

Sunday of Forgiveness

Cheesefare Sunday

2022-03-06

St. Thomas Orthodox Church

A Parish of the [Antiochian Orthodox Christian Archdiocese of North America](#)



To our visitors...

Welcome! We hope your time with us is healing and worshipful. Please note that, although we have much respect for other Christian traditions, Holy Communion is reserved for properly prepared members of the Orthodox faith. Everyone is invited to partake of the blessed bread after the conclusion of the Liturgy.

May God's blessing be upon you!

Hymns in Today's Liturgy

Resurrectional *Apolytikion* (Tone 4)

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

Apolytikion of St. Thomas (Tone 3)

O Holy Apostle Thomas, intercede to the merciful God, that He grant unto our souls forgiveness of sins.

Kontakion of Forgiveness Sunday (Tone 6)

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

Epistle

Romans 13:11–14:4

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

Gospel

Matthew 6:14–21

The Lord said to His Disciples: 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.

Synaxarion

On 6 March, in the Holy Orthodox Church, we commemorate the 42 martyrs of Amorina in Phrygia; the discovery of the precious cross and nails by St. Helena; and Venerable Fridolin, enlightener of the Upper Rhine.

On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight.

Let the world mourn bitterly along with ages past;
As, by sweet eating, it hath fallen along with those who had fallen.

It is the Sunday of Forgiveness, known also as Cheesefare Sunday. Today's lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve's banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments.

By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.

Upcoming Events

Monday	Great Compline & Dinner	18:00	Holy Trinity
Tuesday	Great Compline	18:00	Holy Trinity
Wednesday	Presanctified Divine Liturgy	18:00	St. Thomas
Thursday	Great Compline	18:00	St. Thomas
Friday	Akathist	18:00	Holy Trinity
Saturday	Orthros & Divine Liturgy for Saturday of Souls	08:30	Holy Trinity
	Great Vespers	18:00	St. Thomas

We will stream services live and post updates on [our Facebook page](#), on [our Twitter feed](#), and on [our YouTube channel](#).



The Orthodox Christian Mission Center (OCMC) is the missions and evangelism agency of the Assembly of Canonical Orthodox Bishops of the United States of America. **OCMC annually supports Orthodox missionaries, mission clergy, mission projects, and organizes mission teams worldwide.** Please support and pray for these life-transforming ministries. Visit <http://www.ocmc.org> to learn ways you can get involved with OCMC.



1-877-463-6784
WWW.OCMC.ORG
MISSIONS@OCMC.ORG

✉: PO Box 1042
1100 Jones St
Sioux City IA 51102-1042

☎: +1(712)258-7166
✉: info@stthomassiouxcity.org
🌐: <https://stthomassiouxcity.org>