



## Saint Nicholas Greek Orthodox Church

3585 North 12th Street, Grand Junction, CO 81506

Office Phone: (970) 242-9590

[www.saintnicholasgj.org](http://www.saintnicholasgj.org)

Rev. Fr. Jeremy Troy, *Proistamenos*

[frjeremytroy@gmail.com](mailto:frjeremytroy@gmail.com)

**Sunday, March 17th, 2024**

Forgiveness Sunday

8:45am: Orthros, 10am: Divine Liturgy

6pm: Forgiveness Vespers

12pm: Youth Church School & Adult Ed

## Hymns of the Day

### Resurrectional Apolytikion in the Plagal Fourth Mode

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.

**Ἀπολυτίκιον Ἀναστάσιμον. Ἦχος πλ. δ΄.**

Ἐξ ὕψους κατήλθες ὁ Εὐσπλαγχνος, ταφήν κατεδέξω τριήμερον,  
ἵνα ἡμᾶς ἐλευθερώσῃς τῶν παθῶν. Ἡ ζωὴ καὶ ἡ ἀνάστασις  
ἡμῶν, Κύριε δόξα σοι.

## **Apolytikion of Saint Nicholas in the Fourth Mode**

An example of the faith and a life of humility: \* as a teacher of abstinence you did inspire and lead your flock, \* and through the truthfulness of your deeds \* were exalted to greatness through your humility, \* uplifting all, and by poverty gaining wealth. \* Father and hierarch Saint Nicholas, \* intercede with Christ our God \* that our souls may be saved.

## **Kontakion of Forgiveness Sunday in the Plagal Second Mode**

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen.

## **Gospel and Epistle Readings**

### **Epistle Reading**

#### **St. Pauls' Letter to the 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 Reading

### 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."

## The Lord's Prayer

### Ελληνικά:

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, \* ἁγιασθήτω τὸ ὄνομά σου.  
\* ἐλθέτω ἡ βασιλεία σου. \* γεννηθήτω τὸ θέλημά σου \* ὡς  
ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. \* τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον

δὸς ἡμῖν σήμερον· \* καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν· \* καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

## **Español:**

Padre Nuestro, que estás en el cielo, \* santificado sea tu nombre; \* venga tu reino; \* hágase tu voluntad, \* en la tierra como en el cielo. \* Danos hoy nuestro pan de cada día; \* perdona nuestras ofensas, como también nosotros perdonamos a los que nos ofenden; \* no nos dejes caer en la tentación, y líbranos del mal.

## **English:**

Our Father, who art in the heavens \* hallowed be Thy name; \* Thy Kingdom come; \* Thy will be done \* on earth as it is in heaven; \* give us this day our daily bread, \* and forgive us our trespasses, as we forgive those who trespass against us; \* and lead us not into temptation, but deliver us from the evil one.

# **Saints and Feasts**

## **Forgiveness Sunday**

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become

gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind.

The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

## **Alexis the Man of God**

Saint Alexis was born in Rome of pious and illustrious parents named Euphemianus and Aglais. Early on there burned within him the desire to leave the world and serve God. His parents, however, had arranged for Alexis to marry a beautiful and virtuous bride.

On his wedding night, Alexis gave her his ring and his belt (which were very valuable) and said, "Keep these things, Beloved, and may the Lord be with us until His grace provides us with something better." Then he fled to Edessa, where he lived for eighteen years. There, Alexis sold everything that he had, distributed the money to the poor and began to live near the church of the Most Holy Theotokos under a portico. The saint used a portion of the alms he received to buy bread and water, and he distributed the rest to the aged and infirm. Each Sunday he received the Holy Mysteries.

He returned to Rome in the guise of a beggar and sat at the gates of his father's house. Unrecognized, he humbly asked his father's permission to settle in some corner of his courtyard.

Euphemianus settled Alexis in a specially constructed cell and gave orders to feed him from his table. Living at his parental home, the saint continued to fast and he spent day and night at prayer. He humbly endured insults and jeering from the servants of his father.

Saint Alexis dwelt at the house of his parents for seventeen years and the Lord revealed to him the day of his death. Then the saint, taking paper and ink, wrote certain things that only his wife and parents would know. He also asked them to forgive him for the pain he had caused them.

His identity was revealed only after his death. The pious Emperor Honorius honoured him with a solemn burial. The title "Man of God" was given to him from heaven in a vision to the Bishop of Rome on the day of the Saint's repose.

## **Patrick the Enlightener of Ireland**

Saint Patrick, the Apostle of the Irish, was seized from his native Britain by Irish marauders when he was sixteen years old. Though the son of a deacon and a grandson of a priest, it was not until his captivity that he sought out the Lord with his whole heart.

In his Confession, the testament he wrote towards the end of his life, he says, "After I came to Ireland— every day I had to tend sheep, and many times a day I prayed— the love of God and His fear came to me more and more, and my faith was strengthened. And my spirit was so moved that in a single day I would say as many as a hundred prayers, and almost as many at night, and this even when I was staying in the woods and on the mountain; and I would rise for prayer before daylight, through snow, through frost, through rain, and I felt no harm."

After six years of slavery in Ireland, he was guided by God to make his escape, and afterwards struggled in the monastic

life at Auxerre in Gaul, under the guidance of the holy Bishop Germanus. Many years later he was ordained bishop and sent to Ireland once again, about the year 432, to convert the Irish to Christ. His arduous labours bore so much fruit that within seven years, three bishops were sent from Gaul to help him shepherd his flock, "my brethren and sons whom I have baptized in the Lord— so many thousands of people," he says in his Confession.

His apostolic work was not accomplished without much "weariness and painfulness," long journeys through difficult country, and many perils; he says his very life was in danger twelve times. When he came to Ireland as its enlightener, it was a pagan country; when he ended his earthly life some thirty years later, about 461, the Faith of Christ was established in every corner.



## Parish Information

### Church School

Church School meets on Sundays following Divine Liturgy, at approximately noon. Our two Youth Church School classrooms meet downstairs.

### Orthodox Christianity 101

Our Orthodox Christianity 101 class meets in the Church hall following coffee hour. Anyone who is interested in learning the basic teachings and practices of the Orthodox Christian faith is welcome to attend! We will read and discuss the book *Welcome to the Orthodox Church* by Frederica Mathewes-Green.

## Men's Breakfast Group

The next Men's Breakfast will be on **Saturday, March 2** at 8am. Bring your favorite breakfast foods, and feel free to invite a friend!

## Ladies' Potluck Luncheon

Our Ladies' Potluck Luncheon group meets on the second Thursday of each month! The next luncheon will take place in the Church hall on **Thursday, April 11** at 12pm.

## Byzantine Chant Classes

Byzantine chant classes take place on **Saturdays at 4pm**. If you are interested in learning and helping out, please feel free to attend!



## This Week at Saint Nicholas

- Sunday, March 17: 6pm Forgiveness Vespers
- Clean Monday, March 18: 6pm Great Compline w/ Canon of St. Andrew
- Clean Wednesday, March 20: 6pm Presanctified Liturgy
- Clean Friday, March 22: 6pm Salutations to the Theotokos (1st Stasis)
- Saturday, March 23 **Third Saturday of Souls**: 9am Orthros, 10am Divine Liturgy, 4pm Byzantine Chant Class, 5pm Great Vespers