



ALL SAINTS OF AMERICA

Orthodox Church
in America

orthodoxalexandria.org

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Welcome to our parish!

Thank you for choosing to worship with us on the Lord's Day. We are grateful for your prayers and participation!

Please join us for coffee hour after the service. Our priest, Father Alessandro, would love to greet and welcome you.

Holy Eucharist requires full communion of faith, so if you are not an Orthodox Christian, please do not approach the Chalice. If you are an Orthodox Christian, please note that communion must be preceded by fasting, recent Confession, and reconciliation with all people.

March 17, 2024

SUNDAY OF CHEESEFARE

Tone 8

The Expulsion of Adam and Eve from
Paradise

Ven. Aleksy (Alexius) the Man of God
St. Patrick, Enlightener of Ireland

SUNDAY OF CHEESEFARE:
EXPULSION OF ADAM FROM PARADISE

As we begin the Great Fast, the Church reminds us of Adam's expulsion from Paradise. God commanded Adam to fast (Gen. 2:16), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendents became heirs of death and corruption.

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from the sinful desires and urges of our fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake of the life-giving Mysteries of Christ.

At Forgiveness Vespers we sing: "Let us begin the time of fasting in light, preparing ourselves for spiritual efforts. 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..."

PLEASE REMEMBER IN YOUR PRAYERS

REQUESTING PRAYERS: Jackson, Larissa, Cristina, Jerry, Davide, Pina, Kelsey and her unborn

NEWBORN: Adam Pagovski

CATECHUMEN: Brooke

MISSIONARIES: The Brandow family serving in Guatemala

DEPARTED: Yuri, Constance, Janet, Patricia, Emil

BIRTHDAY: Isabel Class, Steve Edwards

NEWS & ANNOUNCEMENTS

PARISH RETREAT: We are grateful to Dr. Peter Bouteneff for offering a retreat this weekend titled "How to be a sinner." Dr. Bouteneff, who is a Professor at St. Vladimir's, will offer the homily this morning.

FORGIVENESS VESPERS: This evening, we will celebrate an important service which marks the beginning of Great Lent. At the end of Vespers, we will all ask forgiveness from one another by bowing and saying "Forgive me a sinner," and replying "God forgives and I forgive" while we exchange the kiss of peace.

SUPPORT FOR MISSIONARIES: In 2024, our parish will be supporting in prayer and with financial support Jesse and Juanita Brandow who are serving in Guatemala as long-term OCMC missionaries. Jesse is from Michigan in the USA and graduated with a Master of Divinity from St. Vladimir's Seminary. He began full-time mission work in 2015, teaching seminarians and lay catechists as well as producing Spanish-language Church publications. More recently, Jesse was appointed to work as the Spanish-language Publications Coordinator. Juanita is from the village of Aguacate, Guatemala, and served as a community health worker, before beginning medical school in 2017. She has completed her medical school coursework and now is progressing through a three-year period of hospital rotations. She looks forward to serving Christ as a doctor, caring for those who are most in need. Please pray for Jesse and Juanita as they continue to answer their calling to serve Christ in Central America.

MEALS SIGN-UP: A sign-up genius has been shared via email to invite parishioners to sign up for dishes to share on Meatfare, March 10, and Cheesefare Sunday, March 17 for potluck coffee hours. The sign-up

genius also has slots for the potluck meals after the Presanctified Liturgies during Great Lent.

CHOIR REHEARSALS: Choir members, please note that our next rehearsals are scheduled for the following dates: April 6 after Vespers (6-7), and May 18 after Vespers (6-7).

ARCHDIOCESAN VIGIL FOR ANNUNCIATION: On the eve of the great feast of Annunciation, Sunday, March 24, His Beatitude Metropolitan Tikhon will preside at the Archdiocesan Vigil at 6:00p at St. Mark Orthodox Church in Bethesda, MD. All faithful of the Archdiocese are encouraged to attend this beautiful celebration.

UPCOMING SERVICES & EVENTS

March 17, Sun	
8:45 AM	Church School
9:30 AM	Divine Liturgy
5:00 AM	Forgiveness Vespers
March 18, Mon	
6:00 PM	Great Canon
March 19, Tue	
6:00 PM	Great Canon
March 20, Wed	
6:00 PM	Great Canon
March 21, Thu	
6:00 PM	Great Canon
March 23, Sat	
5:00 PM	Great Vespers
March 24, Sun	
8:45 AM	Church School
9:30 AM	Divine Liturgy

MINISTRY ROTATIONS

	Mar 17	Mar 24
Coffee Hour:	Potluck	Garber
Reader:	Easton	Barr

Fr. Alessandro is available for Confession on Saturday after Vespers or by appointment