

THE EPISTLE

Reader: *The Prokimenon in the 8th Tone: Make your vows and pay them to the Lord our God.*

Choir: Make your vows and pay them to the Lord our God.

Reader: *In Judea is God known, His name is great in Israel.*

Choir: Make your vows and pay them to the Lord our God.

Reader: *Make your vows ...*

Choir And pay them to the Lord our God.

Reader: *The Reading is from the Epistle of the Holy Apostle Paul to Romans: [Romans 13:11-14:4 (§112)]*

THE GOSPEL

Reader: *Alleluia in the 6th Tone.*

Choir: Alleluia, Alleluia, Alleluia!

Reader: *It is good to give praise unto the Lord and to chant unto Thy name, O Most High.*

Choir: Alleluia, Alleluia, Alleluia!

Reader: *To proclaim in the morning Thy mercy, and Thy truth by night.*

Choir: Alleluia, Alleluia, Alleluia!

Gospel [Matthew 6:14-21 (§17)]

WORD OF THE HOLY FATHERS

This is the mark of Christianity: however much a man toils, and however many righteous deeds he performs, to feel that he has done nothing, and in fasting to say, "This is not fasting," and in praying, "This is not prayer," and in perseverance at prayer, "I have shown no perseverance; I am only just beginning to practice and to take pains"; and even if he is righteous before God, he should say, "I am not righteous, not I; I do not take pains, but only make a beginning every day.

- St. Macarius the Great

Welcome to
Sts. Theodore Orthodox Church
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Priest John Boddecker
Deacon Andrew Hammond
Deacon George Hammond

We are a parish of the Russian Orthodox Church Abroad, and all are welcome to worship with us! Our services are in English. Please join us for lunch downstairs after the service.

February 25/March 10, 2019

Sunday of Forgiveness Expulsion of Adam and Eve from Paradise

This Week's Schedule

Mon.-Thurs.	Great Canon of St. Andrew	6:00 pm
Weds.	Matins, Hours, and Typika	7:00 am
	Presanctified Liturgy	9:30 am
Friday	Matins, Hours, and Typika	7:00 am
	Presanctified Liturgy	9:30 am
	All-Night Vigil	6:00 pm
Saturday	Hours and Divine Liturgy	9:00 am
	<i>Meal in Trapeza after Services</i>	
	Confession	4:00 pm
	All-Night Vigil	5:00 pm
Sunday	Hours and Divine Liturgy	9:00 am
	<i>Meal in Trapeza after Services</i>	
	Pan-Orthodox Vespers	5:00 pm

TROPARIA

Resurrection - Tone 8: From on high didst Thou descend, O compassionate One; / to burial of three days hast Thou submitted / that Thou mightest free us from our passions. // O our Life and Resurrection, O Lord, glory be to Thee.

St. Theodore Stratelates - Tone 4: By true strategy, O trophy-bearer / thou wast an illustrious general of the Heavenly King, O Theodore. / For thou didst wisely arm thyself with the weapons of faith, / and didst utterly annihilate the hordes of demons, / and didst prove a victorious athlete, / wherefore with faith // we ever call thee blessed.

St. Theodore the Tyro - Tone 2: Great are the triumphs of faith! / The holy martyr Theodore rejoiced in a fountain of flame as in refreshing water. / For having been made a whole burnt offering by fire, / he was offered as a sweetbread to the Trinity, // By his prayers, O Christ God, save our souls.

KONTAKIA

St. Theodore Stratelates - Tone 2: Armed with faith and courage of soul, / and having taken in thy hand the Word of God as a spear, / thou didst conquer the enemy, / O glory of martyrs, Theodore. // With them cease not to intercede with Christ God for us all.

St. Theodore the Tyro - Tone 8: Having received the faith of Christ in thy heart as an inner shield, / thou didst overcome all the opposing forces, O great champion, / and thou hast been crowned with a heavenly crown, O Theodore, // for thou art eternally invincible.

Forgiveness Sunday - Tone 6: O Thou guide unto wisdom, / bestower of prudence, instructor of the foolish

and defender of the poor: / Establish and grant understanding unto my heart, O Master. / Grant me speech, O Word of the Father; / for behold, I shall not keep my lips from crying unto Thee: O Merciful One, // have mercy on me who have fallen.

PARISH NEWS

- ❖ **Forgiveness Vespers:** We will serve Vespers followed by the Rite of Forgiveness at the end of the Divine Liturgy today.
- ❖ **Clean Week:** Today is the last day to eat fish, eggs, and dairy before Pascha. This week is the first week of Great Lent, Clean Week, when we should struggle to keep to very strict fasting to set the tone for the remainder of our Lenten struggle.
- ❖ **Catechism Class:** Our class will be on hold this week, but will pick up again during the second week of Lent.
- ❖ **St. Theodore Saturday:** This Saturday is one of our Patronal Feasts, the Saturday of St. Theodore the Tyro. We will serve the Vigil for St. Theodore on Friday evening at 6:00 pm. The Hours and Liturgy will begin Saturday morning at 9:00 am followed by a Lenten meal.
- ❖ **Pan-Orthodox Vespers:** Our Pan-Orthodox Vespers series begins next weekend. The first Pan-Orthodox Vespers will take place at St. George Orthodox Church (OCA) at 5:00 pm on Sunday. The Church is located at 2 Nottingham Terrace in Buffalo. This year's guest speak, Lou Zagami, a Development Officer from the International Orthodox Christian Charities.