

*Forgiveness Sunday  
Expulsion of Adam from Paradise*

---

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

*Mailing address* 1411 Wilson Avenue

*and rectory:* Ames, Iowa 50010

(515) 337-1192 (*rectory*)

---

**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 7<sup>th</sup> and Kellogg)*

*Resurrectional Troparion – Tone 3*

Let the heavens rejoice!

Let the earth be glad!

For the Lord has shown strength with His arm.

He has trampled down death by death.

He has become the first born of the dead.

He has delivered us from the depths of hell,

and has granted to the world//

great mercy.

*Kontakion from the Triodion – Tone 6*

O Master, Teacher of wisdom,

Bestower of virtue,

Who teach the thoughtless and protect 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!”

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

*Resurrectional Kontakion – Tone 3*

On this day You rose from the tomb, O Merciful One,

leading us from the gates of death.

On this day Adam exults as Eve rejoices;

with the Prophets and Patriarchs//

they unceasingly praise the divine majesty of Your power.

---

*Epistle: (112) Romans 13:11-14:4*

*Priest:* Let us attend! +Peace be unto all!

*Reader:* And with your spirit!

*Priest:* Wisdom!

*Prokeimenon, Tone 8*

*Reader:* The Prokeimenon, in the 8<sup>th</sup> 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 6<sup>th</sup> 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.

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!*

---

## ***Lenten Confession***

It is expected that all Orthodox Christians will regularly take part in confession. One of the most important times for confession is during Great Lent. To facilitate confessions, Fr. Marty will be available Friday evenings after the

Akathist Hymn during Great Lent, in addition to after Vespers on Saturday evenings. Other times can be arranged by appointment.

## *Lenten Schedule*

As in the past, we will try to celebrate as many of the Lenten Services as we are able. Each Wednesday night during Lent we will serve the Divine Liturgy of the Presanctified Gifts, and each Friday night we will pray the Akathist Hymn to the Theotokos.

The Schedule is as follows:

Sunday, February 26, 6:30 pm	Vespers with the Rite of Forgiveness
Wednesday, March 1, 6:30 pm	First Presanctified Liturgy
Friday, March 3, 6:30 pm	First Stasis of the Akathist Hymn.

---

<b>Sunday, March 5, 5:00 pm</b>	<b>Vespers for the Sunday of Orthodoxy</b>
<i>St. George Greek Orthodox Church, Des Moines</i>	<i>Light Lenten Meal to follow</i>

---

Saturday, March 25, 10:00 am	Divine Liturgy for the Annunciation
Friday March 31, 6:30 pm	Final Akathist Hymn, all stases
Wednesday, April 5, 6:30 pm	Final Presanctified Divine Liturgy
Sunday, April 9, 10:00 am	Divine Liturgy, Palm Sunday

### **Great and Holy Thursday, April 13**

9:30 am	Vesperal Liturgy of St. Basil
7:00 pm	Matins of Holy Friday and Passion Gospels

### **Great and Holy Friday, April 14**

3:30 pm	Vespers of Holy Saturday
7:00 pm	Matins of Holy Saturday, procession

### **Great and Holy Saturday, April 15**

9:30 am	Vesperal Liturgy of St. Basil
11:00 pm	The Services of Pascha

### **The Pascha of our Lord, April 16**

Midnight	Paschal Divine Liturgy ( <i>Ending approx. 1:30am</i> ) Blessing of the Baskets, Fellowship meal
5:00 pm	Agape Vespers of Pascha, cookout/fellowship to follow ( <i>location TBA</i> )

## *Orthodoxy 101*

Classes will begin meeting in earnest Tuesday, February 28, at 7:00 pm, and continue every other week thereafter. For those unable to attend the organizational meeting, a small syllabus will be distributed, but please read *The Orthodox Faith* by Protopresbyter Thomas Hopko, Volume 3, Chapters One through Four. The relevant text is available online (free) at:  
<https://oca.org/orthodoxy/the-orthodox-faith/church-history>.