

Holy Trinity Hellenic Orthodox Church

Lowell, Massachusetts

Rev. Fr. Nikolaos D. Pelekoudas, Presbyter

March 13, 2016

Forgiveness Sunday (Cheese-fare)

SUNDAY READINGS

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| Epistle Reading | Romans 13:11-14; 14:1-4 | Page 134 |
| Gospel Reading | Matthew 6:14-21 | Page 135 |
| Creed | | Pamphlet |
| The Lord's Prayer | | Page 26 |
| Communion Prayers (Before receiving) | | Pages 29-30 |
| Thanksgiving Prayers (After receiving) | | Pages 33-34 |
| Memorial Service | | Page 164 |

Note: All are welcome to receive the Blessed Bread (Antidoron), but only practicing Orthodox Christians can receive Holy Communion.

Today's Calendar

- **Memorials: 40-day for George Nicolakakis; 40-day for Vasilios Spanos**
- **Philoptochos is hosting today's Coffee Hour.**
- **Parish Council members on duty: Greg Curtis, Damon Manettas, Nick Stathopoulos, Tom Themeles**

This Week

Monday, March 14 – Great Lent begins.

Friday, March 18 – Salutations to the Theotokos – 6:00 pm

Saturday, March 19 – 3rd Saturday of Souls – 9:00 am Orthros; 10:00 am Divine Liturgy

For Our Edification

Sunday Lenten Vespers Begin March 20

On Sunday, March 20, Sunday Lenten Vespers will be held at the Transfiguration Church at 6:00 pm.

The remaining schedule is as follows: Sunday, March 27, 6:00 pm, Holy Trinity Church; Sunday, April 3, 6:00 pm, St. George Antiochian Church; Sunday, April 10, 6:00 pm, St. George Greek Church; Sunday, April 17, 6:00 pm, Assumption of the Virgin Mary Church.

Light Lenten receptions and fellowship will follow each service.

Greek Independence Day Festivities

On Monday, March 21, 6:00 pm, the Hellenic American Academy students will present their Greek Independence Day Program at the Lowell Senior Center. All are invited to attend.

On Tuesday, March 22, a 10:00 am Doxology will be held here at Holy Trinity. There will be a presentation by HAA students. The parade and wreath laying ceremonies will begin at 11:00 am, culminating with the flag raising at Lowell City Hall.

Support the HAA by celebrating Greek Independence Day activities on Tuesday, March 22, at the Athenian Corner Restaurant from 11:00 am until 9:00 pm. Twenty-five percent of all food sales will go to the school.

Great Lent

The Orthodox faithful observe Great Lent more widely than the other three Lenten Periods. Great Lent precedes the most important event in the Church, Christ's Resurrection.

Great Lent is a tremendous spiritual challenge for each individual. Three basic components are emphasized: fasting of body and soul, prayer, and philanthropy. Through self-examination, fasting, and giving to charity, the old way of life can be shed. Just as Christ received new life after His death, a new life is given at Easter to those who have prepared themselves. The soul must be cleansed by genuine repentance, the breaking of sinful habits, forgiveness, and reconciliation. The challenge is to recover the image of God within oneself (Theosis).

The Salutations to the Theotokos

On the first five Friday evenings of Lent, the small Compline Service and the Akathist Hymn honor the Virgin Mary. This Compline is a worship service with prayers and psalms. The Akathist Hymn, one of the most beautiful and beloved hymns of Orthodoxy, is an ecclesiastical poem about the Annunciation of the Mother of God and Nativity of Jesus Christ. Parishioners stand during the Hymn. The word "akathistos" means "not seated." The hymn contains 24 stanzas. A different one is sung on the first four Friday evenings. On the fifth Friday, the hymn is sung entirely.