

St. Alexis of Wilkes-Barre Orthodox Church

A Mission of the Orthodox Church in America

Meeting at St. Stephen Catholic Chapel, 2400 E Moody Blvd, Bunnell, FL 32110

Sunday Divine Liturgy 9:30 AM

Confessions heard 9:00 AM Sundays, before and after evening services, and by appointment

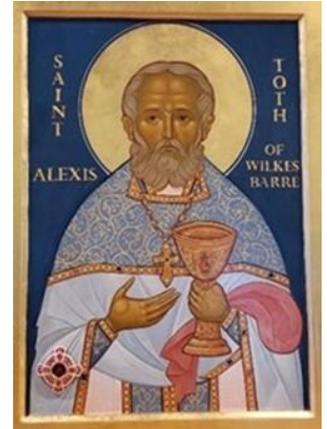
SUNDAY, FEBRUARY 22

TONE 4

**Cheesefare Sunday (Forgiveness Sunday) – The Expulsion of Adam from Paradise
First and Second Finding of the Honorable Head of the Holy Glorious Prophet, Forerunner, and
Baptist of the Lord, John**



“The Orthodox Christian Church
is evangelical, but not Protestant.
It is orthodox, but not Jewish.
It is catholic, but not Roman.
It is not denominational,
it is pre-denominational.
It has believed, taught, preserved, defended,
and died for the Faith of the Apostles
since the Day of Pentecost
nearly 2,000 years ago.”
– *Our Life in Christ*



Welcome to our Guests!

Thank you for coming to pray with us. You will find a weekly bulletin with today's hymns and a blue guest information card on the back table. Please fill out the card and give it to a greeter or put it in an offering box. You are also invited to *Coffee Fellowship* in the parish hall following the Liturgy this morning. Our priest, Fr David, looks forward to meeting you!

According to ancient Christian practice, Holy Communion (Eucharist) is served to members of the Orthodox Church who have made preparation through prayer, fasting, and recent confession, and who are at peace with their neighbor. If you are not a member of the Orthodox Church, you may be offered blessed bread (*antidoron*) by others in respect and love.

Announcements:

Let Us Begin The Fast With Joy. . . .

Our journey from Lent to Pascha begins today. After the Divine Liturgy and Cheesefare Coffee Fellowship Hour (no meat please) we will take our first steps to our Lord's Glorious Resurrection with the service of mutual forgiveness.

Rubric for Ceremony of Mutual Forgiveness



Often a sermon is preached before the exchange of forgiveness. The Priest stands beside the analogion, and the faithful come up one by one, and each makes a prostration before the Priest, saying, "Forgive me, a sinner." The Priest, also, makes a prostration, saying the same words; and then the other receives his blessing and kisses his hand before moving on to do the same with each person present. A traditional response is, "***God forgives and I forgive.***"

Who should fast? Everyone, period. Jesus says, “When you fast” (Matthew 6:14), not “if” you fast. We fast so that our lives, our minds, and our hearts are not controlled by our passions, by our fleshly desires, by our bellies, by our sensual desires, or by our impulses. We fast so that we understand that we are dependent on God for everything. For each person it will be a little bit different, though the essential character will be identical. Your rule for fasting according to the tradition is worked out with your spiritual father annually.

Practical Application of General Guidelines About Fasting

For our healing we need to practice the spirit of the fast. We are not monastics, and we must function successfully in the workplace and in our homes for our families. A practical, suggested application is as follows:

1. No meat until Pascha.
2. Reduce/eliminate dairy products to the best of your ability.
3. According to the rubrics, a (modest-sized) glass of wine is permissible with the main course of our main meal of the day on feast days, Saturday, and Sunday (for those who do not need to abstain from alcohol completely).
4. Make your best fasting efforts on Wednesdays and Fridays, the first week of Lent (Clean Week) and Holy Week.
5. Limit meals and eat less. Stuffing ourselves on “legal” foods is still gluttony. Stop eating before you are full. Exercising, walking, running, and drinking plenty of water can help control gluttony. Moderation is a Christian discipline. Also, besides the overeating of “legal” delicacies, abstain from gluttony of the tongue by speaking less, listening more.
6. If we are fasting appropriately, we will experience weakness from time to time. If you are under care of a physician and taking prescribed medication, follow the directions if food and water are required! This is part of your fasting. You do not need to ask your priest for a blessing to modify fasting in this case.
7. Fast from social media and screentime as much as your work or studies allow.
8. The Great Fast is a gift. It is not done as a lone individual. It is done in the fellowship of the entire Body of Christ. Let us prayerfully offer our fast up to God in thanksgiving for all He has given us.
9. Take the fast seriously. With the services coming up, mark your calendar and attend as many as possible, bowing down to God in worship and enjoying His presence. Lent is a slow cook, not a microwave zap! There is nothing instantaneous in spiritual growth.
10. A custom for some is to give alms to those in need with the monies saved by fasting in addition to their regular tithes. We have a separate Alms Box for receiving such offerings.

It’s All Hands on Deck! Please save the following Saturdays @10-3 for working in our new building:

- February 21 – lunch provided (cheese pizza)
- February 28 – lunch provided (Lenten)
- *March 7 – tentative (watch for updates)*
- *March 14 – tentative (watch for updates)*

Regardless of how long you can stay, come anyway and help as you can! Team leaders will assign tasks and provide materials. All are welcome, including well-supervised children with their parents!

Essential Orthodox Christian Beliefs

Fr David is now facilitating a class for seekers, catechumens, and members of the faithful after Coffee Fellowship Hour on appointed Sundays - *check the calendar for dates!* Catechumens, please make it a priority to attend – and all others are welcome to join in. In the Orthodox Church we pray what we

believe and we believe what we pray. If you are a guest, seeker, inquirer or member, this is an opportunity to learn more about the meaning behind how we pray. So, enjoy Coffee Hour then join us back in the nave.

Capital Campaign 2025-2026 In Progress

- ✓ The goal of \$400K has been reached, enabling us to pay for the new building. Thanks be to God!
- ✓ But *don't stop now!* From this time forward all donations received for the Building Fund will be used for renovations, icons, and the many other items needed for us to occupy and worship together. All pledges for the campaign are due by St. Thomas Sunday, April 19, 2026.
- ✓ Make sure any donation intended for the Building Fund is clearly marked with "Building Fund" written on your offering envelope and/or check.

Encouraging ACH donations at St. Alexis

We encourage online donors to choose **ACH** rather than credit card transactions. Our parish is charged a 2.2% transaction fee for each credit card donation. In contrast, we are charged only \$.25 for each ACH donation. To donate via ACH, register with **Church Connect**, a one-time, quick, secure set up:

Church Connect - Our St Alexis Orthodox Church App

- Scan the **QR code** with your smart phone to create your account
- You may also go directly to the link at: stalexisoca.org/give
- If you need help setting up your account, see Mka Rozanne or Mike Ruddy



ONGOING Opportunities for Love and Ministry in our Parish:

- **We need your help to set up our worship space on Sunday mornings.** Arrive by 8:00 AM and our Altar Servers will supervise the setting up process. **If you are an able-bodied member of our parish but cannot help during set-up, PLEASE do assist in the take-down process and clean-up.**
- **Can you push a light-weight stick vacuum?** We need volunteers to vacuum 1) **the nave** by noon each Sunday, and 2) **the parish hall & kitchen** after Coffee Fellowship Hour!
- **Woodworkers, carpenters, and other skilled craftsmen needed!** In preparation for having our own building, there are projects waiting to be completed. If you have tools and expertise, your services will be greatly appreciated. Do you know someone with these skills? Send info to Fr David.

2026 Church Calendars from St. Tikhon's Monastery are available free of charge thanks to a sponsor!

2026 Church Offering Envelopes are now available! Please get your box from Helen, our Treasurer.



Camp St. Christopher is our deanery camp located near Gainesville, just a little over an hour away. It will have participants from nearby churches and will be held the week of **June 15-21**. This camp is for ages 8 up to those entering their senior year of high school. Click [here](#) to find details regarding registration. Our parish budget includes *scholarship funds* to assist in sending our children to any Orthodox youth camp program. We strongly encourage our youth to attend such activities! Questions? See Fr David!

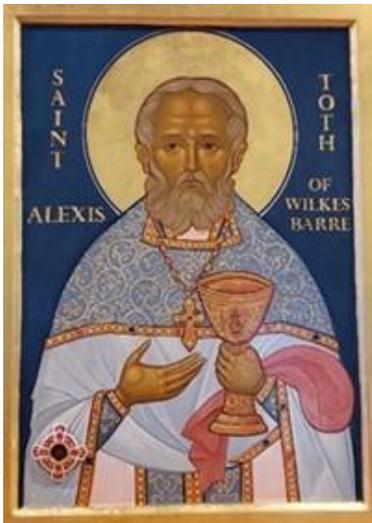
Prayer Lists – Pray for each other daily:

The Departed:

- The Priest Slava
- Archim. Andres Giron (Guatemala)
- The newly departed servant of God Diane Inks
- Alexandra
- Kirill
- Victims of accidents, hostilities, and natural disasters around the world
- All the unborn

All whom we carry in our hearts, including:

- Fr Aleksandr Yu Shi
- Dn Daniel Werner, Mka Aly, and family at Seminary
- Fr Patrick, Mka Lauren, James, Walter, Henry, Kathryn, Ethan, Marissa, Andrew
- Fr Phillip, Kh Diane, Fr Jordan, Mka Vanessa, Fr James, Mka Daphne, Fr Patrick, Mka Kristen, Fr Theophan, Pres Elena, Dn Jim, Mka Robin
- Our missionary families: the Hoppes, Brandows, Macdonalds, and Hannah Valentine
- Ilya, Anastasia, Craig, Mary, Christopher, Cindy, Moses, Michael, Andrew, John, Monica, Bill Michael, Carol Anna, Elena, Stefan, Nina, Alexis, Sdn Daniel, Sophia, Emmelia, Michael, Jonathan, Anna and the child she carries, Amy and the child she carries, Nadia and the child she carries, Kenadea Mary and the child she carries, Tasha and the child she carries, the Gibbons family, the Inks family, and all members of our community traveling or on the bed of sickness
- Zachary & Kenadea Mary preparing for holy matrimony
- St Gerard Campus staff and the mothers and babies they serve
- All who are homeless, unemployed, or under-employed in our community
- All of our guests and inquirers seeking God through the Orthodox Church
- Catechumens Chris, Lesly, Gianna, Marco, Zachary, and Annie



Prayer for the new home for St. Alexis (Augmented Litany):

Again we ask Thee to continue to grant us wisdom, understanding, and discernment **as we prepare to move into our new church building.** We thank Thee for Thy provision and ask that Thou wouldst grant us great love and compassion for one another and the ability to inquire respectfully, listen carefully, act judiciously, and proceed graciously. Lead us in the way of Thy Truth for the glory of Thy Kingdom as we continue becoming Thy disciples and participate in making disciples, for the salvation of our children, our neighbors, and all people.

***O Righteous Father Alexis,
pray to God for us!***

Hymns for this Sunday: *Please sing along with the choir – and all week long!*

Tone 4 Troparion (Resurrection)

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!”

Tone 4 Troparion (Forerunner)

The head of the Forerunner has shone from the earth,
sending forth rays of incorruption and healings to the faithful.
It gathers together a multitude of angels above
and summons the human race below//
to send up glory with one voice to Christ our God.

Tone 2 Kontakion (Forerunner)

O Prophet of God and Forerunner of Grace,
we have found your head as a sacred rose.
Therefore we always receive healings from it,//
and, as in times past, you now preach repentance to the world.

Tone 6 Kontakion (from the Lenten Triodion)

O Master, Teacher of wisdom,
Bestower of virtue,
Who teaches the thoughtless and protects the poor,
strengthen and enlighten my heart!
O Word of the Father,
let me not restrain my mouth from crying to Thee:
“Have mercy on me, a transgressor,//
O Merciful One!”

Scripture Readings for this Sunday:

Epistle: Romans 13:11-14:4
Gospel: Matthew 6:14-21

The Lord's Prayer

English

Our Father, Who art in heaven,
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 debts, as we forgive our debtors;
And lead us not into temptation,
But deliver us from the evil one.

Slavonic (Transliterated)

Ot-che nash,
Ee-zhe ye see na nye-bye-sekh!
da svya-tee-tsya ee-mya Tvo-ye, da pri-ee-dyet Tsar-stvi-ye Tvo-ye:
da boo-dyet vol-ya Tvo-ya, ya-ko na nye-bye-see ee na zem-lee.
Khleb nash na-soosch-nui dazhd nam dnyes:
ee o-sta-vee nam dol-gee na-shya, ya-ko-zhe ee mui o-sta-vlya-yem
dol-zhnee-kom na-shim:
ee nye vye-dee nas vo ees-koo-shye-ni-ye,
no eez-ba-vee nas ot loo-ka-va-go.

Spanish

Padre nuestro, que estás en los cielos,
Santificado sea tu nombre.
Venga tu Reino.
Hágase tu voluntad así en la tierra como en el cielo.
El pan nuestro de cada día dánosle hoy,
Y perdona nuestras deudas, así como nosotros perdonamos nuestros deudores;
Y no nos dejes caer en la tentación, mas líbranos del mal.

Greeter Schedule:	Feb 22	Mar 1	Mar 8	Mar 15	Mar 22
	Chris M	Olga L	Octavian F	Kenadea N	Michael P

His Eminence, The Most Reverend ALEXANDER, Archbishop of Dallas and the South
Archpriest David C. Rucker ◊ 904-599-5812 ◊ priest@stalexisoca.org
Parish Council President James Humphries ◊ 904-540-2476

Life in our Church

Saturday, Feb 21 **Church Work Day** – new building!
Cheese & veggie pizza will be provided **10 AM-3 PM**

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Sunday, Feb 22 **Divine Liturgy** **9:30 AM**
(Sunday of Cheesefare)
Forgiveness Sunday

Forgiveness Vespers after Coffee Fellowship

+++The Great Fast Begins Monday February 23+++

Tuesday, Feb 24 **Great Canon of St. Andrew of Crete** **6:00 PM**

Wednesday, Feb 25 **Great Canon of St. Andrew of Crete** **6:00 PM**

Saturday, Feb 28 **Church Work Day** – new building!
Lenten soup & bread will be provided **10 AM-3 PM**

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Sunday, Mar 1 **Divine Liturgy of St. Basil** **9:30 AM**
(Sunday of Orthodoxy – 1st Sunday of Lent)

Process with Icons/Synodicon proclamation *(after Dismissal)*

Coffee Fellowship Hour

Essential Orthodox Christian Beliefs **12-1:30 PM**

Choir Rehearsal **12-1:30 PM**

Vespers for the Sunday of Orthodoxy **5:00 PM**

Holy Cross Orthodox Church

375 Fleming Ave.

Ormond Beach, FL 32174

Potluck Fellowship Meal to Follow

Wednesday, Mar 4 **Liturgy of Presanctified Gifts** **6:00 PM**

Fellowship Meal to Follow (soup & bread)

Saturday, Mar 7 **Church Work Day** – new building! *TENTATIVE* **10 AM-3 PM**
Lenten lunch snacks provided

SPRING FORWARD!! Daylight Savings Time Begins Sunday March 8 @2:00 AM

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Sunday, Mar 8 **Divine Liturgy of St. Basil** **9:30 AM**
(Sunday of St. Gregory of Palamas – 2nd Sunday of Lent)

Coffee Fellowship Hour

Parish Council Meeting

Wednesday, Mar 11 **Liturgy of Presanctified Gifts** **6:00 PM**

Fellowship Meal to Follow (soup & bread)

Saturday, Mar 14 **Church Work Day** – new building! *TENTATIVE* **10 AM-3 PM**
Lenten lunch snacks provided