

St Michael's Orthodox Church

A parish of the Orthodox Church in America, Diocese of Eastern Pennsylvania

305 Walnut Street, Jermyn, Pennsylvania 18433

<https://stmichaeljermyn.org/>

Rev. John Black, *Acting Rector*
610-427-9279 Mobile
570-876-1241 Rectory
johnmblack@gmail.com



Protodeacon Gabriel Petorak, *attached*
570-876-0411

Vladimir Kitchura, *Council President*
570-903-3475

Church Basement (570) 876-4710

March 17, 2024: The Expulsion from Paradise (Cheesefare Sunday)

Schedule of Services

Saturday, March 16, **6:30 p.m.** – Great Vespers & Confessions.

Sunday, March 17, 9:30 a.m. – Divine Liturgy followed by Forgiveness Vespers

GREAT LENT BEGINS MONDAY MARCH 18

(at Sundown, Sunday March 17)

There are services every weeknight of the 1st week of Great Lent (March 18-22):

- Monday, 6:30pm – **Great Canon** of St Andrew (1st part)
- Tuesday, 6:30pm – **Great Canon** of St Andrew (2nd part)
- Wednesday, 6:30pm – **Liturgy of the Presanctified Gifts**
- Thursday, 6:30pm – **Great Canon** of St Andrew (4th part)
- Friday, 6:30pm – The 1st part of the **Akathist to the Theotokos**

Saturday, March 23, **6:30 p.m.** – Great Vespers, followed by Prayers for Confessions

Sunday, March 24, 9:30 a.m. – Divine Liturgy of St Basil the Great

*March 25 is the **Feast of the Annunciation to the Most-Holy Theotokos.***

Sunday, March 24, **4:00 p.m.** – We are HOSTING the Wilkes-Barre Deanery for Great Vespers of the Feast. We need volunteers to provide Lenten refreshments following the service.

Monday, March 25, **5:00 p.m.** – **Vesperal Liturgy** for Annunciation

Wednesday, March 27, 6:30pm – Liturgy of the Presanctified Gifts

Coffee Hour is offered by:

March 17: Millie Telep & Mat. Alexandra

* *Lenten Coffee Hours begin March 24* *

March 24: Mat. Dolores & Marilyn Petorak

March 31: Ruthie Lasichak & Roxanne Neutts

April 7: Vickie Kravitsky & Charette Radionoff

April 14: Susan Schlasta & Millie Telep

Today's Scripture

Epistle: Romans 13:11-14:4

Brethren: Now our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.

Receive one who is weak in the faith, but not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats only vegetables. 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 judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

Gospel: Matthew 6:14-21

The Lord said: "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.

Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

Hymns of the Day

Sunday Troparion (Tone 8)

Thou didst descend from on high, O Merciful One! / Thou didst accept the three-day burial to free us from our sufferings! // O Lord, our Life and Resurrection, glory to Thee!

St Michael the Archangel (Tone 4)

O Commander of the heavenly hosts, / we who are unworthy beseech you ceaselessly / that you would encompass us with the shelter of your prayers, / and cover us beneath the wings of your immaterial glory. / We fall down before you, crying out: / "Protect us all from harm, // O Michael, Prince of the powers on high!"

St Michael the Archangel (Tone 2)

Commanders of God's armies / and ministers of the divine glory, / princes of the bodiless angels / and guides of mankind, / ask for what is good for us, and for great mercy, // supreme commanders of the Bodiless Hosts.

Pre-Lenten: Expulsion from Paradise (Tone 6)

Guide of wisdom, Giver of prudence, / Teacher of the foolish and defender of the poor, / establish and give understanding to my heart, O Master. / Give me a word, O Word of the Father, / for see, I shall not restrain my lips from crying to you: // "O Merciful One, have mercy on the fallen."

In your prayers...

- Archbishop Nathaniel, of the Romanian Episcopate of the OCA, recovering from heart surgery.
- The Troutman family (Doreen & Harry, along with John Meholic) who lost their home to fire.
- Fr Gregory White, of Holy Resurrection in Wilkes-Barre, recovering from a heart attack.
- Dn. Gregory LoBalbo, of St Nicholas in Bethlehem, who had emergency surgery.

Those who are ill or recovering from illness or injury: Fr Michael Evans, Fr Joseph Chupek, Fr Peter Telencio, Pdn. Gabriel Petorak, Edward & Karen Hojnicky, Gregory Hansen, Olga Krutz, Maryanne Krisa, Michael Krisa, Barbara Mosley, Mary Ann Serafini, Alexis Meholic, James Detro

Those who are alone or confined:

Eileen Dance, Carbondale Nursing & Rehabilitation #202, 10 Hart Place, Carbondale, PA 18407
John Drutarosky, Carbondale Nursing & Rehabilitation #307, 10 Hart Place, Carbondale, PA 18407
Theresa Krenitsky, Carbondale Nursing & Rehabilitation #307, 10 Hart Place, Carbondale, 18407
Nicholas Mattise, Personal Care at Allied Terrace, #218, 100 Terrace Lane, Scranton, PA 18508
Barbara Palubniak, 629 Hill St, Mayfield, PA 19433
Peggy Petrilak, 127 Petrilak Lane, Greenfield Twp, PA 18407
Peter Senio, The Gardens of Green Ridge, 2751 Boulevard Ave, Scranton, PA 18509
Jerry & Marilyn Soroka, Glenmaura Senior Living, 11 Glenmaura National Blvd, Moosic, PA 18507
Paul Kostiak, along with Dolores Brophy, 631 Jefferson Ave, Jermyn, PA 18433
Paul & Barbara Mosley, 623 Cemetery St, Mayfield, PA 18433
Bill Hummer, c/o Oakwood Terrace, 400 Gleason Dr, Moosic, PA 18507
Adam & Mary Ann Serafini, 509 Jefferson Ave, Jermyn, PA 18433

Accidie and Silence

Amma Theodora warned her followers that as they began their discipline of prayer, they would be attacked by *accidie*, the sense of boredom or dejection that comes without cause as a temptation in prayer. *Accidie* deters one from the inner journey and discourages one's inner struggle toward freedom. Theodora invited her followers to be tenacious in prayer and to trust the original desire for God. The boredom then would pass.

The desert ascetic pursued and cultivated silence. This was a silence pregnant with the presence of the Divine, the womb where the word grew. The goal of silence was the inner quiet of strength, not the total absence of words....

Entering into silence is not easy. To risk encountering our fullest and truest self, and to meet God as God is requires courage and the freedom to risk.... Self-image is stripped and realigned: We begin to put on the mind of Christ. Silence, therefore, invites us to change, to grow toward the fullness of life.... The ascetic strove to sit quietly, attune her attention fully to the silence, and allow silence to speak its wisdom. As the psalmist tells us, "*But I have stilled and quieted my soul, like a weaned child with its mother, like a weaned child is my soul within me*" (Ps 131:2).

– Laura Swan, *The Forgotten Desert Mothers: Sayings, Lives, and Stories of Early Christian Women* (Mahwah, NJ: Paulist Press, 2001), 28-30.

Adam's Lament

*"The anonymous Kontakion, 'On Adam's Lament', is one of the earliest we possess and is probably of the fifth century and pre-dates those of St Romanos. It is still used in the office of Matins for the Sunday before Lent."
(courtesy of anastasis.org.uk and translated by Fr Ephrem Lash, of blessed memory)*

(Prelude)

Guide of wisdom, Giver of prudence,
Teacher of the foolish and defender of the poor,
establish and give understanding to my heart, O
Master.

Give me a word, O Word of the Father,
for see, I shall not restrain my lips from crying to you:
"O Merciful One, have mercy on the fallen."

(Ikos 1)

Then Adam sat and wept
opposite the delight of Paradise,
beating his eyes with his hands and saying:
"O Merciful One, have mercy on the fallen."

(Ikos 2)

Share in the pain, O Paradise, of your beggared master,
and with the sound of your leaves
implore the creator not to shut you:
O Merciful One, have mercy on the fallen.

(Ikos 3)

Bend down your trees like living beings
and fall before Him who holds the key,
that thus you may remain open for one who cries:
O Merciful One, have mercy on the fallen.

(Ikos 4)

I breathe the fragrance of your beauty
and I melt as I recall how I delighted there
from the sweet scent of the flowers:
O Merciful One, have mercy on the fallen.

(Ikos 5)

I am polluted, I am ruined, I am enslaved to my slaves;
for reptiles and wild beasts, whom I subjected by fear,
now make me tremble;
O Merciful One, have mercy on the fallen.

(Ikos 6)

My throat, which holy waters had made sweet,
has become bitter from the multitude of my groans,
as I cry out:
O Merciful One, have mercy on the fallen.

(Ikos 7)

How have I fallen? Where have I arrived?
From a pedestal to the ground;
from a divine admonition to a wretched existence I have
been reduced:
O Merciful One, have mercy on the fallen.

(Ikos 8)

Now Satan rejoices having stripped me of my glory;
but this gives him no joy;
for see, my God clothes me:
O Merciful One, have mercy on the fallen.

(Ikos 9)

God himself pities me, clothing my nakedness;
by this he shows me
that he too cares for me, the transgressor:
O Merciful One, have mercy on the fallen.

(Ikos 10)

"Swiftly, O Adam, you have understood
the wish of my compassion;
therefore I do not deprive you of this your hope as you cry out:
"O Merciful One, have mercy on the fallen."

(Ikos 11)

"I do not wish, nor do I will, the death of the one I fashioned;
but having chastened him enough
I will glorify eternally the one who cries out:
"O Merciful One, have mercy on the fallen."

(Ikos 12)

NOW THEREFORE, O SAVIOR, SAVE ME ALSO who seek for you with
longing;
I do not wish to take you in,
but I wish to be taken in by you and to cry to you:
O Merciful One, have mercy on the fallen.

(And again, the Prelude)

Guide of wisdom, Giver of prudence,
Teacher of the foolish and defender of the poor,
establish and give understanding to my heart, O Master.
Give me a word, O Word of the Father,
for see, I shall not restrain my lips from crying to you:
"O Merciful One, have mercy on the fallen."