic and long with all of these endless periodic sentences? "O God who__" comma, comma, colon, "please now do__" It's actually designed to be a shepherd for our thoughts. If our prayer functions in a purely utilitarian fashion, if that's all we've got, then there's a lot more space for our thoughts to be distracted. The way that the prayers work, the way that the music works, the way that what we see works, the way all of it works together is multi-vectored and designed to bring us all to Christ. It's designed to give us many good thoughts all at once, and we can follow any of them and get to Christ. The opposite of an Orthodox church is Times Square - it's being bombarded by advertisements and all kinds of other thoughts that are trying to extract something from us. But the way that Orthodox life actually functions in terms of its prayer is the struggle to focus. The struggle is to bring ourselves back to that single thought of Christ and to receive Him into our nous/mind. This is transformational. It will shape us – renew us in the mind of Christ. This is intimately connected to the idea of theosis or demonization, depending on our focus. In Matthew 6:22-23 Christ says the eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. Let the light of God shines in you, through the nous, then you'll shine.

FORGIVENESS SUNDAY HOMILY by FR JOHN PARKER

If anyone be devout and love God, Let him commence this radiant fast with joy!

If anyone be a wise servant, Let him, rejoicing, enter into the school of repentance.

We who have wallowed long in sin, Let us now begin our return.

If anyone has strayed from the first hour, Let him today repent with zeal.

If anyone has sinned from the third hour, Let him with gratitude embrace the fast.

If anyone has fled God from the sixth hour, Let him have no misgivings about his prompt return; Because he shall in nowise be turned away therefore.

If anyone has indulged the flesh since the ninth hour, Let him draw near, fearing God alone and trusting in His mercy.

And if anyone has turned away only at the eleventh hour, Let him also not hesitate to turn back with haste. For the Lord, who is longsuffering and full of compassion and mercy, will accept the last even as the first. He restores him who repents at the first hour, As He does him who turns back at the eleventh. And He shows mercy upon the last, And cares for the first; And to the one He gives, And upon the other He bestows gifts. And He both accepts the confession, And welcomes the intention, And honors the contrite heart and rejoices in the return. Wherefore, enter all of you into the holiness of your Lord; Offer your repentance, Both the last, and likewise the first.

You rich and poor together, repent, for today we stand outside the closed gates of paradise. You sober and you heedless, prostrate yourselves before your King! Return to the Lord today, both you who have sinned with knowledge and those who have done so in ignorance. Your pantries are full; empty them to the hungry. The belly enslaves us, let no one be dominated thereby. Enter all of you into the Great Fast; Stripped of heavenly wealth by sin, all draw near to God's rich loving-kindness! Let no one despair in his sinfulness, For the Bridegroom comes at midnight. Weep all of you for your iniquities, And draw near to the life-giving Cross of our Lord. Let no one put confidence in the flesh, For the Devil has deceived us all thereby, and therewith enslaves us to sin. By turning from God, we are made captives. We have called good evil and evil good, and put bitter for sweet, and sweet for bitter. And Isaiah, foretelling this, did cry: Woe to those who put darkness for light, and light for darkness!

We are embittered, for we are banned from Eden.

We are embittered, but it is we who have mocked God.

We are embittered, for now we shall surely die.

We are embittered, for we have succumbed to the serpent.

We are embittered, for we are fettered in chains.

We partook of a fruit, and met the deceiver. We were entrusted with paradise, but we chose Hell. Our eyes were opened to see the nakedness of sin. Be pleased, O Lord, to deliver us! O Lord, make haste to help us! This is the acceptable time, let us repent! This is the day of salvation, let us crucify the passions! The end is at hand and destruction hangs over us! The end draws nigh, let us come again to our senses! The Kingdom of Heaven is at hand, what first-fruit shall we offer? Let us delay not, lest we remain dead in the grave, sold under sin! For God desires not the death of the sinner, but that he should turn from his wickedness and live! So, let us choose life, and live, for the mercy of God endures forever! To Him be glory and dominion Unto ages of ages. Amen.