



**Holy Transfiguration
Orthodox Church**

a mission parish of the Orthodox Church in America

Sunday of Cheesefare
Sunday, March 10, 2019

*Expulsion of Adam from Paradise
Martyr Quadratus and those with him at Corinth*

Fr. Martin D. Watt, Priest-in-Charge

*Mailing address
and rectory:*

1411 Wilson Avenue
Ames, Iowa 50010

frmarty@amesorthodox.org
(515) 337-1192 (*rectory*)

“Lord, it is good for us to be here!”

(Peter, an Apostle, on Mount Tabor at the Transfiguration of our Lord, Gospel of St. Matthew 17:4)

Welcome! We are honored that you have joined us in our celebration of the Lord’s resurrection this day.

If you are a first time visitor to our parish, we invite you to sign our guest book. If you have a question, a prayer request, or any need, please speak with Fr. Marty, or with any parish member.

For our friends present with us who are not Orthodox Christians, please note that we have specific disciplines regarding receiving Communion. We ask that you refrain from going to Communion until you have spoken with Fr. Marty and understand our discipline and piety regarding this sacrament and its implication for responsibility towards and membership in the Orthodox Church. The bread and wine offered after communion and the bread offered at the end of the service is available to all.

If you are an Orthodox Christian from another parish who has prepared in accordance with your discipline, and have a blessing from your home priest to do so, we invite and encourage you to partake of Holy Communion.

This booklet contains the variable hymns and readings specific to today. Please feel free to take it with you. There are coil-bound booklets available with the text and notes for the Divine Liturgy – if you find it useful, please ask to take one of those with you, with our compliments. Please leave the hardback versions for future parishioners to use.

We also hope you will stay and join us in our coffee and fellowship hour, which immediately follows the service. We want the opportunity to get to know you, and for you to get to know us. Again, welcome!

Regular services:

Great Vespers, *Saturday at 6:30pm*

Confession, *immediately following Great Vespers, other times by appointment.*

Third and Sixth Hour Prayers, *Sunday at 9:40am*

Divine Liturgy, *immediately following the hours.*

621 Kellogg Avenue, Ames, Iowa 50010
(corner of 7th and Kellogg)

(Resurrectional Troparion – Tone 8)

You descended from on high, O Merciful One!

You accepted the three day burial to free us from our sufferings!//

O Lord, our Life and Resurrection, glory to You!

Glory to the Father, and to the Son, and to the Holy Spirit,

(Resurrectional Kontakion – Tone 8)

By rising from the tomb, You raised the dead and resurrected Adam.

Eve exults in Your Resurrection,

and the world celebrates Your rising from the dead, O greatly Merciful
One!

now and ever, and unto ages of ages. Amen.

(Kontakion from the Triodion – Tone 6)

O Master, Teacher of wisdom,

Bestower of virtue,

Who teach the thoughtless and protects the poor,
strengthen and enlighten my heart!

O Word of the Father,

let me not restrain my mouth from crying to You:

“Have mercy on me, a transgressor!//

O merciful Lord!”

(then, p. 83)

Prokeimenon, Tone 8

Priest: Let us attend! † Peace be unto all!

Reader: And with your spirit!

Priest: Wisdom!

Reader: The Prokeimenon, in the 8th Tone: Pray and make your vows
before the Lord, our God!

Choir: Pray and make your vows before the Lord, our God!

Reader: In Judah God is known; His name is great in Israel.

Choir: Pray and make your vows before the Lord, our God!!

Reader: Pray and make your vows ...

Choir: ... before the Lord, our God!

Deacon: Wisdom!

Epistle: (112) – Romans 13:11-14:4

Reader: The Reading from the Epistle of the Holy Apostle Paul to the
Romans.

Deacon: Let us attend!

Reader: Brothers and sisters, salvation is now nearer to us than when
we first believed! The night is far gone, and the day is near. Let us
therefore throw off the works of darkness, and let us put on the armor of
light. Let us walk decently, as in the day; not in parties and drunkenness,

not in sexual immorality and lustful acts, and not in strife or jealousy. Instead, put on the Lord Jesus Christ and do not think how to satisfy the flesh and its lusts.

Accept the one who is weak in faith, but not to enter into arguments over disputable matters. One has faith to eat all things while the weak eats only vegetables. The one who eats everything should not look down on the one who does not eat. The one who does not eat should not judge the one who eats because God has accepted him. Who are you who judge someone else's servant? He stands or falls to his own master! Yes, that one will be made able to stand, because God has the power to make someone stand.

Priest: † Peace be to you.

Alleluia: Tone 6

Reader: And to Your spirit. In the 6th Tone: Alleluia, Alleluia, Alleluia!

Choir: Alleluia! Alleluia! Alleluia!

Reader: It is good to give thanks to the Lord, to sing praises to Your Name, O Most High.

Choir: Alleluia! Alleluia! Alleluia!

Reader: to declare Your mercy in the morning, and Your truth by night.

Choir: Alleluia! Alleluia! Alleluia!

Gospel: (17) – Matthew 6:14-21

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Priest: The reading from the Holy Gospel according to St. Matthew.

Choir: Glory to You O Lord, Glory to You.

Priest: The Lord said: For if you forgive people their offenses, your heavenly Father will also forgive you. But if you do not forgive people their offenses, neither will your Father forgive your offenses.

Moreover, when you fast, do not be like the hypocrites with their gloomy faces. For they disfigure their faces so that people may see that they are fasting. Amen, I tell you: they have received their reward. But you, when you fast, anoint your head and wash your face so that people may not see that you are fasting. Only your Father who is in secret will see, and your Father, who sees in secret, will reward you openly.

Do not store up treasures for yourselves on the earth, where moth and rust consume and where thieves break in and steal. Instead, store for yourselves treasures in heaven, where neither moth nor rust consume, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Choir: Glory to You O Lord, Glory to You.

Communion Hymn

Praise the Lord from the heavens! Praise Him in the highest! Alleluia,
Alleluia, Alleluia!

Please join us in our fellowship hour immediately following the dismissal!

Today: after church we will NOT have coffee hour here, but have been invited to join the UCC folks at their building for refreshments and a time of fellowship. We will gather again at 5:00 PM for the vespers of forgiveness, which begins our Lenten Journey.

Forgiveness Vespers: It is very appropriate for us to begin our journey through Great Lent and to Pascha with the service of mutual forgiveness. At 5:00 pm we will serve a daily vespers service, with the rite of forgiveness to follow.

In this rite, the individual approaches the priest. The priest says “Forgive me, a sinner.” And the response is “God forgives and I forgive.” Then the individual repeats the process to the priest, saying “Forgive me a sinner” to which the priest responds, “God forgives and I forgive.” Then, the person falls into line beside the priest, and we continue until all have asked forgiveness of one another.

Schedule for Lent:

Today: Cheesefare, Forgiveness Vespers at 5:00 PM at the Church to begin Great Lent

Wednesdays, March 13, 20, 27, April 3, 10, 17, and Friday, April 19:
Presanctified Divine Liturgies at 6:30 PM.

Fridays, March 15, 22, 29, April 5, 12: Akathist Hymn to the Theotokos

March 17: Sunday of Orthodoxy, Great Vespers Sunday at 5:00pm for all Orthodox Christians in Central Iowa, at our parish. Meal to follow.

April 21: Palm Sunday

April 25: Great and Holy Thursday

9:30 AM Vespers Divine Liturgy of St. Basil

6:30 PM Matins of Holy Friday, 12 Passion Gospels

April 26: Great and Holy Friday (Strict Fast):

3:30 PM, Vespers of Holy Saturday, Placing of the Plaschinitsa

6:30 PM, Matins of Holy Saturday, the Lamentations

April 27: Great and Holy Saturday

10:30 AM Vespers Divine Liturgy of St. Basil, chrismations to follow

11:30 PM Vigil for Pascha begins

April 28: Holy Pascha

Midnight: continuing the Matins of Holy Pascha and Divine Liturgy

4:30 PM Agape Vespers, with a meal to follow.