



GREEK ORTHODOX METROPOLIS OF ATLANTA

Ecumenical Patriarchate of Constantinople: www.patriarchate.org
Greek Orthodox Archdiocese of America Website: www.goarch.org
Greek Orthodox Metropolis of Atlanta Website: www.atlanta.goarch.org
St. Christopher Hellenic Orthodox Church Website: www.saintchristopherhoc.org

St. Christopher Hellenic Orthodox Church



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Very Rev. Fr. George J. Tsahakis, *Chancellor*

Liturgical Guide for Sunday, March 2, 2014

ON THIS DAY, THE FOURTH SUNDAY OF THE TRIODION PERIOD, WHICH WE REFER TO AS CHEESEFARE SUNDAY AND THE SUNDAY OF FORGIVENESS, WE CALL TO MIND the banishment of Adam and Eve, the first created from the joys of Paradise. WE ALSO COMMEMORATE Hesychius the Martyr; Holy Father Nicholas Planas; Andronikos & Athanasia the Martyrs; and Theodotos the Holy Martyr, Bishop of Cyrenia. *O Christ our God, through Your ineffable compassion, deem us worthy of the joys of Paradise, and have mercy on us, as the only Loving One. Amen. Through their holy intercessions, O God, have mercy on us and save us. Amen.*

Welcome, Visitors and Newcomers, to our Parish!

We invite you to enter your name, mail/email addresses in our Guest Register (near the entrance) if you are interested in joining and assisting with our mission's development. We want to keep you informed of our schedule and location of services. *You and your family are welcome; we look forward to knowing you. We invite you and your family to join and assist us often!*

Please consider that only baptized and chrismated Orthodox Christians in canonical good standing may approach for Holy Communion. All are invited to partake of the Antidoron ("instead of the gifts") distributed at the conclusion of today's Divine Liturgy.



Reminder for Next Sunday

Each parishioner is encouraged to bring an icon to church next week for the Sunday of Orthodoxy and join us in the procession at the end of the Divine Liturgy.

TODAY's Spiritual Theme From the Triodion:

The fall of our first parents, *Adam and Eve*, and their banishment from Paradise are commemorated on this day. Today is also the SUNDAY OF FORGIVENESS as emphasized in the Gospel reading. *We are reminded, before we enter the Lenten fast, that there can be no true fast, no genuine repentance, no reconciliation with God, unless we are at the same time reconciled with one another.*



**Please join us here this coming Saturday, March 8th,
as we commemorate**

the 3rd Saturday of the Souls . . .

Orthros, 8:00 a.m., Divine Liturgy, 9:00 a.m.,

followed by Memorial Service for our departed brethren.

For those who are able, please bring Kolyva.

SPECIAL HYMNS SUNG BEFORE/AFTER SMALL ENTRANCE

1./2. Resurrectional Hymn (Third Tone) – (Hymnal-pp.106-109):

It is sung *before* and *after* the Small Entrance: Let the heavens rejoice and the earth be glad, for the Lord has shown the mighty power of His arm. He has trampled down death by death, becoming the firstborn of the dead. He has delivered us from the depths of hell and has granted to all the world His great mercy.

3. Hymn Commemorating St. Christopher – (see music distributed):

It is sung after the Small Entrance: Made comely with garments woven from your venerable blood, you stand before the Lord, the King of Heaven and earth, O famed Martyr Christopher. With the choirs of Angels and the Martyrs you chant, singing the thrice-holy hymn and most awesome praises. Thus, by your intercessions with God, save us, your servants.

4. Kontakion sung for Cheese Fare Sunday – (Hymnal-pp. 264-267):

It is sung after the Small Entrance: O You Who are the source of all wisdom and discernment, instructor of the ignorant and champion of the poor; strengthen my heart, O Master, and grant me understanding. O Word of the Father, bring words to my lips, that nothing would keep me from crying out to You: In Your compassion have mercy on me, for I have fallen.

SCRIPTURAL PASSAGES FROM TODAY'S ORTHROS & DIVINE LITURGY

The Scriptures were not given us for this only, that we might have them in books, but that we might engrave them on our hearts. – St. John Chrysostom
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Gospel Reading During Orthros Service (Mark 16:9-20)

Now after He rose early on the first day of the week, He appeared first to Mary Magdalene, from whom He had cast out seven demons. She went out and told those who had been with Him, while they were mourning and weeping. But when they heard that He was alive and had been seen by her, they would not believe it. After this He appeared in another form to two of them, as they were walking into the country. And they went back and told the rest, but they did not believe them. Later He appeared to the eleven themselves as they were sitting at the table; and He upbraided them for their

lack of faith and stubbornness, because they had not believed those who saw Him after He had risen. And He said to them, "Go into all the world and proclaim the good news to the whole creation. The one who believes and is baptized will be saved; but the one who does not believe will be condemned. And these signs will accompany those who believe: by using My name they will cast out demons; they will speak in new tongues; they will pick up snakes in their hands, and if they drink any deadly thing, it will not hurt them; they will lay their hands on the sick, and they will recover." So then the Lord Jesus, after He had spoken to them, was taken up into heaven and sat down at the right hand of God. And they went out and proclaimed the good news everywhere, while the Lord worked with them and confirmed the message by the signs that accompanied it. Amen.

Epistle Reading During Divine Liturgy (Romans 13:11-14:4)

¹¹Besides this, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; ¹²the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armor of light; ¹³let us live honorably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. ¹⁴Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. ¹⁴Welcome those who are weak in faith, but not for the purpose of quarreling over opinions. ²Some believe in eating anything, while the weak eat only vegetables. ³Those who eat must not despise those who abstain, and those who abstain must not pass judgment on those who eat; for God has welcomed them. ⁴Who are you to pass judgment on servants of another? It is before their own lord that they stand or fall. And they will be upheld, for the Lord is able to make them stand.

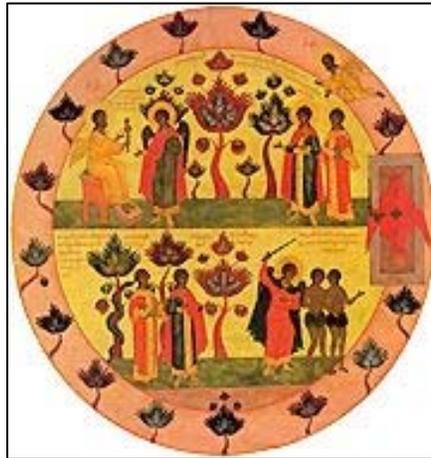
Gospel Reading During Divine Liturgy (Matthew 6:14-21)

"For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses. "And whenever you fast, do not look dismal, like the

hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you. "Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store 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 your heart will be also."

MEMORY VERSE *(TRY TO COMMIT TO MEMORY):*

“How great is the mercy of the Lord, and His forgiveness for those who return to Him.”
(Sirach 17:29)



PASTORAL REFLECTION
FROM FR. GEORGE:

*(Excerpt from the Orthros of Clean Monday
morning – 1st day of Lent)*

First Ode: COME, NATIONS; LET US SING A SONG TO
CHRIST OUR GOD! HE DIVIDED THE WATERS AND

GUIDED THE PEOPLE FROM BONDAGE IN EGYPT, FOR HE IS GREATLY GLORIFIED!

GLORY TO YOU, OUR GOD, GLORY TO YOU.

How shall I begin to weep for my failures? Where can I make a start for salvation? I have lived as a Prodigal. Save me by the ways that are Yours, O Bountiful One.

This is the time of repentance. This is the day of salvation. This is the beginning of the fast. Be vigilant, my soul! Close the door of your passions, and seek the Lord.

The tempest of my sins has drawn me to the depths of despair. But I flee to the sea of Your mercy: O Lord, save me!

I have become a slave to sin. I alone have opened the doors to passion, O Word, but convert me by Your compassion, O Savior!

Katavasia COME, NATIONS; LET US SING A SONG TO CHRIST OUR GOD! HE DIVIDED THE WATERS AND GUIDED THE PEOPLE FROM BONDAGE IN EGYPT, FOR HE IS GREATLY GLORIFIED!

This is the time of great spiritual efforts, the course of the Fast. Let us all begin with sincerity, bearing good works to the Lord as gifts.

Glory to the Father and to the Son and to the Holy Spirit. Let us praise the simple unity of three Lights, the most powerful and ever-existing and ever-acting Lord and God: The Father Almighty, the Son and the Spirit!

Both now and ever and until the ages of ages. Amen. Let us sing of the holy mount of God, of the immaculate Mary, from whom the Sun of Righteousness arose, and shone light on those who were in darkness: Christ the life of all.

ANOTHER REFLECTION FROM FR. GEORGE:

Forgiveness Sunday

Asking for and granting forgiveness for all sins, large and small, are two of the most difficult things in life. But it is the entry point for our journey through Great Lent. Forgiveness Sunday is the day before Great Lent begins. Before we get on our way together, we have to clear up our differences, working to be in right relationship with one another. Christ tells us that if we want to be with Him in the Heavenly Kingdom, we must forgive others.

At the heart of the matter, even though we must forgive other people, this is really about our relationship with God: “forgive us our trespasses [to the same extent] as we forgive those who trespass against us.”

We need to ask others to forgive us, too. During Forgiveness Sunday Vespers, many parishes participate in a “forgiveness circle.” Forming a looping line, every person greets every other person in the church and exchanges forgiveness with a hug or embrace. The wording and the practice may vary.

If you are not used to it, a forgiveness circle may at first seem awkward or even unnecessary. You may ask yourself, “Have I really done anything to all these people that I need to ask forgiveness from all of them?” But this service and process show us something that may not have occurred to us. It reminds us that we are all connected to one another, even if we don’t interact with everyone very often. Every small action – and inaction – affects other people in our lives.

Forgiveness Sunday is also the day that we remember that Adam and Eve disobeyed God and were shut out of Paradise. God had given them everything, but He also instructed them not to eat the fruit of just one tree, the tree of the knowledge of good and evil. Because they disobeyed, human beings have inherited life in a flawed world in which we all have a hard time saying no to temptations - sarcastic comments, rushed chores, short tempers, slammed doors – these barely scratch the surface of our shortcomings. *[Adapted from “Journey Through Great Lent” published by Archdiocese Religious Education.]*

I pray you will join our brothers and sisters in Christ today as we seek mutual forgiveness and begin our Lenten journey together. May our Lord have mercy on us always, and may we accept and live in His peace, love, and mercy.

Forgiveness Sunday . . .

This Sunday marks the fourth Sunday of The Triodion – *the time of preparation for our spiritual journey of Lent, a time for Orthodox Christians to draw closer to God through worship, prayer, fasting, and acts of charity.*

During this period, we have an opportunity to share with our families and friends special themes leading us up to Great and Holy Lent which begins tomorrow – Monday, March 3rd. Our Holy Archdiocese offers us instructive resources to learn more about our Lord’s teachings and Orthodox faith.

The following is a summary of today’s *Sunday of the Last Judgment*.

Fourth Sunday: Forgiveness Sunday

<http://lent.goarch.org/forgiveness/learn/>

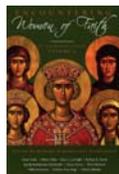
Forgiveness Sunday is the final Sunday before we begin Great and Holy Lent. The message of Forgiveness Sunday is one with great impact. We cannot begin to think about reconciliation with God if we cannot even reconcile with our neighbors. But our Lord gives us three points of guidance regarding forgiveness, fasting, and charity. Like the Sunday of the Last Judgment, the focus of our journey is not just on ourselves. The lesson reaffirms the Greatest Commandment to love God AND to love our neighbors as ourselves.

DISCUSS: Read and discuss Matthew 6:14-21. What three things does the Lord say we need to do? Keeping the four Sundays of the Triodion in our minds and hearts, what lessons have we learned? How can we utilize those lessons to grow closer to God and our neighbor during Great Lent and all year long?

Καλη Τεσσαρακοστη!

May God grant you a blessed lenten journey!

The First Day of Great & Holy Lent is tomorrow – “Clean Monday”, March 3rd. Fr. George invites you to join us for Great Compline Service that evening at 5:00 p.m. for a reflective service that focuses on Scripture readings, prayers, and simple repetitive and easy-to-learn hymns.



Lenten Study Series – During the Wednesdays beginning the first week of Great Lent, Fr. George will lead our faithful in a discussion of assigned chapters from “*Encountering Women of Faith*”.

Lenten Worship Services – Our schedule on Wednesdays will be the Service of the 9th Hour/Presanctified Liturgy (Vespers/Communion Service) beginning at 5:00 p.m., followed by a community lenten dinner beginning at 6:15 p.m. and followed by our Family Community Program using “*Encountering Women of Faith.*” We will end at 7:30 p.m. Our Bookstore is selling this text. Each Wednesday, we invite you to bring fasting food to share. You and your family are encouraged to attend as much of the series as possible.

Salutations Services – Our parish will offer Salutations to the Theotokos Services at 6:30 p.m. during Fridays of Great Lent.

- I pray you have a “Blessed Lent!” +Fr. George

OCMC News - Mission Sunday Letter from OCMC Executive Director, Fr. Martin Ritsi

*I sought the Lord, and He answered me, and delivered me from all my fears. Look to Him,
and be radiant; so your faces shall never be ashamed. (Psalm 34:4-5)*

Dear Brothers and Sisters in Christ,

Greetings in Christ! Throughout the coming days of Great and Holy Lent, we look forward to celebrating our Savior's Resurrection with great anticipation, prayerful reflection, and genuine expressions of love for others.

Christ's loving sacrifice can be the source of life-changing peace in the hearts of the faithful. It is this peace that is our blessed duty to share with the world. March 2nd, 2014,

the beginning of Lent, is also Mission Sunday among the Orthodox Churches of North and Central America.

The Orthodox Christian Mission Center (OCMC) has been established by the hierarchs of the Assembly of Canonical Orthodox Bishops of North and Central America to help parishes and individuals to share the Orthodox faith around the world. Through service, outreach, and evangelism, Orthodox Christians have been able to minister to countless people who desperately need Christ in their lives by participating in the ministries of the OCMC. In so doing, they have helped rebuild the Church in places like Romania and Albania after the fall of Communism and establish the Church in places it never before existed, like among the Turkana of northern Kenya. Thousands of people have been received into the Body of Christ as a direct result of these efforts.

Continuing to support Orthodox missions and remembering Orthodox missionaries in prayer is important, but in the spirit of the Lenten season, please consider this invitation to participate in the joyful work of missions yourselves and helping others from your parish to do so as well. The clergy, the laity, the young, and the old can all go into the world with the gift of Orthodoxy.

The Christian missionary is compelled by an urgency to proclaim the message of the Gospel, but in sharing Christ they are also seeking Him. He does answer - delivering them from all fears of leaving home, friends, and family.

Join the ranks of countless men and women who have endeavored to make disciples of all nations this Great and Holy Lent. Serve and be radiant in your loving witness to all people so that the Lord may be magnified before them, and so that we may exalt His name together for all ages.

In Christ,

Fr. Martin Ritsi, Executive Director

Please Remember Missions TODAY!

Fr. George wants to remind us that the Sunday before Great Lent is Mission Sunday for all Canonical Orthodox Churches in North and Central America. Please join the staff, board, and missionaries of the Orthodox Christian Mission Center (OCMC) in praying for the tireless efforts of those who leave their homes to share the Gospel of Jesus Christ and the truth and hope of the Orthodox faith with the over one billion people who have yet to receive it. Please also prayerfully consider your role in this vital ministry of the Church. Pray, Give, Go - Make disciples of all nations!!! *Fr. George encourages you to take a "Family Coin Box" from the Narthex table that we began distributing on 2/23/14 to offer support during Great Lent. The following is a letter from the Executive Director of OCMC, Fr. Martin Ritsi. Thank you for your prayers and support!*



["Follow" & "Like" our Facebook page.](#) *Be sure to check our status for updates and photos.*

And on this the five hundredth Sunday of our St. Christopher's parish community, we continue to thank each of you for your presence and support. Although it may seem like we are just a handful of men, women and children, if we commit ourselves to serving our Lord and Savior, Jesus Christ, we will experience the miracle of growth as the Holy Spirit brings others into His service to help us build His new church in the Peachtree City, Georgia area for the glory of God!

COMMUNITY SCHEDULE

Today is the 4th Sunday of the Triodion Period – *Great and Holy Lent begins tomorrow, March 3rd.*

Sunday, March 2 (Cheesefare/Forgiveness Sunday – no dairy products after today for those seeking strict fast during Great Lent/ OCMC Mission Sunday):

7:45 am Orthros Service

9:00 am Divine Liturgy

10:15 am Vespers of Forgiveness/Coffee Fellowship Reception

11:30 am Hellenic Language Class

Great and Holy Lent begins Monday, March 3rd

Monday, March 3 (“Clean Monday” – “Kathara Deftera” – Strict Fast):

5:00 p.m. Great Compline Service (*note earlier start time*)

You are encouraged to follow our Orthodox Fasting Tradition by abstaining from meat and dairy after today until Pascha/Easter – April 20th

Wednesday, March 5 (1st Wednesday of Great Lent):

5:00 p.m. Service of the 9th Hour & Presanctified Liturgy

6:15 p.m. Community Family Dinner & Lenten Program (*Please bring fasting food to share and join us for our Family Lenten Program series that concludes each Wednesday by 7:30 p.m. We will focus on the book, “Encountering Women of Faith.” You, your family, and friends are encouraged to attend.*)

Thursday, March 6: 6:30 p.m. – Choir Practice

Friday, March 7 (1st Friday of Great Lent)

6:30 p.m. Salutations to the Theotokos Service

Saturday, March 8 (Saturday of the Souls – Bring Kolyva):

8:00 a.m. Orthros

9:00 a.m. Divine Liturgy & Memorial Service (Bring Kolyva)

10:30 a.m. Community Lenten Breakfast/Parish Spring Cleaning – Every parishioner encouraged to come and help *clean & offer needed repairs in church.*

Sunday, March 9 (1st Sunday of Great Lent – Sunday of Orthodoxy):

Note: Daylight Savings Time Begins at 2:00 a.m. on Sunday, 3/9

7:30 am Orthros Service (*note earlier starting time*)

8:45 am Divine Liturgy/followed by Procession of Holy Icons in commemoration of Sunday of Orthodoxy

10:45 am Religious Education Classes

6:00 pm Pan-Orthodox Vespers/Procession of Icons – Annunciation Cathedral – *please join Orthodox from metro Atlanta with our local Orthodox clergy and parishioners*

Your continued support and mutual encouragement are essential and appreciated!