
The Expulsion from Paradise (Cheesefare)
Forgiveness Sunday
St. Leo the Great, Pope of Rome

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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 available 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.*

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

Resurrectional Troparion – Tone 4

When the women Disciples of the Lord learned from the Angel
the joyous message of Your Resurrection,
they cast away the ancestral curse
and elatedly told the Apostles:

“Death is overthrown!

Christ our God is risen,//
granting the world great mercy!”

Resurrectional Kontakion – Tone 4

My Savior and Redeemer as God
rose from the tomb and delivered the earth-born from their chains.
He has shattered the gates of Hades,
and as Master,//
He has risen on the third day!

*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 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!”

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: 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**

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.

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

Forgiveness Vespers: At Vespers on Sunday evening, there are prayers that ask God to forgive us, and we take that opportunity to forgive one another. We will celebrate vespers, with the service of forgiveness, at 12:30 pm, after the completion of the fellowship hour.

Sunday of Orthodoxy: We will celebrate the Sunday of Orthodoxy with the other parishes in Central Iowa on Sunday, February 25, at St. Nicholas Church in Pella, Iowa, at 4:00pm. Please plan to join us for this wonderful expression of Orthodox unity, and be sure to bring an icon for the procession!

Lenten Schedule: Lenten Services begin this week.

Our schedule is on the Calendar on the webpage at www.amesorthodox.org if you want to review. We are currently scheduled as follows:

Wednesdays, February 21 – March 28: *The Divine Liturgy of the Presanctified Gifts, 6:30 pm*

Fridays, February 23 – March 23: *The Akathist Hymn to the Theotokos, 6:30 pm. The Fifth Friday, March 23, will be the entire Akathist Hymn. Each Friday prior will be the appropriate Stasis of the Hymn.*

Holy Week: April 5 – Great and Holy Thursday

9:30 am Vespers Liturgy of St. Basil

7:00 pm Matins of Holy Friday (*with the 12 Passion Gospels*)

April 6 – Great and Holy Friday

3:30 pm Vespers of Holy Saturday

7:00 pm Matins of Holy Saturday, procession

April 7 – Great and Holy Saturday

9:30 am Vespers Liturgy of St. Basil

April 8 – Great and Holy Pascha

Saturday night, 11:30 pm The Hours of Pascha, continuing to ...

Paschal Matins and Paschal Divine Liturgy

(*Ending approx. 2:30am*)

Blessing of the Baskets

Fellowship meal to follow

No morning services!

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