

### Prayer of St. Ephraim the Syrian

O Lord, and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk (*Prostration*).

But give rather the spirit of chastity, humility, patience, and love to Thy servant (*Prostration*).

Yea, O Lord and King, grant me to my own transgressions, and not to judge my brother, for blessed art Thou unto ages of ages. Amen. (*Prostration*).

### Jesus Prayer

O Lord, Jesus Christ, Son of God, have mercy upon me a sinner.

### Prayer to the Theotokos

Beneath your compassion, We take refuge, O Theotokos: do not despise our petitions in time of trouble: but rescue us from dangers, only pure, only blessed one. Most Holy Theotokos save us.

### Prayer Said at the Liturgy of the Presanctified Gifts

O God, great and worthy to be praised, Who through the life-giving death of Thy Christ hast translated us from corruption to incorruption: Deliver all our senses from death-dealing, carnal desires, setting over them as a good ruler the understanding that is in us. Let our eye have no part in any evil sight. Let our hearing be in accessible to all idle words; and let our tongue be purged from unseemly speech. Purify our lips which praise Thee, O Lord. Make our hands to abstain from evil deeds and to work only such things as are acceptable unto Thee, establishing all our members and our minds by Thy Grace.

*“Let us Attend!”*



*“For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”*

A PARISH BULLETIN OF  
ALL SAINTS ORTHODOX CHURCH  
Olyphant, Pennsylvania

6 March 2022 – Sunday of the Expulsion of Adam and Eve from  
Paradise – Forgiveness Sunday

**Bulletin, Sunday, 6 March 2022**

**SUNDAY OF CHEESEFARE — Tone 4. The Expulsion of Adam and Eve from Paradise.** The 42 Martyrs of Ammoria in Phrygia, including: Constantine, Aetitus, Theophilus, Theodore, Melissenus, Callistus, Basoës and others (ca. 845). The Uncovering of the Precious Cross and the Precious Nails by Empress St. Helen (Elena) in Jerusalem (326). Monastic Martyrs Conon and his son, Conon, of Iconium (270–275). Ven. Arcadius of Cyprus (4th c.).

*Our souls and minds are strengthened and fortified by the regular reading of the Holy Scriptures. Daily readings can be found on the parish's wall calendar, or online by visiting the OCA's daily reading page <https://www.oca.org/readings>.*

**Schedule of Services:**

**Monday, 7 March 2022 – Monday of the first Week of Great Lent. 9:30AM Lenten Hours and Typica.**

**Tuesday, 8 March 2022 – Great Canon of St. Andrew of Crete. Visit of Fr. Nicholas Solak. 6PM.**

**Wednesday, 9 March 2022 – Holy 40 Martyrs of Sebaste. Liturgy of the Presanctified Gifts, 6PM, followed by Lenten Potluck Agape Meal.**

**Thursday, 10 March – Thursday of First Week of Great Lent. 9:30AM Lenten Hours and Typica.**

**Sunday, 13 March 2022: Sunday of Orthodoxy. Divine Liturgy of St. Basil the Great, 9:30AM. Followed by Coffee**

**Hour Agape. Mission Vespers, 4PM Holy Resurrection Cathedral, Wilkes-Barre.**

**Announcements** ~ A warm welcome back to All Saints Fr. Stephen Kopestonsky and Matushka Sandy, and we thank Father for serving and preaching this morning.

~ A warm welcome as well to all visitors. Please join us downstairs following the Liturgy for our Agape fellowship.

~ A big thank you to all those that worked throughout the week to make our Lenten Food Sale a success. A profit of over \$4,000.00 was realized. Many blessed years for all your efforts.

~ Donations are needed for flowers for Pascha. Please consider making a special contribution towards flowers to adorn the temple for the Feast of Feasts.

~ Today begins the Great Fast that concludes with our celebration of the Holy Pascha. During this time, we give ourselves to more intense prayer, repentance, fasting according to the prescriptions of the Church, and giving to those in need (almsgiving). We are called by the Church to enter into silence more often, refrain from those things that distract us from our relationship to God, and come to Church more often to enter into prayer. Please take advantage of the services, and engage in times of prayer the Church offers us.

~ Enclosed, please find some a small set of prayers that can be said throughout the day in addition to an Evening and Morning Prayer Rule.