

*Sunday of the Expulsion from Paradise
St. Nicephorus, Patriarch of Constantinople*

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

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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 with the text for the Divine Liturgy – if you find it useful, please feel free to take one of those as well, with our compliments.

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.

Music Rehearsals, Saturday at 6:00pm

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!

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!

*Glory to the Father and to the Son and to the Holy Spirit, now and ever
and unto ages of ages, amen*

Kontakion from the Triodion – Tone 6

O Master, Teacher of wisdom,
Bestower of virtue,
Who teaches 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!”

Epistle: (112) – Romans 13:11-14:4

Prokeimenon, Tone 8

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!

Reader: Brethren, 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

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

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

Priest: Let us Attend!

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.

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

The Beginning of the Great Fast

Today is the joyful forefeast of the time of abstinence, the bright threshold of the Fast. Therefore, brethren, together let us run the race with confident hope and with great eagerness. – *Ode I, First Canon of Cheesefare Monday*

In the man who only theorizes about faith, there is a great deal of room for the demon. But in the man who gives himself to sincere prayer and fasting, there is only the narrowest space for the demon, and he must flee from such a man. – *St. Nikolai Velimirovic*

The gateway to divine repentance has been opened: let us enter eagerly, purified in our bodies and observing abstinence from food and passions, as obedient servants of Christ who has called the world into the heavenly Kingdom. Let us offer to the King of all a tenth part of the whole year, that we may look with love upon His Resurrection. – *Sessional hymn, Matins, Cheesefare Monday*

“A clear rule for self-control handed down by the Fathers is this: stop eating while still hungry and do not continue until you are satisfied. When the Apostle said, ‘do not think how to satisfy the flesh and its lusts’ (Rom. 13:14), he was not forbidding us to provide for the needs of life; he was warning us against self-indulgence. Moreover, by itself abstinence from food does not contribute to perfect purity of soul unless the other virtues are active as well. Humility, for example, practiced through obedience in our work and through bodily hardship, is a great help. If we avoid avarice not only by having no money, but also by not wanting to have any, this leads us towards purity of soul. Freedom from anger, from dejection, self-esteem and pride also contributes to purity of soul in general, while self-control and fasting are especially important for bringing about that specific purity of soul which comes through restraint and moderation.
+ *St. John Cassian*

Lenten Schedule:

(Due to the birth of Fr. Marty's and Mat. Candy's first grandchild, due March 22, this schedule may be adjusted – stay tuned to the webpage and email for updates.)

Today, Sunday, March 13

4:00pm *Forgiveness Vespers*

Wednesdays, March 16 through April 27:

6:30pm *Presanctified Divine Liturgy*

Fridays, March 18 through April 22 (excluding March 25):

6:30pm *Akathist Hymn to the Theotokos*

Sunday, March 20

6:00pm *Vespers for the Sunday of Orthodoxy, St. Demetrius Serbian Orthodox Church, 4655 3rd Street, Des Moines*

Thursday, March 24

6:30pm *Great Vespers for the Annunciation.*

April 24 – Palm Sunday

April 28 – Great and Holy Thursday

9:30am *Vesperal Liturgy of St. Basil*

7:00pm *Matins of Holy Friday and Passion Gospels*

April 29 – Great and Holy Friday

3:30pm *Vespers of Holy Saturday*

7:00pm *Matins of Holy Saturday, procession*

April 30 – Great and Holy Saturday

9:30am *Vesperal Liturgy of St. Basil*

11:00pm *The Hours of Pascha, continuing to the Divine Liturgy*

May 1 – Great and Holy Pascha

Midnight *Paschal Divine Liturgy (Ending approx. 2:30am)*

Blessing of the Baskets, Fellowship meal to follow

5:00pm *Agape Vespers of Pascha, cookout/fellowship to follow*