

## LITURGICAL VARIABLES – SUNDAY, MARCH 2, 2025

### *Sunday of Forgiveness (Cheese Fare)*

*Martyr Hesychios the Senator; Theodotos, Bishop of Cyrene in Cyprus;  
Virgin-martyr Euthalia of Sicily*

#### FIRST ANTIPHON

It is good to give praise unto the Lord, and to chant unto Thy Name, O Most High!

**Refrain:** Through the intercessions of the Theotokos, O Savior, save us! To proclaim in the morning Thy mercy and Thy truth by night. *(Refrain)* Upright is the Lord our God, and there is no unrighteousness in Him. *(Refrain)* Glory...Both now...*(Refrain)*

#### SECOND ANTIPHON

The Lord is King; He is clothed with majesty! The Lord is clothed with strength and hath girt Himself.

**Refrain:** Save us, O Son of God, Who art risen from the dead; who sing to Thee: Alleluia!

For He established the world which shall not be shaken. *(Refrain)* Holiness becometh Thy house, O Lord, unto length of days. *(Refrain)* Glory...Both now...O Only-begotten Son...

• During the Little Entrance, chant the Apolytikion of the Resurrection, followed by the Entrance Hymn:

#### ENTRANCE HYMN OF THE RESURRECTION

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

• After the Entrance, sing the hymns in the following order below:

#### RESURRECTIONAL APOLYTIKION (TONE 3)

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

#### APOLYTIKION OF ST. NICHOLAS (TONE 4)

In truth you were revealed to your flock, as a rule of faith, a model of meekness and a teacher of self-control. Therefore, you have won the heights by humility, riches by poverty. Holy Father, Bishop Nicholas, intercede with Christ our God that our souls may be saved.

#### KONTAKION OF THE SUNDAY OF FORGIVENESS (TONE 6)

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

#### THE EPISTLE

*Sing praises to our God, sing praises. Clap your hands, all ye nations.*

***Reading from the Epistle of St. Paul to the Romans (13:11-14:4)***

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.

## THE GOSPEL


### *Reading from the Holy Gospel according to St. 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.

## THE SYNAXARION

It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

*Vespers with the Rite of Mutual Forgiveness will be offered after Fellowship TODAY as we begin our Lenten Journey towards the Empty Tomb of our Lord!*



AN ORTHODOX COMMUNITY WHERE PEOPLE FIND TRANSFORMATION IN JESUS CHRIST

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Welcome to our church community! We are blessed to have you worshipping with us today. We are the jurisdiction of the Orthodox Christian Church whose roots trace directly back to first century Antioch, the city in which the disciples of Jesus Christ were first called "Christians" (Acts 11:26). The Orthodox Church is the oldest and second largest Christian group in the world. We are called by God our creator to worship and follow Him, and to proclaim to the world His message of love, peace and salvation.