

OUR ANNUAL SPIRITUAL "CHECK-UP"

Medical authorities stress that it is important for all of us to have an annual physical examination – in fact, many companies require this of their employees. While this isn't anything that any of us truly enjoy, we cannot dispute the fact that our very lives may depend on this periodic check-up, which will allow us to see if we need to improve our health by making changes in the way we are living.

In like manner, the Church has long taught that we need a similar examination for our spiritual well-being every year. We refer to this "check-up" as the Great Fast. In this 40-day period, we will be called upon to pray more fervently and fast more severely. We will be implored to do good works and to receive the Body and Blood of Christ in the Sacrament of the Holy Eucharist. We will be urged to cleanse our souls by confessing our sins. But most importantly, during Lent we will be asked to take an honest look at our lives and evaluate the condition of our heart and our soul. Just as it is unwise not to be truthful with our doctor, it is equally foolish for us to try to deceive the Great Physician – our Lord and Savior Jesus Christ. Are we in "good shape" spiritually? Are we showing complete and total love for God in all that we do? Do we really love our neighbor as we love ourselves? Are we harboring any hatred or hard feelings towards anyone? Are we willing to forgive those who may have wronged us as we have been instructed to do by Christ in today's Gospel lesson: "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." (Matt 6:14-15) Is it time for your check-up?

The Orthodox Weekly Bulletin Vestal, Cliffwood, New Jersey Litho in U.S.A.

May we all take advantage
of the wonderful opportunity
for healing that the Church
provides for us during



The Great Fast

ST. HARALAMBOS SUNDAY BULLETIN

March 2, 2025

CHEESEFARE SUNDAY

Orthros 9:00 a.m.: Divine Liturgy immediately following the Orthros.

MARCH SCHEDULE

SAT MAR 1	†2nd Saturday of Souls	9:00 a.m.
SUN MAR 2	†Cheesefare Sunday Maids of Athena Pasta Dinner	9:00 a.m.
MON MAR 3	Philoptochos Board Meeting	5:30 p.m.
	Philoptochos Meeting	6:45 p.m.
	†Clean Monday - Great Compline	6:00 p.m.
TUE MAR 4	Greek School	5:15 p.m.
WED MAR 5	†Presanctified Liturgy @ St. George - Massillon	6:30 p.m.
THU MAR 6	Hellenic Beginner Dancers - GYM	4:30 p.m.
	Hellenic Intermediate Dancers	5:00 p.m.
	Hellenic Training Seniors Dancers	5:45 p.m.
	Hellenic Senior Dancers	6:15 p.m.
FRI MAR 7	Fish Fry	4:00 p.m.
	†First Salutations	6:30 p.m.
SAT MAR 8	†3rd Saturday of Souls	9:00 a.m.
SUN MAR 9	†Sunday of Orthodoxy JOY Sponsoring Coffee Hour-Krassas Ctr.	9:00 a.m.
	†Great Vespers @ St. George Serbian	5:00 p.m.
MON MAR 10	†Great Compline	6:00 p.m.



ALTAR BOY SCHEDULE

March 2, 2025 ~TEAM B



TODAY'S MEMORIALS:

40-Day Memorial ~ Mary Vaitsis Hadjian
2yr Memorial ~ John Fakelis

The Prosforo and Wine have been donated by
the Fakelis family.

Today's coffee hour is sponsored
by the Fakelis family.



BIBLE STUDY WITH FATHER NICK

MARCH 18TH ~ 3:30 - 4:30 P.M.



PASTA FUNDRAISER Sponsored by: The Maids of Athena

TODAY, SUNDAY, MARCH 2, 2025

THE KRASSAS EVENT CENTER
AFTER CHURCH

PASTA, SALAD, BREAD STICK
& DESSERT

COST: \$10

*Carry Out Available

Partial proceeds to benefit the
Children's Network



PHILOPTOCHOS MEETING MONDAY, MARCH 3, 2025

Board Meeting @ 5:30 p.m.
*General Meeting @ 6:45 p.m.

*Lori Noebe presents Erma Bombeck
in full costume.

Membership dues of \$28.00
are due now!



HOLY WEEK & PASCHA FLOWERS

If you would like to donate flowers for
Holy Week & Pascha, please contact the church
office at 330-454-7278.

ITEMS NEEDED:

Salutations to the Theotokos Icon Wreaths (4),
Daffodils, Akathist Hymn Icon Wreath,
Annunciation Wreath, Bridegroom Wreaths (3)
Crown of Thorns & Flowers, Crucifix Wreath,
Basket of Trumpet Lilies, Eggs, Football Mums
2 vases of White Roses, Epitaphion Flowers
and Lilies.

METROPOLIS OF PITTSBURGH ST. PHOTIOS 2025 AWARD

Do you know a parishioner who is deserving
to receive this year's St. Photios Award?

If so, please submit your nomination by
dropping it off in the Church Office by
Sunday, March 16th.

The St. Photios Award nomination forms are
located in the lobby organizer in front of the
church office and in the March/April Koinonia.



Canton Greek Fish Fry

March 7, 2025 - Dine In & Drive Thru

April 4, 2025 - Dine in & Drive Thru

Interested in volunteering?
Contact Peter Volas [216-312-4255]



2025 Canton Greek Fest Meeting Dates

Join the Planning Committee for
the 2025 Canton Greek Fest

Meeting Schedule

Tuesday, March 18, 2025
Tuesday, April 22, 2025
Tuesday, May 6, 2025
Tuesday, May 20, 2025
Tuesday, June 3, 2025

***All Meeting begin at 7pm
in the Youth Room***

Questions?

Call Mike Fakelis (330-327-5317) or
Mike Paxos (330-327-9180)

SCAN ME



[Make a Donation \(tithe.ly\)](https://tithe.ly)

Tithe.ly Online Stewardship Payment Options

You can now scan the QR code to your left to log into Tithe or go directly
to their website (tithe.ly) to make Stewardship, Memorial or Candle
payments.

To scan QR code:

Apple iphone- use your camera app and click on the yellow link that
appears on the screen.

Android (non-apple) phone- use QR code scanner if already installed or
go to Google Play Store and download.

Either option will take you directly to our donation website for your
donation to St. Haralambos Church.

March 2, 2025: FEAST: Cheesefare Sunday, Commemorating the Expulsion of Adam and Eve, the First Created, from Paradise; Great Holymartyr Theodotos of Kyrenia, Cyprus (+420); Hesychios, Martyr (+303); Euthalia, Virginmartyr (+252).

Ἀπολυτίκιον Ἀναστάσιμον

Ἡχος γ'

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιášθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος ἐν βραχίονι αὐτοῦ, ὁ Κύριος· ἐπάτησε τῷ θανάτῳ τὸν θάνατον· πρωτότοκος τῶν νεκρῶν ἐγένετο· ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Τοῦ Ναοῦ

Ὡς στυλὸς ἀκλόνητος, τῆς Ἐκκλησίας Χριστοῦ, καὶ λύχνος αἰφώωτος, τῆς οἰκουμένης σοφέ, ἐδείχθης Χαράλαμπε· ἔλαμψας ἐν τῷ κόσμῳ, διὰ τοῦ μαρτυρίου. ἔλυσας καὶ εἰδώλων τὴν σκοτόμαιναν μάκαρ· διὸ ἐν παρρησίᾳ Χριστῷ. Πρέσβευε σωθῆναι ἡμᾶς.

Κοντάκιον

Ἰχθὺς πλ. β'

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριζον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρὸς Λόγος· ἰδοὺ γὰρ τὰ χεῖλή μου, οὐ μὴ κωλύσω ἐν τῷ κρᾶζειν σοι· Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

Resurrectional Apolytikion

Mode 3

Let the heavens be glad. Let the earth rejoice exceedingly. For the Lord has shown strength with his arm. He trampled death by death. He became the first-born of the dead. Out of the belly of Hades, He has rescued us, and to the world He has granted the great mercy.

Hymn of the Church

As a pillar unshaken of Christ's holy Church, and lamp ever-burning to all the world you emerged, O wise Haralambos; in all the world you shined, with the martyrdom you suffered, you dispelled the dark night, of the idols, O blessed; whence, with courage do intercede, to Christ that we may be saved.

Kontakion

Mode pl. 2

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.

March 2, 2025 Cheesefare Sunday

Romans 13:11-14; 14:1-4



Epistle

The reading is from Paul’s Letter to the Romans.

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.

March 2, 2025 Cheesefare Sunday

Matthew 6:14-21



Gospel

The reading is from the Holy Gospel according to Matthew.

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.”