

Today we remember the expulsion of Adam and Eve from Paradise. It is the story of exile. It is OUR story. Adam and Eve enjoyed complete happiness and wholeness with and in God. They were spiritually and personally integrated. Everything was in balance in the pristine world of Creation – until they decided to listen to another voice, and choose to step away from God’s will. Interestingly, Genesis tells us that God’s first and only command was *to fast* – not to eat of the fruit of the tree. By doing so, our fore-parents upset the balance of Creation, introduced the power of evil, and therefore were cast out of the Garden of Eden. By doing so, they rejected their very nature as happy, fulfilled, and whole in God’s presence. ***They rejected who they were as human people.*** They began to live in a world of brokenness, off-centeredness, personal anxiety and despair. Soon Cain killed his brother Abel, and the spiral of exile began unbridled. We are the heirs of that exile. We share the propensity to choose AWAY from God. We ironically prefer to live off-center and spiritually disturbed. Sin is the greatest sign we have of that exile. Sin denies our very created nature as the image of Divine wholeness and life within us. Sin gradually destroys our spiritual life in ways deceptive and alluring. Soon we begin to listen to “other” voices, instead of the Divine Voice which speaks the Eternal Word. Forgiveness Sunday is about that self-exile and about the unlimited mercy of a forgiving God. We have the chance to return to that image (*theosis*), to restore genuine balance in our hearts and minds, to STOP living as broken in a fractured world. The Divine Lover beckons us to look deep within and identify that brokenness and to throw ourselves at the foot of the Cross – whose victim became like us so that we might become God. Use Great Lent to make that life and death journey. It is that important.

TODAY’S READER: MICHAEL KITSOULIS

EPISTLE Romans 13:11-14; 14:1-4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

GOSPEL Matthew 6:14-21

The Lord said, "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."

FIRST LENTEN PRESENTATION AND PHILOPTOCHOS LENTEN DINNER

WEDNESDAY, MARCH 9, 2011

PRESANCTIFIED LITURGY 6:30 P.M.

DINNER AND PRESENTATION 7:30 P.M.



The theme of the 5-part Lenten series is *Metanoia — The Spiritual Work of Transformation*. Given by Chrysostomos Gunning, the first presentation will deal with personal spiritual transformation and the passions. It is the foundation of Orthodox Spirituality and will review the struggle in which we engage to deal with the passions in our life. **Make every effort to join us, for worship, a tasty Lenten dinner sponsored by the Ladies Philoptochos, and this important spiritual presentation. Resolve to DO something positive during Great Lent!**



A PRAYER FOR FORGIVENESS

O Lord Jesus Christ, Son of the Living God, the Shepherd and Healer of our souls, Who takes away the sins of the world, Who forgave the two debtors, and did grant remission of her sins to the harlot: Do You, O Master, forgive the sins we have committed, whether voluntary or involuntary, known or unknown, whether by mistake or disobedience. There are times when we have lived our lives as though You did not exist. There are moments when we have been deaf to your call to love and chose, instead, to follow the evil one’s summons to selfishness. We have broken Your covenant with us in countless ways and therefore have strayed farther and farther from our true Center, from spiritual wholeness, and from our very selves. We choose to live in exile from you like the Prodigal Son — satisfying ourselves with the husks thrown our way by society, culture, and the deceptions of the city of man. We proclaim our love for You while holding others in contempt, yielding to anger, and giving our tongues over to gossip and destructive speech. We pride ourselves for our faith, while we are blind to the needs of your suffering children — the sick, the dying, the homeless and dispossessed. With unending cries we beg forgiveness from you for ourselves, while we hold onto resentment and refuse to forgive our brothers and sisters who have offended and hurt us. Son of God, have mercy on us! Forgive us these and all the transgressions we have committed. Forgive, as well, those things we *should* have done and said — but did not. Grant mercy to us for our sins against You, O Divine Lover of mankind, and for the sins we have committed against our brothers and sisters who bear your Holy Image in their hearts. As we begin the solemn days of the Great Fast, we beg you to heal us, O God, heal us! Make us whole again. Give us the courage to forgive one another as You have forgiven us. Grant that we may come to the end of the Fast with joy in Your Holy Resurrection and with the certain knowledge that we are loved, embraced, and lifted up by your great and unending mercy. Amen

PRAYER LIST: Christopher Bacas, Antonia “Nitsa” Kempf, Connie Kanaris, Diana Lazar, George Markomanolakis, Argie Palaios, Katherine Panagakos, George Virvan, Mariah Smiley, Doris Webb, the child Camille Feruzzi who is gravely ill, the child Heather Greene, Irene Pappas, Marty Levine, Lindsey Reijsoo, the child Ashley Lyvers, the child Alexis Ross, Joseph Papadakis, the child Joseph Saxon, Francine Bruggeman, Stephanie Skanderis, Georgia Haldas, Eric Ricasa, Milton Kayafas, Mary Agis, Maureen Shriver, Tiffany Keiker, Mary O’Hara, William Couloupoulos, Matina Mantis, and Robert Shriver. **US ARMED FORCES:** Rev. Fr. John Kalantzis, Lt. Nicholas Karnaze, Spc. Spiro Nino, John Xanthakos, Colonel James Karas, and Gary Hogman (Iraq) and his wife Cindy, 2nd Lt. Phillip Natsios, Private Louis Tiches, EG Robert Stock, and PFC Brett Hughes.

DIVINE SERVICES THIS WEEK

WEDNESDAY, March 9: Presanctified Liturgy 6:30 p.m. followed by Lenten series: *Personal Transformation—Struggling with the Passions* given by Chrysostomos Gunning.

FRIDAY, March 11: Salutations to the Most Holy Theotokos 7:00 p.m.

SATURDAY, March 12: Third Saturday of Souls Orthros 8:30 a.m. Divine Liturgy 9:30 a.m.

SUNDAY, March 13: THE SUNDAY OF ORTHODOXY Orthros 8:45 a.m. Divine Liturgy 10:00 a.m. PAN-ORTHODOX VESPERS SERVICE 5:00 p.m. at Sts. Peter and Paul Antiochian Orthodox Church in Potomac.

MEMORIALS

A Memorial Service will be offered today of **William Economedes (40 Days)**, requested by his wife, Patty.; for **Joanna Ndrenika (40 Days)**, requested by her family; and for **John Despotides (3 Years)** requested by his parents, Rev. Fr. Nicholas and Presvytera Moscha Despotides., and his sister Flora and her family. May the Lord grant that their memories be eternal!

THE GREAT FAST BEGINS

Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Let us purify our soul, let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit....” From this point forward meat, dairy products, and oil are not permitted until Holy Pascha. Fish is permitted on March 25, the Feast of the Annunciation.

40 DAY BLESSING

A 40 Day blessing will be given to **Theodore**, son of Effie and Michael Rowland. May the Lord grant him many years!

PASTORAL VISITATIONS

Please inform the Church Office 301-469-7990 (ext 300) of any loved ones who are hospitalized or “shut-ins,” so they may be visited and receive the grace of Holy Communion.

ORTHODOX INQUIRY

If you or anyone you may know are interested in embracing Holy Orthodoxy and being baptized or chrismated, please contact Fr. Dimitrios at 301-469-7990 or by email at FrAntokas@stgeorge.org

PARISH ACTIVITIES

PHILOPTOCHOS

The Lenten Dinner will be Wednesday, March 9th after the pre-sanctified liturgy. There will be a circle meeting on March 8th at 10:30 and a meeting in the evening on the 8th at 7:00. We look forward to seeing you there. Any questions or concerns contact Maria Kitromilis at keachri@aol.com.

50 PLUS

On March 23rd a trip to the Smithsonian to view the Cyprus Exhibit--the bus leaves at 10 am and returns at 3:00pm to the Church. Cost is \$25 per person and luncheon is on our own in the East Wing of the Art Museum. Please respond by March 9th to Sally Peavy 301-229-5283 or Maria Kopsidas 301-493-5789. There is space available and still time to respond. There is a table to register for the trip in the Founders Hall after church service. Reminder: No meeting March 9 as Lent Begins. The Fifty Plus Club will be hosting the coffee hour for the four Sundays in March after church service. If you wish to help serve or bring pastries, please call Maria Kopsides, 301-493-5789.

QUILT-A-THON VOLUNTEERS NEEDED

We need volunteers for our 2nd Annual Quilt-A-Thon, (APRIL 9TH, 8:30 A.M.) to make homemade quilts for at-risk babies and small children in our area hospitals. You do not need to know how to sew! We need help to cut, pin, measure and tie square knots. Fabric and supplies will be provided by The Ladies Philoptochos Society of Saint George. Please bring your own lunch. If you are interested in participating please contact Adrienne Barris 703/827-5757 or Stephanie Wilde 301/983-0879.

GREEK SCHOOL FOR PRE-SCHOOLERS

The Greek School for Pre-schoolers is now accepting applications for the 2011-2012 school year! Open registration is held from 1/19-2/22/2011. Please fill out the registration form (available on the church website) and follow the directions on the form. If you have any questions, contact Christina Stayeas @ christinastayeas@yahoo.com or Vasilias Contos @ contosgeorge@hotmail.com. Classes fill up quickly so don't delay!

“SOCRATES” SCHOLARSHIP AWARD

High School Seniors: We are now accepting applications for the “Socrates” Scholarship of the Greek School of St. George for Academic Excellence, Greek Language and Community Service. We are giving two awards, one for the Friday Greek School and one for the Saturday. The deadline for sending the application is April 16, 2011. You will find all the forms at www.stgeorge.org. If you need more information, please contact Katerina Papaioannou at (301) 229-4286 or michaelkaterinap@gmail.com

LITERARY LUNCHEON

Raffle Tickets will be on sale after church for the Literary Luncheon featuring Ted Leonsis, Robert Krantz, Nick Tsitos, and Eva Kalivas. Saturday, April 2, 2011 at 11:30am. Stop by coffee hour for more information and to buy your raffle tickets. You need not be present to win. Great prizes. Please support this important fundraiser for our church.

MARCH 6, 2011

THE EXPULSION OF ADAM AND EVE FROM PARADISE FORGIVENESS SUNDAY



THE EXPULSION OF ADAM AND EVE FROM PARADISE

Adam sat opposite Paradise and, lamenting his nakedness, he wept, ‘Woe is me ! By evil deceit was I persuaded and robbed, and exiled far from glory. Woe is me ! Once naked in my simplicity, now I am in want. But, Paradise, no longer shall I enjoy your delight; no more shall I look upon the Lord my God and Maker, for I shall return to the earth whence I was taken. Merciful and compassionate Lord, I cry to you, ‘Have mercy on me who am fallen’.

(Doxastikon from the Stichera of Great Vespers)

Resurrectional Apolytikion

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You.

Resurrectional Kontakion

When You had risen from the grave, You also raised those who had died and resurrected Adam; and now Eve is celebrating in Your Resurrection, and the ends of the world keep festival, for Your rising from the dead, O Most-Merciful.

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