
St. Michael the Archangel Orthodox Church

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Sunday March 31, 2019 THIRD SUNDAY OF LENT
– Tone 3. *Rest of St. Innocent, Metropolitan of Moscow, Enlightener of the Aleuts and Apostle to the Americas (1879). Veneration of the Cross. St. Hypatius the Wonderworker, Bishop of Gangra (ca. 336). Rest of St. Jonah, Metropolitan of Moscow and All Russia (1461). Ven. Hypatius the Healer, of the Kiev Caves (Far Caves – 14th c.). Ven. Apollonius, Ascetic, of Egypt (4th c.). Rufinus in Chalcedon (ca. 446). Appearance of the “IVERON” (IBERIAN) Icon of the Most-holy Theotokos.*

This Week’s Schedule

Wednesday 4/3 Little Angels 9:30 a.m.

Presanctified Liturgy 6:30 p.m.

Thursday 4/4 Study Group 10:00 a.m.

Friday 4/5 Akathist 7:00 p.m.

Saturday 4/6 Memorial Service 4:00 p.m.

Great Vespers 5:00 p.m.

4th Sunday of Lent 4/7 Hours 8:40 a.m.

Divine Liturgy 9:00 a.m.

Followed by coffee hour

Reader Schedule

<u>DATE</u>	<u>3RD HOUR</u>	<u>6TH HOUR</u>	<u>EPISTLE</u>
Mar-31	RILEY	RILEY	RILEY
Apr-7	SOUDER	SULPIZI	CAREY
Apr-14	LEWIS	BUNITSKY	LEWIS



Hymns and Prayers

Tone 3 Troparion *(Resurrection)*

Let the heavens rejoice!
Let the earth be glad!
For the Lord has shown strength with His arm.
He has trampled down death by death.
He has become the first born of the dead.
He has delivered us from the depths of hell,
and has granted to the world//
great mercy.

Tone 1 Troparion *(for the Cross)*

O Lord, save Your people,
and bless Your inheritance!
Grant victories to the Orthodox Christians
over their adversaries;
and by virtue of Your Cross,//
preserve Your 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 You, O my Savior, have come and cried to those in hell://
“Enter again into Paradise!”

(In place of the Trisagion, we sing:)

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

Tone 6 Prokeimenon *(Cross)*

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

v: To You, 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 Your congregation, which You have 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:
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 Hymn

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

This Week’s Announcement

Memorial Saturday On Saturday April 6th at 4:00 p.m. we will be offering a memorial service for all the departed. The lists of names will be available at the candle desk for any additions or corrections. Please see Fr. Barnabas if you have any questions.

Akathist for the Departed This Friday evening, in honor of our Lenten Memorial Saturdays, will offer the Akathist for the Departed. At the conclusion of the Akathist for the departed we will try and remember by name any and all of the departed connected with St. Michael’s. Please see Fr. Barnabas if you have any questions.

Books for Prisoners: (Last day to donate books (or money) for prisoners will be Sunday, April 14) 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.

Archbishop MARK to Visit His Eminence Archbishop MARK will be joining us for Presanctified Liturgy on Holy Tuesday April 23rd at 9 a.m. We hope you can be with us the Archbishop's annual Holy Week visit.

Study Group Our study group continues to meet on Thursday mornings at 10:00 a.m. This past week seven of us continued our study of the 5th chapter of the gospel of St. Matthew. Join us!

April 13th Cleanup In Preparation for Holy week and Pascha we will have a parish wide cleanup on Saturday April 13th at 9:00 a.m. Please consider coming to help, the more help the sooner we will finish.

Presanctified Liturgy On Wednesday evenings we will be celebrating the Presanctified Liturgy. The Liturgy of the Presanctified Gifts comes after a day of spiritual preparation and 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.

The Canon of St. Andrew with the Life of St. Mary of Egypt During the 5th week of Great Lent the Church calls us once again to the Canon of Repentance by St. Andrew of Crete. We will repeat the canon as in the first week of lent however, this time the reading of the life of St. Mary of Egypt is prescribed along with the canon. We will offer this service on Thursday April 11th at 7:00 p.m.

Lenten Confessions Great Lent is a time for us to take personal spiritual inventory of our inner life. Repentance is the beginning and the condition of a truly Christian life. To become more fully human, more truly ourselves, we must face our failures. And not just our inadvertent mistakes but also the situations in which we more or less deliberately turn away from what we are really called to be. The traditional approach of the Fathers of the Church is that if we don't admit our sin, we will never bring our-selves to go beyond it. The Lenten season is a perfect opportunity to rediscover our relationship with Christ and get back on the narrow path that leads to salvation. Confessions will be offered on Wednesday evening be-fore Presanctified, Saturday evenings following Great Vespers, on Thursday's following study group, Friday evening with Akathist. If these times are inconvenient, please call Fr. Barnabas for confession by appointment. Please do not wait until the last minute!

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

Would you be truly intelligent ?

Then book learning isn't enough; you must also have spiritual knowledge. This includes being able to tell the difference between what is

good and what is evil. Then you must avoid what is sinful and harmful to your soul and, with thanks to God, carefully keep what is good and what benefits your soul.

If you do that, you are truly intelligent.

+ *St. Anthony the Great*

'Detachment grows from an experience and taste of the knowledge of God and from a meditation on the account to be rendered at death.'

+ *St. John Climacus*

To repent is to smile, not to frown. To look up, not down. It is not just the recognition that things have gone wrong, but the realization that through Christ they can be put right. It is not the sight of our own ugliness but the vision of God's beauty.

Metropolitan Kallistos of Diokleia

If you wish that God should speedily give you hearty faith in prayer, strive with all your heart to speak and to do everything in regard to other people sincerely, and never be deceitful in your dealings with them. If you are straight-forward and truthful with others, then God will give you straightforwardness and sincere faith also in reference to Himself

+ *St. John of Kronstadt*

Do not seek the perfection of the law in human virtues, for it is not found perfect in them. Its perfection is hidden in the Cross of Christ.

+ *St. Mark the Ascetic*

Remember that each of us has his own cross. The Golgotha of this cross is our heart: it is being lifted or implanted through a zealous determination to live according to the Spirit of God. Just as salvation of the world is by the Cross of God, so our salvation is by our crucifixion on our own cross.

+ *Bishop Theophan the Recluse*

Prayers for the Departed: Mat Julia Petranin 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. 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, Lubov Baldychev, Stephanie Hojnicky, Michael Sinovich, Laura Cristina Najemy, Harry Kutch, Dimitrios Jim Petrides, Albert Shock

Prayers for Catechumen: Robert Jaquette, Sue D'Orazio

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

Date	<u>Coffee Hour</u>	<u>Service Duty</u>	<u>Church Cleaner</u>	<u>Library</u>
7-Apr	Peck/Sulpizi/Skomoruch	Telep/Baldychev	Carey	Farrell
14-Apr	Whalen/Clause/Gabriel	Bunitsky/Morjana	Baldychev /Sylvest	Skomorucha
21-Apr	Hamwi/Morjana	Riley/Riley	Suplizi	Maloney
28-Apr	Pascha	Sulpizi/Finck	Riley	No Library
5-May	Najemy/Kendall	Hojnicky/Souder	Bunitsky/Finck	Gundersen

Upcoming Dates to Keep in Mind

Memorial Service April 6th 4:00 p.m.

Canon of Repentance w/ Life of Mary of Egypt April 11th

Lazarus Saturday April 20th

Palm Sunday April 21st

Archbishop MARK to visit Holy Tuesday April 23rd

HOLY PASCHA April 28th