

**Concerning Holy Communion:**

- If you are a communicant member of an Orthodox parish**, you are welcome to receive Holy Communion at Saint Mark’s. If possible, and this is preferred, announce your intention to receive Communion to Fr. Jonathan prior to the Liturgy, or at the Chalice.
- If you are not a member of the Orthodox Church**, please refrain from approaching the Chalice for Communion. Instead, you are welcome to receive some of the blessed bread (*antidoron*) from a small side table, and introduce yourself to Fr. Jonathan following the Liturgy.

**Prayers of Holy Oblation are offered for the Health of:**

Archpr. Dimitri	Archpr. Stephen	Archpr. Elias	Mat. Marion	Pr. Jorge
Dn. John	Sbdn. Joseph	Irene	Laurie	Barbara
Tanya	Nicole & Noelle	Eli	Joshua	Mark
Nick	Nina	Charles	Gregory	Ricardo
Nancy	Deanna	Emily	Peter	Bill
Kay	Lydia	Mary	Mike	Patrick
Maksim	Richard	Kathy	Dolores	John
Jerry	Charlotte	Alexandra	Zina	Grant
Thomas	Lyubov	Temple & newborn son		

Expecting mothers and unborn children: Wanda, Natalie, Moriah, and Cassia

**Prayers of Holy Oblation are offered in Memory of:**

Archpr. John (Maxwell; ND)	Ronald (ND)
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**March Birthdays:**

Michael Blazo (3/6)	Willard Brown (3/09)	Marina Proskurina (3/15)
Carol Skinner (3/28)	Sue Brown (3/29)	

**TO SPONSOR COFFEE HOUR, please sign up on the calendar book on the glass case. COFFEE HOUR.**

St. Mark is a Parish of the OCA Diocese of the South under the leadership of Metropolitan Tikhon and Archbishop Alexander. Our mission is to be a spiritual home to all who enter; to be a Christ-like community of Orthodox Christians; to be active in worship, fellowship, and witness, through participation in the Sacraments to come into close union with God.

If you are unable to attend services, but wish to continue your Stewardship contributions, send them to PO Box 1315, Bradenton FL, 34206.

**Memorial Bricks for the St. Mark Memorial Garden can be ordered at [www.thatmybrick.com/stmarkorthodox](http://www.thatmybrick.com/stmarkorthodox). You can order a 4"x 8" or 8"x8" brick with or without an Orthodox Cross, the number of characters vary accordingly. If you have any questions about the ordering process, see Fr. Jonathan.**

**St. Mark Orthodox Church**

1517 57<sup>th</sup> Street E  
Bradenton, FL 34208

**“The Messenger”**

V. Rev. Fr. Jonathan Cholcher  
Rector

V. Rev. Fr. Stephen Plumlee  
Attached

Sub-Deacon James Abraham

Parish Phone: (941)-749-7662  
Parish Website: [Bradentonorthodox.org](http://Bradentonorthodox.org)  
[www.facebook.com/St.MarkOrthodoxChurch](http://www.facebook.com/St.MarkOrthodoxChurch)  
Parish E-mail: [stmarkocarector@gmail.com](mailto:stmarkocarector@gmail.com)  
Fr. Jonathan’s Cell: (941)-807-5393  
Office Hours: W, Th, F 10:00 AM – Noon

**This week at St. Mark**

2	Sunday	5:00 PM	Forgiveness Vespers
3	Monday	6:00 PM	Compline and Great Canon 1
4	Tuesday	6:00 PM	Compline and Great Canon 2
5	Wednesday	9:30 AM	Presanctified Liturgy
		6:00 PM	Compline and Great Canon 3
6	Thursday	6:00 PM	Compline and Great Canon 4
7	Friday	6:00 PM	Presanctified Liturgy
8	Saturday	9:30 AM	Divine Liturgy/blessing of koliva
		3:30 PM	Intro to Orthodox
		5:00 PM	Great Vespers
9	Sunday	9:30 AM	Divine Liturgy
		5:00 PM	Vespers at Holy Spirit Church (Venice)

**Sunday, March 2, 2025 Tone 3**  
**Cheesefare Sunday**  
**Expulsion of Adam from Paradise**  
**Forgiveness Sunday**

**Prokeimenon            Tone 3            (Lenten Triodion)**

*Pray and make your vows / before the Lord, our God! (Ps. 75:10a)  
V. In Judah God is known; His name is great in Israel. (Ps. 75:1)*


**Romans 13:11-14:4 (Epistle)**

**And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. Receive one who is weak in the faith, but not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats only vegetables. 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 judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.**

**Matthew 6:14-21 (Gospel)**

**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. Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.**

**ANNOUNCEMENTS**

- Our Parish website is [www.bradentonorthodox.org](http://www.bradentonorthodox.org). See also [www.facebook.com/St.MarkOrthodoxChurch](https://www.facebook.com/St.MarkOrthodoxChurch).
- **A COFFEE HOUR SPONSOR SHEET** is located on the glass bookstore case in the Narthex. Please consider sponsoring Coffee Hour in 2024. Speak with Cathy Johns for more information.
- **Immediately following each Divine Liturgy as we venerate the Cross, we pray the Post-Communion Prayers. Please maintain quiet until the prayers are completed.** 
- Architectural drawings and an artist's rendition of a **proposed fellowship hall** for St. Mark Church are on display in the Narthex. Join us in seeking God's will for the realization of this project.
- **Quarterly Charity (Jan.-Mar.): Orthodox Christian Fellowship (OCF)**, an organization of Orthodox student groups on college and university campuses throughout the country. You can give by designated check or marked envelope.
- **A 2025 Orthodox Lenten Calendar with daily readings** is available on our Parish website at the Bulletin tab. You may also request a copy from Fr. Jonathan.
- **FORGIVENESS VESPERS this evening at 5:00 PM**; during this service, we change the liturgical colors from gold to purple and conclude with the Rite of Mutual Forgiveness to begin the season of Lent in mutual repentance and reconciliation.
- **Next Sunday, March 9**, we join the faithful at Holy Spirit Orthodox Church in Venice for Vespers on the evening of the Sunday of Orthodoxy (Restoration of Icons); the Vespers service will begin at 5:00 PM.
- **During this coming First Week of Lent:**
  - 1) **Monday – Thursday:** **Compline with the Great Canon of St. Andrew of Crete** divided into four parts;
  - 2) **Wednesday & Friday:** **Liturgy of the Presanctified Gifts**, the Lenten weekday service of Vespers in which the Body and Blood of Christ sanctified at the Divine Liturgy the previous Sunday are received by the faithful;
  - 3) **Saturday:** Divine Liturgy with the  **blessing of koliva (boiled wheat)** commemorating the miracle of the same revealed by St. Theodore the Recruit (ca. 362).

*Hymns after the Entrance with the Gospel:*

**Troparion Tone 3 (Resurrection)**

Let the heavens rejoice!

Let the earth be glad!

For the Lord has shown strength with His arm.

He has trampled down death by death.

He has become the first born of the dead.

He has delivered us from the depths of hell,

and has granted to the world//

great mercy.

**Troparion Tone 4 (St. Mark)**

From your childhood the light of truth enlightened you, O Mark

And you loved the labor of Christ the Savior

Therefore you followed Peter with zeal

And served Paul well as a fellow laborer//

And you enlighten the world with your Holy Gospel.

**Glory to the Father, and to the Son, and to the Holy Spirit**

**Kontakion Tone 2 (St. Mark)**

You did receive the grace of the Spirit from on high

Destroying the snares of the orators

You did hunt all the nations O Apostle

And led them to your Master//

O glorious Mark the preacher of the Gospel of God.

**Now and ever and unto ages of ages. Amen**

**Kontakion Tone 6 (Lenten Triodion)**

O Master, Teacher of wisdom,

Bestower of virtue,

Who teachest the thoughtless and protectest 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 Lord!”

## THE LENTEN FAST

Fasting involves both the body and the soul because the human person consists of both body and soul. “The bodily fast is when the belly abstains from food and drink. The fast of the soul is when it refrains from evil thoughts, deeds, and words...The bodily fast is beneficial for us since it serves for the mortification of our passions. But fasting of the soul is absolutely essential because without it, bodily fasting is nothing” (St. Tikhon of Zadonsk).

### FASTING OF THE SOUL:

not insisting on one’s own reason or worldview; not remembering wrongs, holding grudges, or standing in judgment; not refusing to forgive; or clinging to profane and passionate images and impressions of people or places;

abstaining from perverse or pointless entertainments which provoke the passions, such as movies, popular music, sporting events, social and mass media, and restaurants; modesty in dress, gestures, and language (control of the tongue abstaining from vulgar and profane speech);

abstaining from evil feelings and emotions: anger, hatred, self-gratification, obsession, addiction, self-will, apathy, and lack of compassion;

abstaining from evil desires: self-justification, greed, discontent, self-love, curiosity without purpose or consequence (experimentation), carnal pleasure, and debauchery.

### FASTING OF THE BODY:

abstaining from food and drink before receiving Holy Communion, either the morning before Divine Liturgy, or the day before the Presanctified Liturgy;

the ascetical fast throughout Great Lent (except pregnant and nursing mothers, infants, and persons with medical dietary needs): abstaining from meats and animal flesh (including fish and seafood); cheese, milk, eggs, and other dairy products; wine and alcoholic drinks; and olive oil (luxuries);

abstaining from or severely limiting exposure to and intake of electronic and social media (control of the senses).

**THE DEGREE TO WHICH ONE ABSTAINS FROM SIN** is the ultimate goal of fasting, accompanied by repentance, faith, and love: *Confession of and mourning for sin; Humility; Prayer, both personal and liturgical* (services in the Church); *Learning God’s Word to keep His commandments* (obedience); *Works of mercy in love of one’s neighbor.*