



**Sunday March 11, 2018 THIRD SUNDAY OF LENT**  
 — **Tone 7. Veneration of the Cross.** *St. Sophronius, Patriarch of Jerusalem (638-644). St. Euthymius, Bishop of Novgorod (1458). Hieromartyr Pionius of Smyrna and those with him: Asclepiades, Macedonia, Linus, and Sabina (250). Translation of the Relics of Martyr Epimachus of Pelusium. St. Sophronius, Bishop of Vracha (Bulgaria—1813). Ven. Sophronii, Recluse, of the Kiev Caves (Far Caves—13th c.).*

**This Week’s Schedule**

**Wednesday 3/14** *Presanctified Liturgy 6:30 p.m.*

**Friday 3/16** *Akathist 6:30 p.m.*

**Saturday 3/17** *Parish Lenten Retreat*

*\*with Great Vespers to follow\**

**Sunday 3/18** *St. John Glimacus Hours 8:40 a.m.*

*Divine Liturgy 9:00 a.m.*

*Followed by Coffee hour & Church School*

**Reader Schedule**

<b>DATE</b>	<b>3<sup>RD</sup> HOUR</b>	<b>6<sup>TH</sup> HOUR</b>	<b>EPISTLE</b>
Mar-11	LEWIS	SULPIZI	CAREY
Mar-18	BUNITSKY	BUNITSKY	LEWIS
Mar-25	LEWIS	SOUDER	FINCK
Apr-1	RILEY	RILEY	RILEY

## Hymns and Prayers

### **Tone 7 Troparion**      *(Resurrection)*

By Thy Cross Thou didst destroy death.  
To the thief Thou didst open Paradise.  
For the Myrrhbearers Thou didst change weeping into joy,  
and Thou didst command Thy disciples, O Christ God,  
to proclaim that Thou art risen,//  
granting the world great mercy.

### **Tone 1 Troparion**      *(for the Cross)*

O Lord, save Thy people,  
and bless Thine inheritance!  
Grant victories to the Orthodox Christians  
over their adversaries;  
and by virtue of Thy Cross,//  
preserve Thy habitation!

### **Tone 7 Kontakion**      *(for the Cross)*

Now the flaming sword no longer guards the gates of Eden;  
it has been mysteriously quenched by the wood of the Cross.  
The sting of death and the victory of hell have been vanquished;  
for Thou, O my Savior, hast come and cried to those in hell://  
“Enter again into Paradise!”

*(In place of the Trisagion, we sing:)*

Before Thy Cross, we bow down in worship, O Master,  
and Thy holy Resurrection, we glorify.

### **Tone 6 Prokeimenon**      *(Cross)*

O Lord, save Thy people and bless Thine inheritance! (*Ps 27/28:9*)

*v: To Thee, O Lord, will I call. O my God, be not silent to me! (Ps 27/28:1)*

### **Epistle** Hebrews 4:14-5:6

*Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession.*

*For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.*

*For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins.*

*He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness.*

*Because of this he is required as for the people, so also for himself, to offer sacrifices for sins.*

*And no man takes this honor to himself, but he who is called by God, just as Aaron was.*

*So also Christ did not glorify Himself to become High Priest, but it was He who said to Him: "You are My Son, today I have begotten You."*

*As He also says in another place: "You are a priest forever according to the order of Melchizedek";*

### **Tone 8 \***

Alleluia, Alleluia, Alleluia!

*v: Remember Thy congregation, which Thou hast purchased of old!  
(Ps 73/74:2)*

*v: God is our King before the ages; He has worked salvation in the  
midst of the earth! (Ps 73/74:12)*

### **Gospel Mark 8:34-9:1**

*When He had called the people to Himself, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me.*

*For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it.*

*For what will it profit a man if he gains the whole world, and loses his own soul?*

*Or what will a man give in exchange for his soul?*

*For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels."*

*And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power."*

*(Instead of “It is truly meet . . .,” we sing:)*

### **Hymn to the Theotokos**

All of creation rejoices in you, O Full of Grace:  
All of creation rejoices in thee, O Full of Grace:  
the assembly of Angels and the race of men.  
O sanctified temple and spiritual paradise,  
the glory of virgins,  
from whom God was incarnate and became a Child:  
our God before the ages.  
He made thy body into a throne,  
and thy womb He made more spacious than the heavens.  
All of creation rejoices in thee, O Full of Grace.//  
Glory to thee!

### **Communion Hymn**

The light of Thy countenance has shone on us, O Lord. (Ps 4/5:6)  
Alleluia, Alleluia, Alleluia!

### **This Week’s Announcement**

***Lenten Retreat 2018*** This Saturday, March 17, guest speaker Frederica Mathewes-Green will offer the talk “Mary, as the Early Christians Knew Her”. Retreat Schedule 9:00 am Prayer, 10:00 am Session 1 followed by lunch, and at 1:00 pm Session 2 followed by Vespers.

***Lenten Retreat Help*** We are in need of a few volunteers to help with food preparations, set up and clean up. Please see Alice Morjana to volunteer. We are also looking for some volunteers to take care of finding and heading up child care in the basement during the retreat. Please see Jeff Kendall if you can help.

***New Ministry Opportunity*** Attention Ladies: a group of us are meeting during the first part of coffee hour on March 11, to discuss forming a “40 day club” to help moms who have had a new baby, during the 40 days after birth. We’re looking for people to fix meals to be dropped off at the home; and for others to go to the home in teams of two and help out for an evening or two, doing whatever is helpful, playing with siblings, helping with light housework, dishes, laundry, holding the baby while

mom rests, etc. This ministry would provide a marvelous time of fellowship and provide wonderful support for the families of our parish. Please come to the coffee hour meeting if you can help in any of the ways listed above, or with organization and coordination. Any questions please see Juliana Bunitsky.

***Paschal Flowers*** Today we will be taking a collection for the Pascha flowers that will adorn the tomb and church on Holy Friday and Pascha. Please give generously.

***Family Promise Ministry*** We'll be providing dinners and fellowship for Family Promise Monday, March 26th and Tuesday, 27th at St. Philips Lutheran Church (5320 Limestone Rd. 19808). However, on Thursday, March 29th, we will serve dinner here in St. Michael's social hall due to evening services at St. Philips. Please sign up to help on the board in the narthex and contact Ellen Gundersen with questions 610.388.0695.

***Book Discussion Group*** Elizabeth Clause is hosting a Lenten book study on Mondays from 7:30-9 p.m. The group is reading and discussing "The Lenten Spring" by Father Thomas Hopko. All are welcome.

***Archbishop MARK to Visit for Pascha*** We are happy to announce that His Eminence Archbishop MARK will join us this year for Holy Pascha. Archbishop MARK will spend Holy Week visiting different parishes and will be with us for Pascha night (Nocturnes, Matins, Paschal Divine Liturgy). His Eminence will also be with us for our Pascha night agape & sharing of the baskets.

***Pot Luck & the Life of a Saint after Presanctified on Wednesdays*** On Wednesday evenings during Great Lent we will be having Lenten pot luck dinners along with a presentation on the life of a saint. All are welcome to join us. Please see Fr. Dn. James if you are interested in presenting or reading the life of a saint.

***Read a book during Lent!*** Check out the library table today at coffee hour; new books have been put out for this season of Lent. More titles are available downstairs in the library. If there is an additional book that you would like the bookstore to order, please see Juliana Bunitsky or Mary Anne Farrell.

***Lenten Confessions*** During the Lenten season confessions will be available on Wednesday evenings at 5:30 p.m. prior to Presanctified

Liturgy. Time for confession is also available on Saturday evenings following Great Vespers.

***Parking at the Church*** We continue to ask individuals to please park in the designated areas. The parish council realizes that parking close to the church is limited, however for safety sake please do not park in the fire/ambulance lanes. We need to keep these areas open in case of any emergency. We ask that if the parking lot is full please park on the street and be sure not to block anyone in. Thank you!

***Special Olympics Collection Thank You!*** This past Friday evening during our potluck we were able to raise about \$2,000 for the Special Olympics. We would like to thank Elizabeth Melnick for offering the Lenten potluck dinner and all of you for your generous donations and alms during this season.

### ***Wisdom from the Holy Fathers***

*“we must not allow Christ to be overshadowed by any regulations, any customs, any traditions, any aesthetic consideration, or even piety.”*

+*St. Maria of Paris*

*“Prayer is food for the soul. Do not starve the soul, it is better to let the body go hungry. Do not judge anyone, forgive everyone. Consider yourself worse than everyone in the world and you will be saved. As much as possible, be more quiet.”*

+*St. Joseph of Optina*

*“By the keeping of the Commandments the soul is purified and the mind too is enlightened, and they start functioning as was intended. ‘The command of the Lord gives light and enlightens the eyes’ (Ps. 19:8).”*

+*St. Dorotheos of Gaza (Discourses and Sayings)*

*'Don't worry too much about how spiritually poor you are—God sees that, but for you it is expected to trust in God and pray to Him as best you can, never to fall into despair, and to struggle according to your strength. If you ever begin to think you are spiritually "well off"—then you can know for sure that you aren't! True spiritual life, even on the most elementary level, is always accompanied by suffering and difficulties. Therefore you should rejoice in all your difficulties and sorrows.'*

*Fr. Seraphim Rose of Platina*

*"... when the soul recognizes - what is indeed the truth - that all its good actions for God's sake, together with all its understanding and knowledge, are to be ascribed to God alone and that everything should be attributed to Him, then God accepts this as the greatest gift that man can make, as the offering that is most precious in His eyes."*

*+ St. Makarios of Egypt (The Philokalia Vol. 3)*

*"Brother, do not be so fearlessly attentive to adorning your body, but be mindful of what the Apostle says: "flee also youthful lusts" (II St. Timothy 2:22). Do you not know with what kind of foe you are grappling? Are you not aware that it is a terrible thing to be a cause of scandal to another soul? Know this also, that if the outer man is adorned and handsome, but the soul within is filthy, it will not be long before physical beauty decays. But if you acquire beauty of soul, this beauty will comport with the outer man, and such beauty will endure."*

*From the Evergetinos*

*"According to the text, 'We are the body of Christ and each of us is one of its members' (cf. I Cor. 12:27), we are said to be the body of Christ. We do not become this body through the loss of our own bodies; nor again because Christ's body passes into us hypostatically or is divided into members; but rather because we conform to the likeness of the Lord's flesh by shaking off the corruption of sin. For just as Christ in His manhood was sinless by nature both in flesh and in soul, so we too who believe in Him, and have clothed ourselves in Him through the Spirit, can be without sin in Him if we so choose."*

*+ St. Maximos the Confessor (The Philokalia Vol. 2)*

**Prayers for the Departed:** *Matuska Mary Perez, Matushka Barbara Kucynda, Mark Gundersen, John Berket*

**Prayers for the Sick and Those in Need:** *Fr. John Zabinko, Fr. Joseph Chupeck, Fr. Josef Petranin, Fr. John Nightingale, Fr. Deacon James Carpenter, Mat Julia Petranin, Mat. Ellen Chupeck, Mat. Jennifer Franchak, Mat. Lisa Weremedic, Matushka Myra Kovalak, Lemlem Resat, Peter Melnik, Olga Riley, Marie Holowatch, Marie Karawulan, Barbara Hicks, James Hicks, Anna Herko, Zack Bajuyo, Luke & Anna Wales, Nona Carey, Mona Elia, Lydia Kendall, Maria and Doug Dozier, Mary Anne Farrell, Catalina(Mary) & Jeremy (John) Finck, John Griffith, Cynthia Griffith, Benjamin, Charles, Patrica, Lubov, Marilyn Coyle, Alfred Mokhiber, Stephanie Hojnicky, Mary Alice Salay, Phillip McKelvey*

**Prayers for Women and the Child to be born:** *Maria Peck, Rachel Facaros, Leah Reed, Jacquelyn Marie Wham, Rachael Irene Shatley*

**Prayers for Catechumens:** *Stephanie Smiertka Riley*

<b>Date</b>	<b><u>Coffee Hour</u></b>	<b><u>Service Duty</u></b>	<b><u>Church Cleaner</u></b>	<b><u>Library</u></b>
<b>11-Mar</b>	Elia/Gunderson/Farrell	Bunitsky/Lewis	Riley	Maloney
<b>18-Mar</b>	Oberto/Peck	Elia/Morjana	Bunitsky	Lewis
<b>25-Mar</b>	Pacienza/George	Riley/Riley	General Cleaning	Gundersen
<b>1-Apr</b>	POT LUCK - Finck	Sulpizi/Finck	Farrell	Farrell
<b>8-Apr</b>	PASCHA	Hojnicky/Souder	Clause/Whalen	No Library

**Church School Reminder**

March 11 Class

March 18 Class

March 25 Class Annunciation

April 1 No Class Palm Sunday

April 8 No Class Holy Pascha