

E-bulletin – St Innocent Orthodox Church

The Church St Innocent of Irkutsk is a parish of the Diocese of the West,
The Orthodox Church in America (OCA)

5657 Lindley Ave. Tarzana, CA 91356. Church Office: (818) 881 – 1123

stinnocenttarzana.org

Fr. Yousuf Rassam

February 22nd, 2026

Today's commemorated feasts and saints:

SUNDAY OF CHEESEFARE – Tone 4. The Expulsion of Adam and Eve from Paradise. Uncovering of the Relics of the Holy Martyrs at the Gate of Eugenius at Constantinople (395-423). Martyrs Maurice and his son, Photinus, and Martyrs Theodore, Philip, and 70 soldiers, at Apamea in Syria (ca. 305). Ven. Thalassius, Limnæus and Baradates, Hermits, of Syria (5th c.). St. Athanasius the Confessor, of Constantinople (821).

SCHEDULE ALL SERVICES LIVE STREAMED.

Matins Gospel: Luke 24: 1 – 12 (*4th Matins Gospel*)

Next Week's Epistle: Romans 13: 11 – 14: 4 **Gospel:** Matthew 6: 14 – 21 (*Forgiveness*)

Reader: James

Today	9:30 am Liturgy, Forgiveness Vespers
Monday	11:00 am Lenten Hours & Vespers 6:30 pm Great Compline with Great Canon
Tuesday	11:00 am Lenten Hours & Vespers 6:30 pm Great Compline with Great Canon
Wednesday	12:00 noon Lenten Hours & Typika 6:00 pm Great Canon 6:30 pm Pre-Sanctified
Thursday	11:00 am Lenten Hours & Vespers 6:30 pm Great Compline with Great Canon
Friday	6:30 pm Pre-Sanctified
Saturday	5:30 pm Vespers
Sunday	9:30 am Liturgy, procession with icons

Next Week's Epistle: Hebrews 11: 24 – 26, 32 – 12: 2 **Gospel:** John 1: 43 – 51 (*Orthodoxy*)

Reader: Andrew

Office Hours: Tuesday & Thursday, 10:30 am – 12:00 noon. **Confessions:** After Saturday Vespers and by appointment.

Receiving Holy Communion: We should draw near to our Lord and God and Savior, Jesus Christ, and receive Holy Communion often. Orthodox Christians, who have prepared themselves through prayer and fasting, and are at peace with all men, and have attended the Divine Liturgy from the beginning, (or, at the very least, have not missed the Gospel), and have made a recent Confession, should draw near.

Others should diligently seek to be properly disposed and prepared as soon as possible.

Resources for this Sunday

[Forgiveness Sunday: Readings, Hymns, Sermons, & Kontakion](#)

[Forgiveness Vespers](#), with a sermon by Fr. Alexander Schmemmann

(*Text of the Forgiveness Vespers service*)

About Great Lent

[The Great Fast: To See Christ as He Is](#), by Archbishop Dmitri

[Great Lent: A School of Repentance](#) by Fr. Alexander Schmemmann

Further reading on Great Lent Liturgies

[Great Lent, Fast & Liturgy](#) by Fr. Alexander Schmemmann

About Next Sunday

1st Sunday of Lent, Sunday of Orthodoxy: Readings, Hymns, & Sermons

Announcements:

Our Bulletins (\$60.00)	Alla Slobodskaya
	Izolda (Zoya) & Vladimir Sogokon
Our Altar Wine (\$40.00)	Gabriela Broncă & family good health & help in our needs.
Our Altar Candles (\$40.00)	Gabriela Broncă & family good health & help in our needs.
Our Altar Incense (\$20.00)	Gabriela Broncă & family good health & help in our needs.
Vigil – Golgotha I (\$7.00 /wk)	Stere & Maria Caratäs
Vigil – Golgotha II (\$7.00 /wk)	Stere & Maria Caratäs
Vigil – Prothesis (\$7.00 /wk)	Stere & Maria Caratäs
- Broncă: Gabriela, Robert, & Carmen Iuliana.	Good health, & help in need. Repose: Tasië.
- Sogokon: for the health of Zoya, Vladimir, Irina, Anastasia, Vladimir, Vladimir.	

Today is the Sunday of the Last Judgment, the fourth and final ‘pre-Lent’ Sunday. Today is the last day for eating milk, cheese, and eggs. Forgiveness Sunday is next Sunday, February 22. Great Lent begins on tomorrow, Monday, February 23. Pascha is April 12. The Great Canon is read this week, see the schedule. Please note that the commemoration of St Theodore will be Friday evening.

NO Friends of the Monastery today due to Forgiveness Sunday.

Next Sunday is the Sunday of the Triumph of Orthodoxy. Bring your favorite icon for the procession with icons after Liturgy. **Sunday of Orthodoxy Vespers, Sunday March 1st, 2026, 6:00 pm, at St Nicholas Antiochian Orthodox Cathedral; 2300 W 3rd St, Los Angeles, CA 90057.** Our own Bishop Vasily will preach the homily.

Confessions before Presanctified, after Hours on Tuesday, after Compline Tuesday & Thursday, after Vespers on Saturday, or by appointment.

Adult Education during Great Lent follows the Friday Presanctified.

Maslenitsa – there will be a blini dinner after Forgiveness Vespers today; the last day before Lent. Requested donation \$12.00.

Gift Cards: donations, which can be given to the needy are still welcome.

Lectionary. During Lent, we read (mostly), Mark & Hebrews on Weekends, and Isaiah, Genesis, and Proverbs on weekdays.

Coffee Hour, This Week: Ukrainian blini **Next Week:** -

USEFUL INFORMATION

Donations We now have a [Tithe.ly](https://tithe.ly) page to make donating to the parish easy. Just click this link: <https://tithe.ly/give?c=1324837>. Thank you and God bless!

Streamed serices can be viewed at our website <https://stinnocenttarzana.org/livestream> or <https://stinnocenttarzana.org/facebook>, the streamed services are also uploaded here <https://www.youtube.com/channel/UCEhqUqT15kDekOrPPERcy5g>.

The daily readings and saints may be found here: <https://stinnocenttarzana.org/dailyreadings>.

Financial reports (tithes and donations ONLY) (we need to average around \$29,000 per month)

Jun. 2025: \$16,823	Aug. 2025: \$9,273	Oct. 2025: \$13,465
Jul. 2025: \$20,468	Sept. 2025: \$11,868	Nov. 2025: \$14,940

Troparion, Resurrection - Tone 4

When the women Disciples of the Lord / learned from the Angel the joyous message of the Resurrection, / they cast away the ancestral curse / and elatedly told the Apostles: / "Death is overthrown! / Christ God is risen, // granting the world great mercy!"

Kontakion, Triodion - Tone 6

O Master, Teacher of Wisdom, / Bestower of virtue, / who teaches the thoughtless and protects 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.

from the Lenten Triodion, for the Sunday of Cheesefare

Tone 6 - Podoben: "*Having placed all their hope ...*"

The Lord my Creator took me as dust from the earth / and formed me into a living creature, / breathing into me the breath of life / and giving me a soul; / He honoured me, setting me as ruler upon earth over all things visible, / and making me companion of the angels. / But Satan the deceiver, / using the serpent as his instrument, / enticed me by food; / he parted me from the glory of God / and gave me over to the earth and to the lowest depths of death. // But, Master, in compassion call me back again.¹

In my wretchedness / I have cast off the robe woven by God, / disobeying Thy divine command, O Lord, / at the counsel of the enemy; / and I am clothed now in fig leaves and in garments of skin. / I am condemned to eat the bread of toil in the sweat of my brow, / and the earth has been cursed so that it bears thorns and thistles for me. / But, Lord, who in the last times wast made flesh of a Virgin, // call me back again and bring me into Paradise.²

O precious Paradise, / unsurpassed in beauty, / tabernacle built by God, / unending gladness and delight, / glory of the righteous, / joy of the prophets, and dwelling of the saints, / with the sound of thy leaves pray to the Maker of all; / may He open unto me the gates which I closed by my transgression, / and may He count me worthy to partake of the Tree of Life // and of the joy which was mine when I dwelt in thee before.

Adam was banished from Paradise through disobedience / and cast out from delight, / beguiled by the words of a woman. / Naked he sat outside the garden, lamenting 'Woe is me!' / Therefore let us all make haste to accept the season of the Fast / and hearken to the teaching of the Gospel, / that we may gain Christ's mercy // and receive once more a dwelling-place in Paradise.

1 Gen. 1: 28; 2: 7; Ps. 8: 6-8.

2 Gen. 3: 7,18-19, 21.

*verse: Glory to the Father and to the Son and to the Holy Spirit;
from the Lenten Triodion, for the Sunday of Cheesefare*

Tone 6

Adam sat before Paradise / and, lamenting his nakedness, he wept: 'Woe is me! /
By evil deceit was I persuaded and led astray, / and now I am an exile from glory. /
Woe is me! In my simplicity I was stripped naked, and now I am in want. / O
Paradise, no more shall I take pleasure in thy joy; / no more shall I look upon the Lord
my God and Maker, / for I shall return to the earth whence I was taken. / O merciful
and compassionate Lord, to Thee I cry aloud: // I am fallen, have mercy upon me.'

from the Lenten Triodion, for the Sunday of Cheesefare

Tone 6

Adam was cast out of Paradise through eating from the tree. / Seated before the gates
he wept, lamenting with a pitiful voice and saying: / 'Woe is me, what have I suffered
in my misery! / I transgressed one commandment of the Master, / and now I am
deprived of every blessing. / O most holy Paradise, / planted for my sake and shut
because of Eve, / pray to Him that made thee and fashioned me, / that once more I
may take pleasure in thy flowers.' / Then the Saviour said to him: / 'I desire not the
loss of the creature which I fashioned, / but that he should be saved and come to
knowledge of the truth; // and when he comes to me I will not cast him out.'³

Psalm 136 [137]

By the waters of Babylon,
there we sat down and wept,
when we remembered Zion. **Alleluia!**
On the willows there
we hung up our lyres. **Alleluia!**
For there our captors
required of us songs,
and our tormentors, mirth, saying,
"Sing us one of the songs of Zion!" **Alleluia!**
How shall we sing the Lord's song
in a foreign land? **Alleluia!**
If I forget thee, O Jerusalem,
let my right hand wither! **Alleluia!**
Let my tongue cleave to the roof of my mouth,
if I do not remember thee,
if I do not set Jerusalem
above my highest joy! **Alleluia!**

³ 1 Tim. 2: 4; John 6: 37.

Remember, O Lord, against the Edomites
the day of Jerusalem, **Alleluia!**
how they said, "Down with it, down with it!
Down to its foundations!" **Alleluia!**
O daughter of Babylon, thou wretched one!
Blessed shall he be who requites thee
with what thou hast done to us! **Alleluia!**
Blessed shall he be who takes thy little ones
and dashes them against the rock! **Alleluia!**

Stikhera of Repentance

Sung from the Triodion on the Sundays of Pre-Lent and Great Lent.

Tone 8

verse: **Glory to the Father, and to the Son, and to the Holy Spirit;**

Open to me the gates of repentance, O Giver of Life,
For my spirit rises early to pray towards thy holy temple.
Bearing the temple of my body all defiled;
But in Thy compassion, //
purify me by the loving kindness of Thy mercy.

verse: **Now and ever, and unto ages of ages. Amen.**

Lead me on the paths of salvation, O Mother of God,
For I have profaned my soul with shameful sins,
and have wasted my life in laziness.
But by thine intercessions, //
deliver me from all impurity.

Tone 6

Have mercy on me, O God,
according to Thy great mercy;
according to Thine abundant mercy, //
blot out my transgression!

When I think of the many evil things I have done,
wretch that I am,
I tremble at the fearful day of judgement.
But trusting in Thy living kindness,
like David I cry to Thee:
Have mercy on me, O God, //
according to Thy great mercy.

Of our charity, remember in your prayers:

February 22nd, 2026

Special Intentions:

Christians of Syria, Egypt; Met. Paul, Abp. John, in captivity.

Natalya & Alla in Donetsk

sister Oksana McGovern & family

Metropolitan Onuphry of Kiev, the brotherhoods of the Kiev Caves Lavra, the Pochayiv Lavra, & Svyatohirsk Lavra.

Sophia Fortas

St Symeon Mission

The Sick and those in need of health:

Archbishop Benjamin,

Archpriests Paul Waisanen, George Gray, Michael Regan, Andrew Jacobs; John Armstrong, Matthew Tate; James Jorgensen.

Abbess Victoria; Abbess Susanna;

Matushki Alexandra Safchuk, Elizabeth Powell, Clara Mancantelli, Maria Vallens, Jean Moore;

Robert David Peterson, Marios Perez, Barbara Anderson, Monika Cleenewerck, Marea Kuolt.

OCA-DOW

Manya Prybyla, Gregory Theophan Hoffberg; Virginia, Levon; Edmund Roschak, Darka Raicevich; Karen Olds; Alla Miller,

Mike Shinkarik, Andrew Sturmer; Bridget Merridy Strand, Assia Alexander, Scott T. Karen T., Dmitri G., Kyra; Linda Phillips;

Ed Salm; Raphael; Magdalena Elizabeth; Ludmilla, Anna, George Arglen, Mircea, Gayle Anne; Lana.

Our Parish

Jelica, Zharko, Milanka

Darka, Ilija & Jovanna

Lea Ann (Leah) Bochnak

Laura Bochnak

Gary Andrew Hart

Pia

sister Julia Azrael

Yevgeniya

Irina

Vladimir

Anya

Victoria Wilson

+Bernie Wilson

Laura, Eladia; Lydia

Manya Prybyla

Marie; Archpriest Jonathan Proctor (Holy Trinity, St. Paul, MN) (cancer).

Thaddeus Wojcik

Mildred Sturmer, Susan

Sturmer family

Margaret Banescu, Vona Leslee Christie, Hope Peacock; Wendell & Linda; and family.

Banescu family

Euphemia Marie Cox

John Ambrose Cox

George. Mihai

Maria Caratäs

Mary, George Laurentiu, cancer treatment.

Florentina

Barbara, Steve

Scott & the Thompson family

Angela Apostal, Constantine Apostol

Constantine Apostol

Yekaterina

Lydia

Hieromonk Ambrose (Young), Amy Juried. Archpriest Michael Carney,

Fr. Yousuf

Matushka Sophia Haloulakos

Protodeacon George Haloulakos

Christina Dudchenko, Dcn. Sergius Miller, Kevin, Cecilia Gonzalez-Andrieu.

Archpriest Nicholas Denysenko & family

Michael Rogozik

Yulia.

Lya, Marie, Yvonne

Gay Butu

Timofey

Dilaria

Kristina DeBree

Kevin Patrick DeBree

Reader John, Catherine, Dianna Bowen.

Danks family

Walter

Irina

Larry & Emma

Abbe Kulhanek

Anna

Elena

Pearl Ruggiero. Sheena Wickens, Veronica Clarkson, Anna Cruz, Anna Rossiter; Ward; Griselda Leon; Allan Elmaleh.

Diane Rhodes

Marquelle Anderson. Bruce Anderson, Suzanne.

Subdeacon Polycarp Anderson & family

Larry McHargue; Laura; Robert; Kenny; Bill & Sara Love

Anne McHargue Witz & family

Those Serving in the Armed Forces

Peter, Elijah Hoffberg, Ronnie (Barnabas) Austin, Shae, Ian & Henry.

For the Health and Salvation of the servants of God:

Catechumens: Dalen, Kelly, & Jamie, & Timothy Muster; Emma; Paulina; Louis; Zachary; Jacquiline; Garreth, Hannah, Monte, James

Antonio, Cassandra, Vivienne, Josephine; Herbert, Eric, Nicholas, Habib, Jerry,

Matthew newly illumined

Navya Theodora & new born Rahman John, James

Orion, Kristina

Igor & +Luda

Nikolina, Dimitrije

Jovanna & Ilja

Zlata Okunev, Artemi & Erica

Charlotte, parents Jonathan & Michaela Durham

Vitaly, Lyubov, Ella, Karen, Oksana, Valentina, Irina, Sofiya, Vladimir, Olga, Natalya, Tatyana, Irina, Elena, Evgeny.

Tikhvin icon donors

Alla, Dmitriy Jr., Dmitriy, Elena, Juliya, Tamara, Fredi.

Alla Slobdskaya

Elena, Marisa, Dimitrios (Jimmy), Nicholas, Alexander, Dimitrios, Dionisius.

+ Lola Macrina

Elijah, parents Aika & Dmitri Goudkov

Rowan. Galina.

Yelena, Anna, Wolfgang

Christopher, John, Lauren, Ekaterina.

+ Margarita Maximova

Catalina, Sofia, Florentina, Doina.

Calugaru family

Sherri, Nathanael, & Christopher, Amelia Marie.

Of our charity, remember in your prayers:

For the repose of the souls of the departed servants of God:

February 22nd, 2026

Newly departed Ruslan.
Newly departed Raisa,
Newly departed Stefka, + Feb 12, 2026
Newly departed Bishop Seraphim (Sigris) retired Bp. of Sendai in Japan, + Feb 7, 2026
Newly departed Lydia Trestman, + Feb 6 2026
Newly departed Igor Slobodsky, + 30 Jan 2026
Newly departed Fructuosa Luz Iñiguez Oropeza, +20 Jan 2026
Newly departed Alex.
Newly departed Yuriy, + 10 Jan 2026
Newly departed Nikolai, + 11 Jan 2026
Newly departed Suzanne
Newly departed Salvatore, +Dec 17, 25; Anna, Dec 19, 25.
Mitred Archpriest Sergei Glagolev, +Sep 1, 2021, Matushka Gerry (Evgenia) Glagolev. +May 23, 2022.
Archpriest Nicolas Boldireff, +May 22, 2024; Matushka Anisia Boldireff +Sep 1, 2021
+ Feb 22: Priest Michael Potochny, 1912; Archpriest Jaroslav Sechinsky, 1952; Subdeacon John Oresko, 1982; Nun Lyubov (Louthan), 2013;
Nun Theodora (Meyers), 2013.
Lyudmilla Malakhova, +Oct 26, 25.
Leontina Himber.
Matushka Tresja Denysenko
Edward Pogyor
Subdeacon Patrick Bernard Wilson
Germogen & Olga Stephanenko
Matushka Priscilla Shipley +Sep 10, 2023
Valentina
Cor Brevet Delabruinene
Rodney Lake + May 20, 2021.
Paul Prybyla. +Jan, 10, 2021
Nicholas Vasiliev Davidovich, +October 12, 2022
Barbara Johnson
Stanislava
Hormuzd (Emmanuel) Rassam, + Dec 21, 2022.
Nun Seraphima (Anna Kremenetskaya)
Nun Nonna (Verna Harrison)
Igor
Lola Macrina
Edward Michael & Joan Sutyak
Leon & Claudine Snyder
Dmitri
David
Deacon Hennok Soot, Matushka Mariamna Soot,
Evdokiya, Anatoliy, Domnikiy, Semen, Feodosiy, Ella, Grigoriy, Nadejda, Konstantin, Svetlana,
Valentina, Anna, infant Anatoliy, Olga, Anna, Peter.
Anne Lewandowski
Marina, Alexandra, Petr, Boris, Tatiana.
Hieromonk Vonifaty, Schemanun Savva, Priest Anatoly + Sep 9, 22; Monk Aristokliy June 1, 22; Andrei Vasilenko, April, 23; Archpriest Nikolay
Palahnyuk, June 13, 23; John Markevich, Oct, 23; Viktor Kotlishyn, Oct 19 23;
Rebecca Svetlana (Photini) Gushard
Basil Rosiczka

Reader Vitaly Yefimenkov
Vesselina, Daniel
OCA
Arkady Trestman & family
mother Alla Slobodskaya
Martin Lugo & family
Julia Azrael
Yuri Yena
Jacqui
Christia, Marina, John & family
Nathalie, Tamara, Marina, Michael & family
OCA
Igor, Kristina, Orion & family
Eric, Luke, Vaughan; Paula & Dan & family
Archpriest Nicholas & Sofia Denysenko & family
Eleanor Pogyor & family
Diane, Victoria, Nicholas, & Stephen Wilson & family
Larissa, Tatiana
Fr Ian Shipley & family, DoW
Irina Jackson
Natalya Slusar Nosa & family
son-in-law & daughter Thaddeus & Jacqui Wojcik
Manya & family
daughter Nancy Smollen
daughter Milena; family
wife Kaye Rassam, son Fr Yousuf Rassam, daughter Najma Fowner & family
Konstantin, Taissia, Vladimir, Ioann Kremenetsky
Tamara, Christina, Michael, Anne & family
daughters Laura & Carol, & family
Boris
Mitred Archpriest Ian & Matka. Nina MacKinnon, DOW
DoW, Fr Stephen Soot family, Mark & Olga Soot family
Alla Slobdoskaya
+ Raissa Dulian
+Margarita Maximova
son Wade Aiden Greer, Fr Yousuf

Wojcik Law Firm, P.C.

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