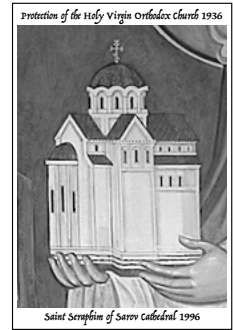


ANNOUNCEMENTS

SUNDAY, February 26, 2023 — Forgiveness Sunday



- TROPARION OF THE RESURRECTION, Tone Four:

When the women disciples of the Lord learned from the angel the joyous message of Thy Resurrection, they cast away the ancestral curse and elatedly told the apostles: "Death is overthrown! Christ God is risen granting the world great mercy!"

- KONTAKION OF [Forgiveness Sunday](#), Tone Six:

O Master, Guide to wisdom, Giver of prudent counsel, Instructor of the foolish and Champion of the poor, make firm my heart and grant it understanding. O Word of the Father, give me words, for see, I shall not stop my lips from crying out to Thee: I am fallen, on Thy compassion have mercy on me.

ACTIVITIES & EVENTS THIS WEEK

- Friday, Feb. 24: 11:30 AM–1 PM, Confession (in St. Seraphim)
7 PM, Catechism make-up class on the *Holy Mystery of Chrismation*
- Saturday, Feb. 25: 9 AM, Divine Liturgy, *Commemoration of all departed monastics*
3:30 PM, Catechism on *The Eucharist*
5 PM, Great Vespers and Confessions
- Sunday, Feb. 26: 10 AM, Divine Liturgy (No Church School)
Noon, Agape Meal
1 PM, Vespers of Forgiveness, beginning of Great Lent
- Monday, Feb. 27: **Begin to fast from all dairy and eggs**
8 AM, Lenten Matins
7 PM, Great Compline with the Canon of St. Andrew of Crete
- Tues. Feb. 28: 8 AM, Lenten Matins
7 PM, Great Compline with the Canon of St. Andrew of Crete
- Wed., March 1: 8 AM, Canon of St. Andrew of Crete
6 PM, Redwood Gospel *Angels Unawares* guests sleeping here (no meal)
6 PM, Presanctified Liturgy (No post-liturgy meal this week)
- Thurs., March 2: 8 AM, Lenten Matins
5 PM, Redwood Gospel *Angels Unawares* meal
7 PM, Great Compline with the Canon of St. Andrew of Crete
- Fri., March 3: 10:30 AM–1:30 PM, Presanctified with Canon to St. Theodore the Recruit,
blessing of Koliva

- FORGIVENESS VESPERS:

Vespers begins at 1:15 PM, this Sunday. This Service is our entry into the Great Fast. At the [Rite of Forgiveness](#) we approach each other, in an orderly line, quietly and reverently, beginning with the clergy. We bow low, say “forgive me,” and “God forgives,” then move on to the next person, then the next, and so on.

- THIS WEEK:

On Wednesday evening we will have an opportunity to receive Holy Communion at the *Liturgy of the Presanctified Gifts* and be strengthened in our initial Lenten efforts. Those who will receive Holy Communion are asked to prepare themselves by fasting (at least from noon), praying the *Prayers before Communion* and a recent confession.

- ANGELS UNAWARES MINISTRY:

Normally we have a meal in the Hall after the Presanctified Liturgy each Wednesday. This week, and this week only, we have been asked by the organizers of *Angels Unawares*, who are in a pinch, if we could provide our Hall on Wednesday evening for their clients to sleep. We won’t be providing a meal. Our usual slot for *Angels Unawares*—for which we provide a meal and sleeping space—will be Thursday, March 1. Please contact Michael Dovey, at (707) 799-4117, if you can help with this Lenten work of mercy.

- THE SUNDAY BEFORE LENT—FORGIVENESS SUNDAY:

The last of the preparatory Sundays before the Great Fast has two themes: it commemorates Adam’s expulsion from Paradise as well as the theme of forgiveness—God’s toward us, and ours toward one another. There are obvious reasons why these two themes should be brought to our attention at this moment: One of the primary images in the *Triodion* [hymn book of Lent] is that of the return to Paradise. Lent is a time when we weep with Adam and Eve before the closed gate of Eden, repenting with them for the sins that have deprived us of our free communion with God. But Lent is also a time when we are preparing to celebrate the saving event of Christ’s death and rising, which has reopened Paradise to us once more (Luke 23:43). So sorrow for our exile in sin is tempered by hope of our re-entry into Paradise:

O precious Paradise, unsurpassed in beauty, tabernacle built by God, unending gladness and delight, glory of the righteous, joy of the prophets, and dwelling of the saints, with the sound of thy leaves pray to the Maker of all: May He open unto me the gates which I closed by my transgression, and may He count me worthy to partake of the Tree of Life, and of the joy which was mine when I dwelt in thee before. [Hymn from Vespers].

Note how the *Triodion* speaks here not of “Adam” but of “me,” “May He open unto me the gates which I closed.” Here, as throughout the *Triodion*, the events of sacred history are not treated as happenings in the distant past or future, but as experiences undergone by me here and now within the dimension of sacred time. The second theme, that of forgiveness, is emphasized in the Gospel reading for this Sunday (Matthew 6:14–21) and in the special [Ceremony of Mutual Forgiveness at the end of Vespers on Sunday](#).... Before we enter the Lenten fast, we are reminded that there can be no true fast, no genuine repentance, no reconciliation with God, unless we are at the same time reconciled with one another. A fast without mutual love is the fast of demons. ...we do not travel the road of Lent as isolated individuals but as members of a family. —From the forward to the *Lenten Triodion*

- NEXT SUNDAY, MARCH 5:

Next Sunday, the first Sunday of Great Lent, is called “The Sunday of Orthodoxy.” There is a fascinating and often disturbing history behind that name, with saints and heretics, icon-smashers and icon-venerators, martyrs and persecutors, emperors, empresses, monks and holy nuns. This [LINK](#) gives an overview of what is called the *iconoclastic controversy* of the 8th and 9th centuries. The first Sunday of Lent focuses us on the essential nature of icons to preserve the right understanding that God became man. And so we venerate and honor icons of Jesus Christ, the Theotokos and the saints. What is truly essential in all this is that the living icon—the image of God—is the human person. We read in Genesis that God the Father, the Son and the Holy Spirit said “Let us make man in our image.” More on this next week. For now, please remember to bring an icon so you can carry it in the procession after the Liturgy next week. —*Fr L*

- FASTING:

While circumstances for each person or family may differ to some degree (age, health requirements, etc.) there are some [basic Lenten fasting rules](#) that we all ought to follow: abstain from all meat, dairy and eggs until Pascha; abstain from alcoholic beverages during weekdays. Wine and oil are allowed on Saturdays and Sundays. Shellfish may be eaten on any day. Fasting will do no good at all if it is not joined with forgiveness for others and prayer. We also at least try to fast from noise and distractions during Lent. Start by turning off the TV for Lent, or for at least the weekdays of Lent. By Sunday, you will understand why you shut it off. For Clean Week and Holy Week turn off the radios, the games, and the various distractions. If we fast from food and noise and pray for strength, we might, with the grace of God, also be able to fast from sin. A great virtue in fasting is that we may show obedience to God and His will, rather than be led by our own will all the time. —*Fr Lawrence*



PAN ORTHODOX VESPERS

Lenten Meal & Program

Supporting OCMC (Orthodox Christian Mission Center)



Sunday, March 12th
5:00 PM - 8:00 PM



Ascension Greek Orthodox Cathedral
4700 Lincoln Ave, Oakland, CA 94602

Great Vespers at 5:00 PM PT
Evening Program & Lenten Dinner at 6:30 PM PT



Event is FREE.
Registration Required.
Table reservations are for 10
(Love Offering will be accepted with
All proceeds benefiting the OCMC)

Sign up by March 10th.
For questions, please contact:
Ascension Office at (510) 531-3400,
Mariela Kadow at mariela.kadow@gmail.com
or OCMC staff at events@ocmc.org

Join Us At The
Ascension Greek Orthodox Cathedral



ORTHODOX CHRISTIAN MISSION CENTER

Come and learn about OCMC's missionary efforts around the world. Hear the latest happenings from the mission field, and how you can answer Christ's call to "go and make disciples of all nations."

GUEST SPEAKERS



Daniel Christopoulos
OCMC Development Director and First Missionary



Anastasia Pamela Barksdale
Parish Engagement Coordinator and Former Missionary in Albania

Supported by:





Register for the event OR make a donation at www.ocmc.org/Oakland-Dinner or via the QR code

PROTECTION OF THE HOLY VIRGIN MARY ORTHODOX CHURCH

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 26 – Forgiveness Sunday <ul style="list-style-type: none"> • 10 AM, Divine Liturgy • Noon, Agape Meal • 1 PM, Forgiveness Sunday Vespers (Lent begins) <i>Cheese-Fare Sunday</i> 	27 – CLEAN WEEK <ul style="list-style-type: none"> • 8 AM, Lenten Matins • 7 PM, Great Compline with Canon 	28 <ul style="list-style-type: none"> • 8 AM, Lenten Matins • 7 PM, Great Compline with Canon 	MARCH 1 <ul style="list-style-type: none"> • 8 AM, Canon of St. Andrew • 6 PM, 9th Hour, Presanctified and Meal 	2 <ul style="list-style-type: none"> • 8 AM, Lenten Matins • 5 PM, Angels Unawares • 7 PM, Great Compline with Canon 	3 <ul style="list-style-type: none"> • 10:30 AM, Presanctified with Canon to St. Theodore the Recruit (Blessing of Koliva) 	4 <ul style="list-style-type: none"> • 3:30 PM, Catechism <i>On Confession</i> • 5 PM, Vigil/Confessions
5 – Sunday of Orthodoxy <ul style="list-style-type: none"> • 10 AM, Divine Liturgy with Icon Procession • Noon, Agape Meal 	6	7 <ul style="list-style-type: none"> • 8 AM, Lenten Matins 	8 <ul style="list-style-type: none"> • 8 AM, Lenten Matins • 6 PM, 9th Hour, Presanctified and Meal 	9 – Forty Martyrs <ul style="list-style-type: none"> • 8 AM, Lenten Matins • 7 PM, Online Bible Study with Fr. James 	10 <ul style="list-style-type: none"> • 8 AM, Lenten Matins • 11:30 AM–1 PM, Confessions • 6 PM, 9th Hour, Presanctified 	11 <ul style="list-style-type: none"> • 3:30 PM, Catechism <i>On the Priesthood</i> • 5 PM, Great Vespers/Confessions • 7:30 PM, <i>Concert here</i>
12 – St. Gregory Palamas <ul style="list-style-type: none"> • 10 AM, Divine Liturgy • 11:30 AM, Church School • Noon, Agape Meal • 3 PM, <i>Concert here</i> 	13	14 <ul style="list-style-type: none"> • 8 AM, Lenten Matins 	15 <ul style="list-style-type: none"> • 8 AM, Lenten Matins • 6 PM, 9th Hour, Presanctified and Meal 	16 <ul style="list-style-type: none"> • 8 AM, Lenten Matins • 7 PM, Online Bible Study with Fr. James 	17 – St. Patrick <ul style="list-style-type: none"> • <i>Presanctified in SF Deanery Clergy Gathering</i> 	18 <ul style="list-style-type: none"> • <i>Retreat at Holy Trinity, SF</i> • 3:30 PM, Catechism <i>On Marriage</i> • 5 PM, Vigil for the Veneration of the Cross
19 – Veneration of the Cross <ul style="list-style-type: none"> • 10 AM, Divine Liturgy • 11:30 AM, Church School • Noon, Agape Meal • 12:45 PM, <i>Parish Council Meeting, Library</i> 	20	21 <ul style="list-style-type: none"> • 8 AM, Lenten Matins • Noon, Senior Lunch Fellowship 	22 <ul style="list-style-type: none"> • 8 AM, Lenten Matins • 6 PM, 9th Hour, Presanctified and Meal 	23 <ul style="list-style-type: none"> • 8 AM, Lenten Matins • 7 PM, Bible Study 	24 - Prefeast <ul style="list-style-type: none"> • 8 AM, Lenten Matins • 11:30 AM–1 PM, Confessions • 6 PM, Festal Matins for Annunciation 	25 – Annunciation <ul style="list-style-type: none"> • 9 AM, Divine Liturgy • 3:30 PM, <i>On Holy Unction</i> • 5 PM, Great Vespers/Confessions
26 – Leave-taking of Annunc. <ul style="list-style-type: none"> • 10 AM, Divine Liturgy • 11:30 AM, Church School • Noon, Agape Meal 	27	28 <ul style="list-style-type: none"> • 8 AM, Lenten Matins 	29 <ul style="list-style-type: none"> • 8 AM, Lenten Matins • 5 PM, Diaper Bank Distribution here • 6 PM, 9th Hour, Presanctified and Meal 	30 – Great Canon <ul style="list-style-type: none"> • 8 AM, Lenten Matins with the Great Canon of St. Andrew 	31 – St. Innocent <ul style="list-style-type: none"> • <i>No Morning Service</i> • 11:30 AM–1 PM, Confessions • 6 PM, Theotokos Akathist/Matins 	APRIL 1 <ul style="list-style-type: none"> • 3:30 PM, <i>On Death and the Funeral</i> • 5 PM, Great Vespers/Confessions