



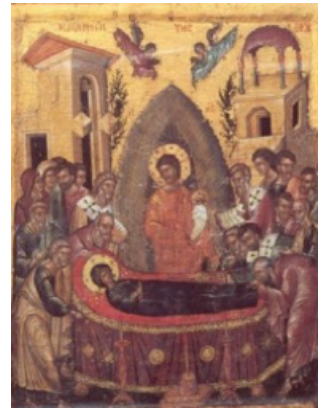
# KIMISIS THEOTOKOU ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΟΣ ΕΚΚΛΗΣΙΑ ΤΗΣ ΚΟΙΜΗΣΕΩΣ ΤΗΣ ΘΕΟΤΟΚΟΥ

224 18<sup>th</sup> Street, Brooklyn, NY 11215

Office: (718) 788-0152 Fax: (718) 788-2774

Website: [www.kimisisbrooklyn.org](http://www.kimisisbrooklyn.org)

E-Mail: [KimisisTheotokou@gmail.com](mailto:KimisisTheotokou@gmail.com)



**V. Rev. Damaskinos V. Ganas, Proistamenos**

WEEKLY BULLETIN  
SUNDAY, MARCH 6, 2022  
CHEESEFARE SUNDAY

ΕΒΔΟΜΑΔΙΑΙΟ ΦΥΛΛΑΔΙΟ  
ΚΥΡΙΑΚΗ, 6<sup>η</sup> ΜΑΡΤΙΟΥ 2022  
ΚΥΡΙΑΚΗ ΤΗΣ ΤΥΡΟΦΑΓΟΥ



## ΚΥΡΙΑΚΗ «ΤΗΣ ΤΥΡΟΦΑΓΟΥ»

Φτάσαμε στις τελευταίες μέρες πριν από την Μεγάλη Σαρακοστή. Ήδη κατά την εβδομάδα της Απόκριω, δυο μέρες - ή Τετάρτη και η Παρασκευή - ανήκουν στη Σαρακοστή. Η Θεία Λειτουργία δὲν τελέσθηκε και ἡ ὄλη τυπική διάταξη στις ἀκολουθίες ἔχει πάρει τὰ λειτουργικά χαρακτηριστικά τῆς Μεγάλης Σαρακοστῆς. Τὸ Σάββατο τῆς Τυροφάγου ἡ Ἐκκλησία μας «ποιεῖ μνεῖα πάντων τῶν ἐν ἀσκήσει λαμπάντων ἁγίων ἀνδρῶν τὲ καὶ γυναικῶν». Οἱ ἅγιοι εἶναι τὰ πρότυπα πού θ' ἀκολουθήσουμε, οἱ ὁδηγοὶ στὴ δύσκολη τέχνη τῆς νηστείας καὶ τῆς μετάνοιας. Στὸν ἀγῶνα πού πρόκειται ν' ἀρχίσουμε δὲν εἶμαστε μόνοι, ἔχουμε βοηθοὺς καὶ παραδείγματα. Τὴν Κυριακή, τελευταῖα μέρα πριν

τῆ Σαρακοστή, πού συνήθως τὴν ὀνομάζουμε Κυριακή τῆς συγγνώμης καὶ «τῆς ἀπὸ τοῦ Παραδείσου τῆς τρυφῆς ἐξορίας τοῦ Πρωτόπλαστου Ἀδάμ». Ξέρουμε ὅτι ὁ ἄνθρωπος πλάσθηκε γιὰ νὰ ζεῖ στὸν Παράδεισο, γιὰ τὴν γνώση τοῦ Θεοῦ καὶ τὴν κοινωνία μαζί Του. Ἡ ἁμαρτία του ὅμως τὸν ἀπομάκρυνε ἀπὸ τὴν εὐλογημένη ζωὴ καὶ ἔτσι ἡ ὑπαρξὴ του στὴ γῆ εἶναι μιὰ ἐξορία. Ἡ Μ. Σαρακοστή εἶναι ἡ ἀπελευθέρωσή μας ἀπὸ τὴ σκλαβιά τῆς ἁμαρτίας. Τὸ εὐαγγελικὸ ἀνάγνωσμα αὐτῆς τῆς Κυριακῆς (Μάτθ. 6, 14-21) θέτει τοὺς ὅρους γιὰ μιὰ τέτοια ἀπελευθέρωση. Πρῶτος ὅρος εἶναι ἡ νηστεία, ἡ προσπάθεια νὰ ἐλευθερωθοῦμε ἀπὸ τὴ δικτατορία τῆς σάρκας καὶ τῆς ὕλης πάνω στὸ πνεῦμα. Δὲν πρέπει ὅμως ἡ νηστεία μας νὰ εἶναι ὑποκριτική, δηλαδή «πρὸς τὸ θεαθῆναι», νὰ μὴ φαινόμεστε «στοὺς ἀνθρώπους νηστεύοντες, ἀλλὰ στὸν Πατέρα μας ἐν τῷ κρυπτῷ» ὅπως ἀναφέρεται στὸ εὐαγγελικὸ ἀνάγνωσμα. Δεύτερος ὅρος εἶναι ἡ συγγνώμη: «Ἐὰν ἀφήτε στοὺς ἀνθρώπους τὰ παραπτώματά τους, θὰ ἀφήσει καὶ τὰ δικά σας ὁ οὐράνιος Πατέρας». Ἡ συγχωρητικότητα εἶναι ἡ ἐπιστροφή στὴν ἐνότητα, στὴ σύμπνοια, στὴν ἀγάπη. Ἔτσι στὸν Ἑσπερινὸ αὐτῆς τῆς Κυριακῆς, στὸ τέλος τῆς ἀκολουθίας, ὅλοι οἱ πιστοὶ πλησιάζουν τὸν ἱερέα καὶ ὁ ἕνας τὸν ἄλλο, ζητώντας τὴν ἀμοιβαία συγχώρεση. Οὐσιαστικὰ ἀπὸ τὸν Ἑσπερινὸ αὐτὸ ἀρχίζει ἡ Μεγάλη Σαρακοστή. Ἀρχίζει ἡ ἀκολουθία μὲ τὸν ἱερέα ντυμένο στὰ λαμπερὰ ἄμφια καὶ τὰ τροπάρια ἀναγγέλουν τὸν ἐρχομὸ τῆς Μ. Σαρακοστῆς καὶ πέρα ἀπ' αὐτή, τὸν ἐρχομὸ τοῦ Πάσχα. Κατόπιν γίνεται ἡ εἴσοδος τοῦ Εὐαγγελίου μὲ τὸν ἑσπερινὸ ὕμνο «Φῶς ἰλαρὸν ἁγίας δόξης» καὶ ὁ ἱερέας προχωρεῖ στὴν Ὁραία Πύλη γιὰ νὰ ἀναφωνήσῃ τὸ Προκείμενο πού πάντα ἀναγγέλει τὸ τέλος τῆς μιᾶς μέρας καὶ τὴν ἀρχὴ τῆς ἄλλης. Ἡ θαυμάσια μελωδία: «Μὴ ἀποστρέψεις τὸ πρόσωπό σου ἀπὸ τοῦ παιδός σου, ὅτι θλίβομαι, ταχὺ ἐπάκουσόν μου, πρόσχες τῇ ψυχῇ μου καὶ λύτρωσε αὐτήν» λέγεται πέντε φορές, τὰ φῶτα σβήνουν καὶ τὰ χρωματιστὰ ἄμφια ἀλλάζουν. Ἀπὸ αὐτὸ τὸ σημεῖο ξεκινάει ἡ Μεγάλη Σαρακοστή: συναισθάνομαι ὅτι εἶμαι ἐξόριστος ἀπὸ τὴν ὁμορφιὰ τῆς Βασιλείας Του καὶ θλίβομαι. Τελικὰ παραδέχομαι ὅτι μόνο ὁ Θεὸς μπορεῖ νὰ μὲ βοηθήσῃ σ' αὐτὴ τὴ θλίψη. Μετάνοια πάνω ἀπ' ὅλα εἶναι τὸ ἀπελπισμένο κάλεσμα γιὰ τὴ Θεία βοήθεια. Στὴ συνέχεια διαβάζεται ἡ προσευχὴ τοῦ Ἁγίου Ἐφραίμ πού συνοδεύεται ἀπὸ μετάνοιες. Καθὼς οἱ πιστοὶ πλησιάζουν τὸν ἱερέα, ὁ χορὸς ψάλλει πασχαλινοὺς ὕμνους. Ἀπὸ τώρα βλέπουμε νὰ λάμπει στὸ τέλος τὸ φῶς τῆς Ἀνάστασης, τὸ φῶς τῆς Βασιλείας τοῦ Θεοῦ.

## Forgiveness (Cheesefare) Sunday

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

### **Ἀπολυτίκιον Ἀναστάσιμον. Ἦχος δ'.**

Τὸ φαιδρὸν τῆς ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριά, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

### **Ἀπολυτίκιον ΚΟΙΜΗΣΙΣ ΤΗΣ ΥΠΕΡΑΓΙΑΣ ΘΕΟΤΟΚΟΥ First Tone**

Ἐν τῇ Γεννήσει τὴν παρθενίαν ἐφύλαξας, ἐν τῇ Κοιμήσει τὸν κόσμον οὐ κατέλιπες Θεοτόκε, Μετέστης πρὸς τὴν ζωὴν, μήτηρ υπάρχουσα τῆς ζωῆς, καὶ ταῖς πρεσβείαις ταῖς σαῖς λυτρομένη, ἐκ θανάτου τὰς ψυχὰς ἡμῶν.

### **Κοντάκιον. Ἦχος 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 χεῖλη μου, οὐ μὴ κωλύσω ἐν τῷ κράζειν σοι· Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

### **Resurrectional Apolytikion. Mode 4.**

When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world.

### **Apolytikion Dormition of the Theotokos. First Tone**

In birth, you preserved your virginity; in death, you did not abandon the world, O Theotokos. As mother of life, you departed to the source of life, delivering our souls from death by your intercessions.

### **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.

## MΝΥΜΟΣΥΝΑ

Αστέριος Ντίνος 20 ετές  
Στέλλα Ντίνου 22 ετές

## MEMORIALS

Terry Dinos 20 Years  
Stella Dinos 22 Years

Προκείμενον. Ἦχος πλ. δ'.

ΨΑΛΜΟΙ 75.11,1

Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.

Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.

Πρὸς Ῥωμαίους 13:11-14, 14:1-4 τὸ ἀνάγνωσμα

Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἢ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νύξ προέκοπεν, ἡ δὲ ἡμέρα ἤγγικεν· ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους, καὶ ἐνδυσώμεθα τὰ ὄπλα τοῦ φωτός. Ὡς ἐν ἡμέρᾳ, εὐσημιόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελείαις, μὴ ἔριδι καὶ ζήλῳ. Ἀλλ' ἐνδύσασθε τὸν κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιῆσθε, εἰς ἐπιθυμίαις. Τὸν δὲ ἀσθενοῦντα τῇ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὅς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθίοντα μὴ ἐξουθενεῖτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ κρίνων ἀλλότριον οἰκέτην; Τῷ ἰδίῳ κυρίῳ στήκει ἢ πίπτει. Σταθήσεται δέ· δυνατὸς γὰρ ἐστὶν ὁ θεὸς στήσαι αὐτόν.

**Prokeimenon. Mode Plagal 4.**

**Psalm 75.11,1**

**Make your vows to the Lord our God and perform them.**

**Verse: God is known in Judah; his name is great in Israel.**

The reading is from St. Paul's Letter to the Romans 13:11-14; 14:1-4

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.

**Ἐκ τοῦ Κατὰ Ματθαῖον 6:14-21 Εὐαγγελίου τὸ Ἀνάγνωσμα**

Εἶπεν ὁ Κύριος· Ἐὰν γὰρ ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατὴρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφήτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατὴρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. Ὅταν δὲ νηστεύητε, μὴ γίνεσθε ὡσπερ οἱ ὑποκριταὶ σκυθρωποὶ· ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι, ὅπως μὴ φανῆς τοῖς ἀνθρώποις νηστεύων, ἀλλὰ τῷ πατρί σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ πατὴρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σὴς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσι καὶ κλέπτουσι· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε σὴς οὔτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γὰρ ἐστὶν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδία ὑμῶν.

**The Gospel According to Matthew 6:14-21**

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."

## ΜΝΥΜΟΣΥΝΑ

## MEMORIALS

### ΚΥΡΙΑΚΗ, 13<sup>η</sup> ΜΑΡΤΙΟΥ

Αικατερινή Φερετζάνη 40 ήμερων

### SUNDAY, MARCH 13<sup>th</sup>

Kathy Feretzanis 40 Days

## ΗΜΕΡΟΜΗΝΙΕΣ ΠΟΥ ΠΡΕΠΕΙ ΝΑ ΕΝΘΥΜΟΥΜΕΘΑ DAYS TO REMEMBER

### ΔΕΥΤΕΡΑ, 7<sup>η</sup> ΜΑΡΤΙΟΥ – ΚΑΘΑΡΑ ΔΕΥΤΕΡΑ

### MONDAY, MARCH 7<sup>th</sup> - GREAT LENT BEGINS

### ΤΕΤΑΡΤΗ, 9<sup>η</sup> ΜΑΡΤΙΟΥ – ΠΡΟΗΓΙΑΣΜΕΝΗ ΘΕΙΑ ΛΕΙΤΟΥΡΓΙΑ – 9:30 Π.Μ.

### WEDNESDAY, MARCH 9<sup>th</sup> – PRESANCTIFIED LITURGY – 9:30 A.M.

### ΠΑΡΑΣΚΕΥΗ, 11<sup>η</sup> ΜΑΡΤΙΟΥ – Α' ΣΤΑΣΙΣ ΤΩΝ ΧΑΙΡΕΤΙΣΜΩΝ – 7:00 Μ.Μ.

### FRIDAY, MARCH 11<sup>th</sup> – FIRST SALUTATIONS – 7:00 P.M.

### ΣΑΒΒΑΤΟ, 12<sup>η</sup> ΜΑΡΤΙΟΥ - ΤΡΙΤΟΝ ΨΥΧΟΣΑΒΒΑΤΟΝ – Το διά Κολύβων θαύμα ΑΓΙΟΥ ΘΕΟΔΩΡΟΥ Ορθρος – Θεία Λειτουργία.....8:30 – 10:30 Π.Μ.

### SATURDAY, MARCH 12<sup>th</sup> THIRD SATURDAY OF THE SOULS – ST. THEODORE OF TYRE Orthros – Divine Liturgy.....8:30 – 10:30 A.M.

## EASTER CARD

Great Lent is upon us. In keeping with the period of spiritual reflection we are offering you the opportunity to be included in our **Community Easter Card**. You, as a family unit, or an individual will be listed on the card for a nominal donation of \$30.00.

If you wish to be listed on the Community Easter Card, please mail in your name of how you would like it to be written and return it to the Church Office together with your check payable to “KIMISIS THEOTOKOU CHURCH”.

In this manner you will benefit your Church, sending the good news of our Lord's Resurrection to our Parish families and friends.

