



*All Saints of America  
Antiochian Orthodox Church  
P.O. Box 30 Homer, Alaska 99603  
[www.homerorthodoxy.org](http://www.homerorthodoxy.org)*

*Under:*

*His Eminence, the Most Reverend Metropolitan SABA,  
Archbishop of New York and Metropolitan of all North America*

**Our Pastor:**

*Rev Fr Andrew Bardwell: 907-299-5155*

**SUNDAY, MARCH 17, 2024**

**TONE 8 / EOTHINON 8**

**SUNDAY OF FORGIVENESS (CHEESE FARE)**

**VENERABLE ALEXIOS THE 'MAN OF GOD;  
PATRICK, BISHOP OF ARMAGH AND ENLIGHTENER OF IRELAND**

### RESURRECTIONAL APOLYTIKION IN TONE EIGHT

*From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.*

### KONTAKION FOR FORGIVENESS SUNDAY IN TONE SIX

*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

#### ***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

***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.*

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**MANY YEARS:**

**BIRTHDAYS: COLMAN PARTRIDGE 3/22**

**NAME'S DAYS: ALEX STUART 3/17**

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**LET US BEGIN THE FAST WITH JOY!  
LET US PREPARE OURSELVES FOR SPIRITUAL EFFORTS!**

**LET US PURIFY AND CLEANSE OUR FLESH!  
LET US ABSTAIN FROM PASSION, AS WE ABSTAIN FROM FOOD!**

**LET US REJOICE IN THE SPIRIT AND PERSEVERE WITH LOVE!**

## **LENTEN FASTING GUIDELINES FOR CLEAN WEEK**

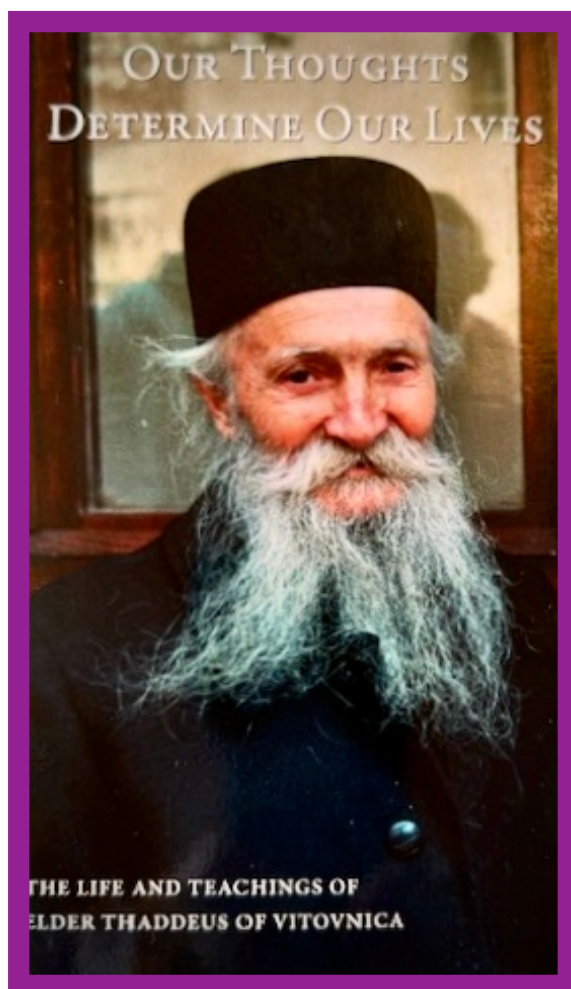
**THE LENTEN FAST RULES THAT WE OBSERVE TODAY WERE ESTABLISHED WITHIN THE MONASTERIES OF THE ORTHODOX CHURCH DURING THE SIXTH THROUGH ELEVENTH CENTURIES. THE GUIDELINES BELOW ARE INTENDED FOR ALL ORTHODOX CHRISTIANS AS THEY ARE ABLE.**

**THE FIRST WEEK OF LENT IS ESPECIALLY STRICT. ON MONDAY, TUESDAY AND WEDNESDAY, A TOTAL FAST IS KEPT. IN PRACTICE, VERY FEW PEOPLE ARE ABLE TO DO THIS. SOME FIND IT NECESSARY TO EAT A LITTLE EACH DAY AFTER SUNSET. SOME OF THE FAITHFUL DO FAST COMPLETELY ON MONDAY AND THEN EAT ONLY UNCOOKED FOOD (BREAD, FRUIT, NUTS) ON TUESDAY EVENING. ON WEDNESDAY, THE FAST IS KEPT UNTIL AFTER THE PRESANCTIFIED LITURGY.**

**FROM THE SECOND THROUGH THE SIXTH WEEKS OF LENT, THE GENERAL RULES FOR FASTING ARE PRACTICED. MEAT, ANIMAL PRODUCTS (CHEESE, MILK, BUTTER, EGGS, LARD), FISH (MEANING FISH WITH BACKBONES), OLIVE OIL AND WINE (ALL ALCOHOLIC DRINKS) ARE NOT CONSUMED DURING THE WEEKDAYS OF GREAT LENT. OCTOPUS AND SHELL-FISH ARE ALLOWED, AS IS VEGETABLE OIL. ON WEEKENDS, OLIVE OIL AND WINE ARE PERMITTED.**

**IN MONASTERIES, ONE MEAL A DAY IS EATEN ON WEEKDAYS AND TWO MEALS ON WEEKENDS OF GREAT LENT. THOSE NOT IN MONASTERIES MOST OFTEN RELAX THIS RULE, AND MODERATION IS ALWAYS ENCOURAGED IN ALL AREAS OF ONE'S LIFE AT ALL TIMES.**

# SOUP SUPPERS & TEACHING



**EVERY WEDNESDAY DURING LENT AFTER THE EVENING SERVICE, FR ANDREW WILL LEAD A TEACHING IN THE TRAPEZA ON**

**“CULTIVATING OUR INNER LIFE”**

**SOUP WILL BE PROVIDED, BUT PLEASE BRING SOME KIND OF BREAD, CRACKERS, CHIPS, CUT VEGETABLES, OR HUMUS TO SHARE. ALL ARE INVITED.**

# SERVICE SCHEDULE

**SATURDAY, MARCH 16TH**

**5:00 PM GREAT VESPERS WITH OPPORTUNITY FOR CONFESSION**

**SUNDAY, MARCH 17TH**

**9:00 AM ORTHROS**

**10:00 AM DIVINE LITURGY FOLLOWED BY  
CHEESE FARE POTLUCK AND SUNDAY SCHOOL**

**1:00 PM FORGIVENESS VESPERS**

**MONDAY, MARCH 18TH**

**5:00 PM GREAT COMPLINE W/CANON OF ST ANDREW**

**TUESDAY MARCH 19TH**

**5:00 PM GREAT COMPLINE W/CANON OF ST ANDREW**

**WEDNESDAY, MARCH 20TH**

**5:00 PM PRE-SANCTIFIED LITURGY FOLLOWED BY SOUP  
SUPPER AND TEACHING**

**THURSDAY, MARCH 21ST**

**11:00 AM AKATHIST TO THE MOTHER OF GOD NURTURER OF  
CHILDREN**

**5:00 PM GREAT COMPLINE W/CANON OF ST ANDREW**

**FRIDAY, MARCH 22ND**

**5:00 PM SMALL COMPLINE W/AKATHIST CANON**



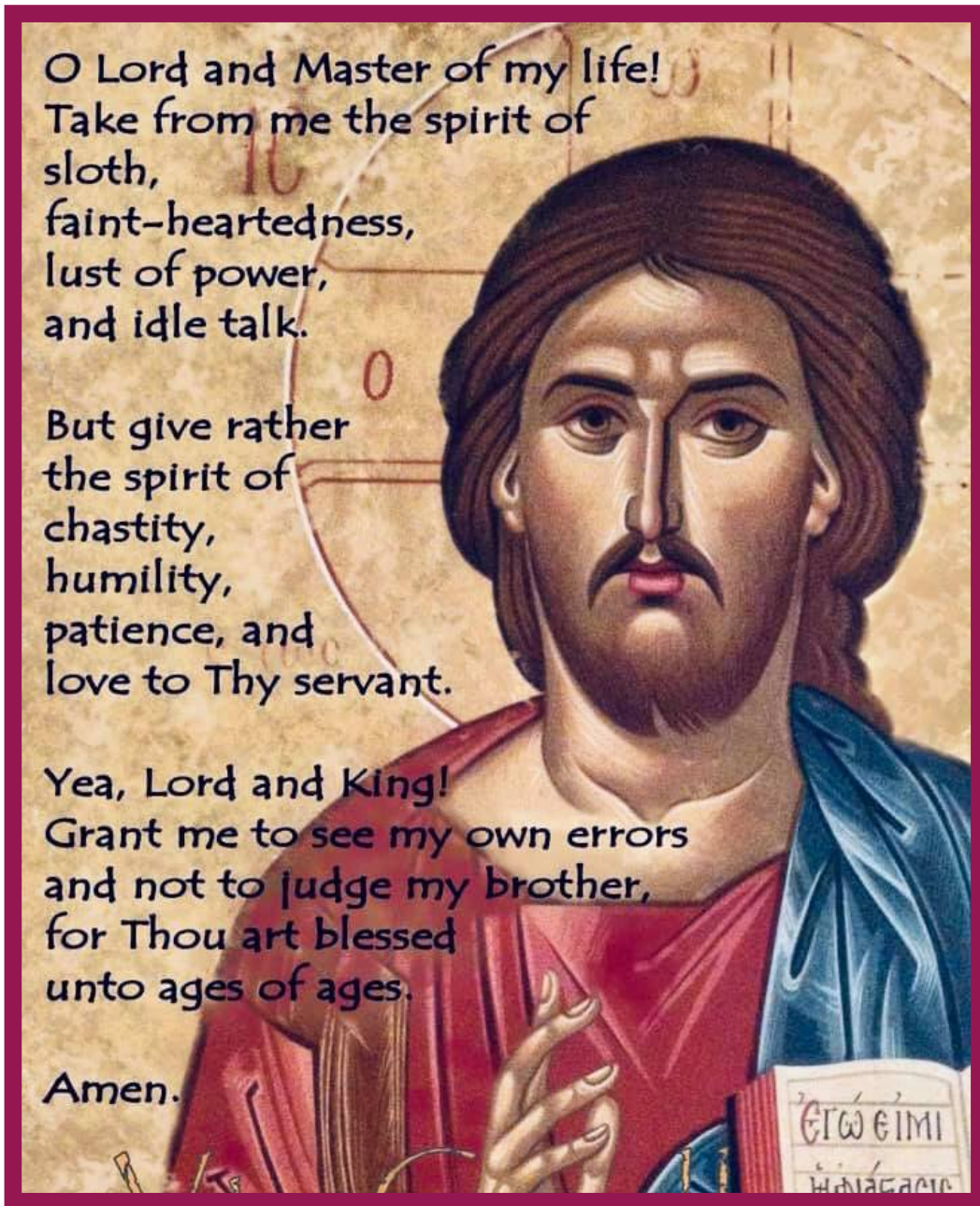
# SPIRITUAL WISDOM

O Lord and Master of my life!  
Take from me the spirit of  
sloth,  
faint-heartedness,  
lust of power,  
and idle talk.

But give rather  
the spirit of  
chastity,  
humility,  
patience, and  
love to Thy servant.

Yea, Lord and King!  
Grant me to see my own errors  
and not to judge my brother,  
for Thou art blessed  
unto ages of ages.

Amen.





*Linea, Rohn, and Baby Anja Marin Whitworth!*



*Finally, brothers and sisters, whatever is true, whatever is noble,  
Pwhatever is right, whatever is pure, whatever is lovely,  
whatever is admirable—if anything is excellent  
or praiseworthy—think about such things.  
Philippians 4:8*





**The time of my life  
has been squandered  
in cares and  
shameful thoughts.  
Grant me, O Lord, a cure,  
that I might be completely  
healed of my hidden sores.  
Strengthen me, that I  
might labor diligently  
in Thy vineyard, if even  
only for one hour.  
For my life in its vanity  
has already reached  
its eleventh hour.**

**St. Ephraim the Syrian**