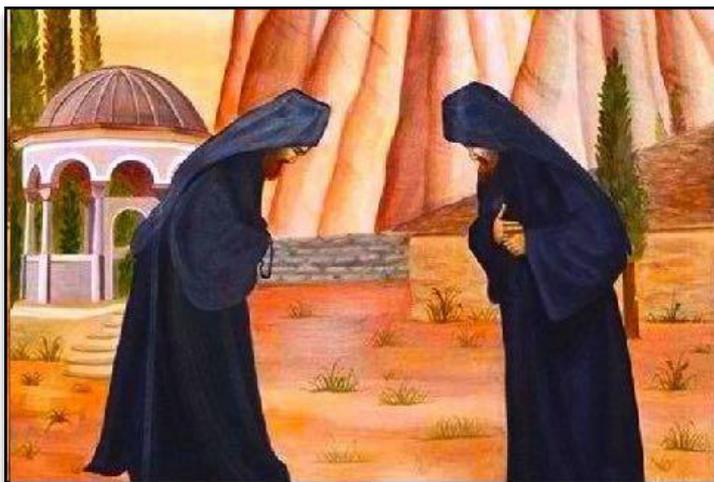


Diocese of Eastern Pennsylvania + Wilkes-Barre Deanery

Elevation of the Holy Cross
Orthodox Church
Williamsport, PA.



*Sunday of Cheesefare: Expulsion
of Adam from Paradise*

Forgiveness Sunday

37th Sunday After Pentecost

March 6th, 2022

Elevation of the Holy Cross Orthodox Church

1725 Holy Cross Ln
Williamsport, Pennsylvania 17701-2749
www.holycrosswilliamsport.org

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Scripture Readings:

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

A very warm welcome to everyone, and especially to all our visitors this morning! Please join us for some fellowship after in the Parish Hall!

Services, Events & Announcements

- + ***Forgiveness Vespers*** – TODAY Sunday March 6th @ 2pm
- + ***Great Canon of St Andrew*** – Monday March 7th – Thursday March 10th @ 5:30pm each evening.
- + ***Presanctified Liturgy*** – Friday March 11th @ 5:30pm
- + ***Great Vespers*** – Saturday March 12th @ 5pm
- + ***Divine Liturgy – Sunday of Orthodoxy*** - March 13th @ 10am (Hours @ 9:40), a Lenten fellowship following in the Hall.

Our Giving – February 27th, 2022

Tithes/Offerings – \$1,333.00 / Online Giving – \$175.00
Candle Offerings – \$98.00 / Love Offerings – \$160.00

Regarding Holy Communion: Only those faithful who are Orthodox Christians and have properly prepared themselves by fasting, prayer [i.e., *Prayers Before Communion*], recent confession, and who were *at least present for the reading of the Epistle and Gospel* should approach to receive the Holy Eucharist. ***We should all be at peace with everyone too.*** If you have any questions about Communion, please see Fr. Seraphim. 😊

Resentment and Forgiveness

By Hieromonk Damascene – St Herman of Alaska Monastery, Platina, CA.

Rather than resenting those who wrong us, we are to love them, and we express this love by blessing them and praying for them. We do this because we are commanded to do so by Christ. He has commanded this for our own sake, for our own salvation, because He loves us; and we do it for His sake, because we love Him. Our fallen nature rebels against this: "What? Bless and pray for that person who wronged me?" But for Christ's sake, we go against our fallen nature, and force ourselves to pray. We ask God to bless and have mercy on the person who hurt us, we wish good things for him, we wish his salvation, just as our Lord wishes his salvation. In this way we begin to become like God Himself, Who, according to the words of Christ, is *kind to the unthankful and the evil* (Luke 6:35). In going against our fallen nature, we return to our original nature—the image of God in us—and we grow in the likeness of God.

Abba Dorotheus, a Desert Father of the sixth century, says that we can be healed of the sickness of resentment "by prayer right from the heart for the one who has annoyed us. We can pray such words as, 'O God, help my brother, and me through his prayers.'" "In this," says Abba Dorotheus, "we are interceding for our brother, which is a sure sign of sympathy and love, and we are humiliating ourselves by asking help through our brother's prayers."

When we *continually* force ourselves to bless and pray for others in this way, we will find that our Lord Jesus Christ will change, renew, and refresh our hearts. It may take some time and persistence, but gradually, almost imperceptibly, we will be changed. The poison of resentment, by the Grace of Christ, will leave our system.

Again our Lord has told us: *Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you shall be forgiven* (Luke 6:37).

The cure for anger, judgment, and resentment is forgiveness, pure and simple. No matter what terrible afflictions and unspeakable

injustices have befallen us, we can be free of their negative effects on us through forgiveness.

I once asked a Romanian Orthodox priest named Fr. George Calciu about this. For twenty-one years he had been locked in Communist prisons, where he had endured the most unimaginable horrors ever perpetrated by human beings. And yet when I met him here in America, he was happy, joyful, like a child, totally free of any negative effects of this torture on his soul. He had found the secret of forgiveness. I asked him, "How can people overcome judgment?" He looked at me, almost with astonishment, and answered, "It's simple. Just don't judge!"

It's truly simple. But we must keep in mind that we can't do it on our own: We need God's help to heal our fallen, wounded nature, to humble our pride. Therefore, as we pray for those who have hurt us, we should pray that God will *help* us to forgive, that He will soften our hard hearts, warm our cold hearts, and grant us a loving, merciful, and forgiving spirit. (www.orthodoxinfo.com/praxis/resentforgive.aspx)

"Humble yourself before all; try to be a servant to others; do not accuse, judge or reproach anyone. Make peace with everybody, forgive them, all, or you yourself will not receive the Lord's forgiveness."
Abbot Nikon [Letters to Spiritual Children](#) p.127

Prayers For the Health and Salvation of those in need: Many Years!

His Eminence Archbishop Mark, Priestmonk Ambrose (Young), Abbot Tryphon, Mitred-Archpriest Nicholas (Harris), Mitred-Archpriest Daniel & Mat. Myra (Kovalak), Archpriest Moses (Berry), Pres. Eva (Koutroulelis), Presbytera Rosy (Tanveer), Helen Maybo, Paul Beard, Evelyn Chabal, Phoebe Davis, Michael Kuzmiak, Juliana Matusiak & the Newly Illumined Anna & Isaac.

Prayers for the Newly Departed: Memory Eternal!

Archpriest George Hnatko +2/13, Priestmonk Andrew Letten +1/24 & Mat. Carol Janecek +2/14