
St. Michael the Archangel Orthodox Church

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Sunday March 17, 2019 FIRST SUNDAY OF LENT –
Tone 1. Sunday of Orthodoxy. Ven. Aleksy (Alexius) the
Man of God (411). Ven. Macarius, Abbot and
Wonderworker of Kalyázinsk (Tver' – 1483). Martyr
Marinus. St. Patrick, Bishop of Armagh, Enlightener of
Ireland (ca. 461).

This Week's Schedule

Today 3/17 Orthodoxy Sunday Vespers 4:00 p.m.

Wednesday 3/20 Little Angels 9:30 a.m.

Presanctified Liturgy 6:30 p.m.

Thursday 3/21 Study Group 10:00 a.m.

Friday 3/22 Lenten Parish Retreat 6:30 p.m.

Saturday 3/23 Lenten Parish Retreat 9:30 a.m.

Sunday 3/24 Hours 8:40 a.m.

Divine Liturgy 9:00 a.m.

Followed by coffee hour & Annunciation Vespers

Reader Schedule

<u>DATE</u>	<u>3RD HOUR</u>	<u>6TH HOUR</u>	<u>EPISTLE</u>
Mar-17	BUNITSKY	BUNITSKY	CAREY
Mar-24	SULPIZI	SOUDEK	FINCK
Mar 25	ANNUNCIATION TO THE THOTOKOS		
Mar-31	RILEY	RILEY	RILEY
Apr-7	SOUDEK	SULPIZI	CAREY

Hymns and Prayers

Tone 1 Troparion *(Resurrection)*

When the stone had been sealed by the Jews,
while the soldiers were guarding Your most pure ^body,
You rose on the third day, O Savior, granting life to the world.
The powers of heaven therefore cried to You, O Giver of Life:
“Glory to Your Resurrection, O Christ!
Glory to Your ^Kingdom!//
Glory to Your dispensation, O Lover of mankind!”

Tone 2 Troparion *(Sunday of Orthodoxy)*

We venerate Your most pure image, O Good One;
and ask forgiveness of our transgressions, O Christ our God.
Of Your good will You were pleased to ascend the cross in the flesh
and deliver Your creatures from bondage to the Enemy.
Therefore with thankfulness we cry aloud to You:
“You have filled all with joy, O our Savior,//
for You alone have come to save the world.”

Tone 8 Kontakion *(from the Lenten Triodion)*

No one could describe the Word of the Father;
but when He took flesh from you, O Theotokos, He accepted to be
described,
and restored the fallen image to its former state by uniting it to divine
beauty.//
We confess and proclaim our salvation in words and images.

Tone 4 Prokeimenon *(Song of the Fathers)*

Blessed are You, O Lord God of our fathers, and praised and glorified is
Your name forever! *(Song of the three Holy Children, v. 3)*

v: For You are just in all that You have done for us! (v. 4)

Epistle Hebrews 11:24-26, 32-12:2

*By faith Moses, when he became of age, refused to be called the son of
Pharaoh's daughter, choosing rather to suffer affliction with the people
of God than to enjoy the passing pleasures of sin, esteeming the reproach*

of Christ greater riches than the treasures in Egypt; for he looked to the reward.

And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets:

who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens.

Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they might obtain a better resurrection. Still others had trial of mockings and scourgings, yes, and of chains and imprisonment.

They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented –

of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth.

And all these, having obtained a good testimony through faith, did not receive the promise,

God having provided something better for us, that they should not be made perfect apart from us.

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Tone 4

Alleluia, Alleluia, Alleluia!

v: Moses and Aaron were among His priests; Samuel also was among those who called on His Name. (Ps 99/100:6)

v: They called to the Lord and He answered them. (Ps 99/100:6)

Gospel John 1:43-51

The following day Jesus wanted to go to Galilee, and He found Philip and said to him, "Follow Me."

Now Philip was from Bethsaida, the city of Andrew and Peter.

Philip found Nathanael and said to him, "We have found Him of whom Moses in the law, and also the prophets, wrote – Jesus of Nazareth, the son of Joseph."

And Nathanael said to him, "Can anything good come out of Nazareth?"

Philip said to him, "Come and see."

Jesus saw Nathanael coming toward Him, and said of him, "Behold, an Israelite indeed, in whom is no deceit!"

Nathanael said to Him, "How do You know me?" Jesus answered and said to him, "Before Philip called you, when you were under the fig tree, I saw you."

Nathanael answered and said to Him, "Rabbi, You are the Son of God! You are the King of Israel!"

Jesus answered and said to him, "Because I said to you, 'I saw you under the fig tree,' do you believe? You will see greater things than these."

And He said to him, "Most assuredly, I say to you, hereafter you shall see heaven open, and the angels of God ascending and descending upon the Son of Man."

(Instead of "It is truly meet ...," we sing the following)

Hymn to the Theotokos

All of creation rejoices in you, 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 your body into a throne,

and your womb He made more spacious than the heavens.

All of creation rejoices in you, O Full of Grace.//

Glory to you!

Communion Hymns

Praise the Lord from the heavens, praise Him in the highest! (*Ps 148:1*)

Rejoice in the Lord, O you righteous; praise befits the just! (*Ps 32/33:1*)

Alleluia, Alleluia, Alleluia!

This Week's Announcement

Orthodoxy Sunday/Mission Service Today St. Michaels will be hosting a Lenten Mission Service tonight at 4:00 p.m. We are asking for everyone's help as we will be hosting the Philadelphia Clergy Brotherhood as well as the faithful from our surrounding area.

Lenten Retreat "Living Toward the Kingdom In Our Hearts and Homes" St. Michaels will be hosting a Lenten retreat with guest speaker and author Dr. Philip Mamalakis on March 22nd & 23rd. Retreat Schedule:

Friday Evening March 22nd 6:30 p.m.-8:30 p.m. ***Marriage and Relationships Toward the Kingdom*** : We live out our Lenten journey, and our whole life in and through close relationships. Yet, these can be the most challenging. We'll look into how Christ invites us, particularly during Lent, to draw close to Him, His Church, to grow in our marriage and close relationships.

Saturday March 23rd 9:00 a.m. coffee & prayers, 9:30 a.m.-Noon ***Parenting Toward the Kingdom, Part I*** : Lent is a time to refocus our efforts on living as Orthodox Christians. However, our kids still have the same struggles they have throughout the year- from getting up and dressed in the morning, and getting along during the day, to getting to bed at night. Join Dr. Mamalakis as he discusses how we can discover the heart of our lenten journey within the daily challenges of parenting.

12:00 p.m. Lunch at St. Michael's Hall

Saturday 1:00 p.m.: ***Parenting Toward the Kingdom, Part II*** Building off of the morning session, Dr. Mamalakis will discuss how Lent, like parenting, is simultaneously an inner struggle and outward behaviors and practices. Fasting and church services are not the goal of Lent, but the critical pathway toward our goal. We'll discuss skills and strategies for setting limits with our children, not as the goal of parenting, but the pathway toward our goal.

The Feast of Annunciation Monday March 25th is the Feast of the Annunciation to the Mother of God. We will offer Vespers for the feast next Sunday March 24th following coffee hour. Then Monday morning March 25th Vespers Liturgy of St. John Chrysostom at 9:00 a.m.

Books for Prisoners: During Lent please donate new or gently used PAPERBACK books in the bin in NARTHEX--especially Paperback Dictionaries. See the list of books requested by prison libraries in our

narthex. For a donation to the "books for prisoners" collection, please take free orthodox books in social hall entrance. Your donation will be used to buy books for the incarcerated. Thanks for your generosity. See Ellen Gundersen or email ellengundersen5@gmail.com.

Presanctified Liturgy On Wednesday evenings we will be celebrating the Presanctified Liturgy. The Divine Liturgy is not celebrated in the Orthodox Church on lenten weekdays however, in order for the faithful to sustain their lenten effort by participation in Holy Communion, the Liturgy of the Presanctified Gifts is served. This Liturgy is called Presanctified, since the Holy Gifts are presanctified (or consecrated) on the previous Sunday. This is an evening Liturgy consisting of Vespers, followed by a portion of the full Liturgy. The Liturgy of the Presanctified Gifts comes after a day of spiritual preparation and total abstinence. All who plan on participating in Holy Communion for the Presanctified Liturgy who are unable to make the effort of total fasting because of weaknesses or illness, should eat a light lenten meal in the morning or mid morning and begin fasting for communion by noon. Reminder that our Presanctified Liturgy will be followed by a lenten pot luck dinner. All are welcome to come and bring a lenten dish and share in the extra fellowship as we make our journeys together to Pascha.

Liturgy of St. Basil the Great On Sundays during the lenten season we may notice that the Divine Liturgy is a little different. This is because we celebrate the longer Liturgy of St Basil the Great. In the 4th century Church the liturgy of St. Basil was celebrated every Sunday and feast day of the whole year. It was the official Eucharistic Liturgy to be celebrated on a regular basis throughout the year. Towards the end of the first quarter of the second millennium the Liturgy of Saint Basil was replaced by the liturgy attributed to Saint John Chrysostom another 4th century father of the Church. Some say that the celebrating of Saint Basil's liturgy still being done during Lent is because of the conservative liturgical character of Lent. And since it is the intention of the Church to dedicate more time to prayer during Lent, that it is a good opportunity to teach the faithful dogma by offering for their hearing and singing the profound and all-embracing theological elucidations of the Basilian Liturgy. It is also said that it served during lent because of its expressively doctrinal and educational character. Listen and you will hear the wisdom and beauty of this liturgy on the Sunday's of Great Lent. Handouts will be available.

Lenten Confessions There will be a few extra opportunities for confessions during the Lenten season. Confession will be available as usual, following Saturday Vespers and prior to Presanctified Liturgy on Wednesday's from 5:30 p.m. until 6:30 p.m. Confessions will also be available on Thursday's following study group or see Fr. Barnabas for appointments or if you have any questions.

Pussy willows for Palm Sunday If anyone has pussy willow trees and would like to cut pussy willow branches for Palm Sunday we will be happy to distribute them along with palms. Please see Ellen Gundersen or Fr.Dn. James Carpenter.

Wisdom from the Fathers

"Don't let your mind be idle and you won't learn evil. Don't look at the shortcomings of others, because otherwise, without realizing it, you'll become a collaborator of the devil and you'll make no progress in doing good. Don't, in your ignorance, work alongside the enemy of your soul. The more you cover up for other people, out of love, the more Grace protects you and guards you from the slanders of other people."

- Iosif the Hesychast

"Get rid of two things about yourself: don't think you're somebody important and worthy; and don't think that anybody else is of greater value than you."

- St. Basil the Great, Archbishop of Caesarea in Cappadocia (330-379 AD)

"To be quiet is the fruit of a royal and noble upbringing. Those who've learned how to be quiet have also learned how to talk. Because to be quiet is the product of rational thought. IN the same way as speaking prudently is. People who don't know how to be quiet can't hold a conversation either."

- St. Nektarios, (1846-1920), Metropolitan of Pentapolis and Wonderworker of Aegina

Prayers for the Departed: Marie Karawulan, Virginia Sekerak Marie Holowatch, Maria Proch, Mark Gundersen, John Berket, George Sarmousakis, Alfred Mokhiber

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, Lemlem Resat, Peter Melnik, Olga Riley, Barbara Hicks, James Hicks, Anna Herko, Luke & Anna Wales, Nona Carey, Maria & Doug Dozier, Mona Elia, Mary Anne Farrell, John Griffith, Cynthia Griffith, Benjamin, Patrica, Lubov Baldychev, Stephanie Hojnicky, Michael Sinovich, Laura Cristina Najemy, Harry Kutch, Dimitrios Jim Petrides,

Prayers for Catechumen: Robert Jaquette, Sue D’Orazio

Prayers for Women and the Child to be born: Ruth Kendall, Bisrat Gabriel

Date	Coffee Hour	Service Duty	Church Cleaner	Library
17-Mar	Riley/Souder	Riley/Riley	Clause/Whalen	Skomorucha
24-Mar	Shatley/Hines	Sulpizi/Finck	Skomorucha/Lewis Kiflemarian	Maloney
31-Mar	Elia/Gunderson/Farrell	Hojnicky/Souder	S. Peck	Gundersen
7-Apr	C. Peck/Sulpizi/ Skomorucha	Telep/Baldychev	N Carey	Farrell

Upcoming Dates to Keep in Mind

Mission Service Sunday March 17th

Lenten Retreat Friday & Saturday March 22nd & 23rd

Annunciation Monday March 25th

Palm Sunday April 21st

HOLY PASCHA April 28th