

ST. MARY'S HELPERS

March 13

March 20

Prospora Anne & Gabriela Daniel, Draga & Maria

Reader Violeta & Stefan Violeta & Stefan

Greeter George D & Giani George C & Dennis



Thank you to all the church helpers. Your service is appreciated. **Please make note of the schedule and of your commitment.** If you are not able to fulfill your commitment, please find a replacement.



***Matthew 6:14-16** For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.*

An Elder said, "People nowadays do not seek to repent today, but rather to repent tomorrow"

Confessions by appointment. Please e mail Father Michael at: fatherlupu@shaw.ca

TO OUR VISITORS: WELCOME TO ST. MARY'S

Welcome to all guests to St. Mary's on this holy day. If you are new to our church, please make yourself known to Father Michael. We look forward to seeing you all again soon.

Please note that only Orthodox Christians who have prepared themselves with prayer, fasting and Confession may approach to receive Holy Communion. Everyone is welcome to receive the blessing and partake of the blessed bread (Antidor) at the dismissal.

As a sign of respect please remain standing during Holy Communion, even if you are not partaking. Please turn off all cell phones during all church services

ST. MARY'S PARISH COUNCIL 2016

President: Bogdan Pavel

Vice President: Dennis Lipon

Secretary: Violeta Iosub

Treasurer: Lili Pavel

Co Treasurer: Maria Constantinescu

Auditors/Epitrops: Mihai Andriescu

George Codrea

Corneliu Calancea

Gabriel Vasile

Christian Abaco

Alex Mic

Maintenance: Daniel Cojocariu & Dennis Lipon

Rental: Mariana Iftinca

Saint Mary's Nativity of the Theotokos Orthodox Church

Romanian Orthodox Episcopate of America (O.C.A.)

3511 3rd Avenue SW, Calgary T3C 0A7

Hierarch: The Most Reverend Archbishop Nathaniel

Pastor: Very Reverend Father Michael Lupu

EMAIL: fatherlupu@shaw.ca

WEBSITE: <http://www.saintmaryscalgary.org/>

<https://www.facebook.com/StMarysRomanianOrthodoxChurchCalgary>



March 13, 2016

Expulsion of Adam from Paradise.

Forgiveness Sunday.

Izgonirea lui Adam din Rai. Duminica

Iertarii.

Vespers every Saturday 6:00 pm

Divine Liturgy every Sunday 10 am

Other services as announced

ORTHODOX TEACHING

Reading - Forgiveness Sunday

Reading: The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation. Reading © Holy Transfiguration Monastery - Brookline, MA

- **Forgiveness Sunday prayers immediately after Liturgy**
 - **Ladies' Auxiliary General Meeting.** All ladies who are members of the parish are invited to attend.
 - **March 14,16,18 (Mon, Wed & Friday) - 6:30 pm St. Andrew of Crete Services**
 - **Saturday March 19- 4:45pm Bible Study** will be held in the hall. Topic will be 'the Sundays of Lent'. Everyone is invited
 - **March 20**
 - **Procession of icons by the children after Divine Liturgy**
 - **6:00 pm- Sunday of Orthodoxy Vespers** will be held at St. Vladimir's Ukrainian Church.
 - **Sunday March 27 -Sunday Lenten Vespers 6 pm at St. Peter the Aleut Orthodox Church**
 - **April 8- 10 -Men's Retreat.** Please see Dennis or Daniel for details.
- ** Pocket calendars are now available English and Romanian combined \$8.00****

CHRISTIAN CHARITY

- *Loaves of sandwiches are collected every Sunday for the Mustard Seed. Please bring a loaf (no tomatoes or lettuce) and place it in the fridge in kitchen.*
- *Collecting money for **Safeway cards**. Please mark your envelope "Safeway"*
- *Collecting for an **Orthodox Syrian Refugee** family. Please see Bogdan*

TODAY'S READINGS AND TROPARS

Epis. Romans 13:11-14; 14:1-4. Gos. Matthew 6:14-21 Tone 8.

Ap. Romani 13,11-14; 14,1-4. Ev. Matei 6,14-21.Glas 8,

Resurrection Tone 8

*You descended from on high, O merciful one.
You endured burial for 3 days to free us from passions.
You are our life and resurrection, O Lord glory to you.*

Kontak for Forgiveness Sunday *Master, Teacher of wisdom,
/ Bestower of virtue, / you teach the thoughtless and protect the poor: / Strengthen and enlighten my heart. / Word of the Father, / let me not restrain my mouth from crying to you: / Have mercy on me, a transgressor, / O merciful Lord!*

Tropar for the church

Your Nativity O Birthgiver of God has proclaimed joy to all the Universe. For the Son of Righteousness, Christ our God has risen from you, By abolishing the curse, He gave a blessing, By destroying death, He bestowed eternal life.