
St. Michael the Archangel Orthodox Church

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Sunday March 22, 2020 THIRD SUNDAY OF LENT
– Tone 7. Veneration of the Cross. Hieromartyr Basil of Ancyra (362-363). Martyr Drosida, daughter of Emperor Trajan (1st-2nd c.). Ven. Isaac, Founder of the Dalmatian Monastery at Constantinople (4th c.). Monastic Martyr Euthymius of Prodromou (Mt. Athos – 1814).

This Week's Online Schedule

Today 3/22 Sunday School (ages 5 to 6) 11:30 a.m. with Maria

Sunday School (ages 7 to 10) 1:00 p.m. with Elizabeth

Tuesday 3/24 Vespers for the **Annunciation** 7:00 p.m.

Wednesday 3/25 Little Angels 5:30 p.m.

(All youth are welcome during the quarantine)

St. Michael's Orthodox Moms 8:00 p.m.

Parish Council Meeting 8:30 p.m.

Thursday 3/26 Study Group 10:00 a.m.

Basics of Orthodoxy 8:00 p.m.

Friday 3/27 Little Angels 10:00 a.m.

Saturday 3/28 Vespers 5:00 p.m.

Sunday 3/29 4th Sun. of Lent, St. John Climacus

Typika & Molieben 9:00 a.m.

Please Note all Services and Groups will meet Online



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 *(for the 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 8¹

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 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*
4:6/7) Alleluia, Alleluia, Alleluia!

This Week's Announcements

Online Schedule Our Parish Council is working hard to establish online means for us to continue our life at St. Michael's. We will be serving an online only schedule that will include Saturday Vespers and Sunday the Typika service and a Molieben. These services can be found on our Facebook page and through the Zoom app. We hope to have more opportunities soon. Please give the online services a try!

Parish Council Meeting The parish council will meet this Wednesday evening March 25th at 8:30 p.m. via video conference. Please check your emails for any changes.

Annunciation Vespers On Tuesday evening we will offer the Vespers service online for the feast of the Annunciation to the Theotokos. Look to your emails for meeting invitations and Join us!

Study Group Our Study Group will meet this Thursday March 26th on Zoom Meeting at 10:00 a.m. We will continue our study of the Genesis account of creation. Handouts will be emailed for any to follow.

Little Angels & Church School Our Little Angels & Church School Groups will also meet online during this time. Please check your emails for Meeting times.

Wisdom from the Holy Fathers

The soul that loves God has its rest in God and in God alone. In all the paths that men walk in in the world, they do not attain peace until they draw nigh to hope in God.

† *St. Isaac the Syrian*

'The truly physician-like intellect is one that first heals itself and then heals others of the diseases of which it has been cured.'

St. Thalassios the Libyan

When we become incorruptible and immortal and attain to the blessed state of conformity with Christ, we will be ever with the Lord, gaining fulfillment in the purest contemplations of His visible theophany which will illuminate us with its most brilliant rays, just as it illuminated the disciples at the time of the most divine Transfiguration.

This is the light of God, as St. John has said in his Revelation (Rev. 22:5), and such is the opinion of all the saints.

† *St. Gregory Palamas*

'We do not know God from His essence. We know Him rather from the grandeur of His creation and from His providential care for all creatures. For through these, as though they were mirrors, we may attain insight into His infinite goodness, wisdom and power.'

St. Maximos the Confessor

Prayers for the Departed: Fr. Jozef Petranin, Barbara Hicks, Peter Melnik, Michael Sinovich, David Rex, Lubov Baldychev

Prayers for the Sick and Those in Need: Fr. John Zabinko, Fr. Joseph Chupeck, Fr. Daniel Kovalak, Fr. John Nightingale, Mat. Ellen Chupeck, Lemlem Resat, Olga Riley, James Hicks, Anna Herko, Luke & Anna Wales, Nona Carey, Maria & Doug Dozier, Mona Elia, Mary Anne Farrell, John Griffith, Cynthia Griffith, , Stephanie Hojnicky, Laura Cristina Najemy, Harry Kutch, Dimitrios Jim Petrides, Albert Shock, Elizabeth Melnik, Alexandra Grishin, Sam Sylvest, Jamie Clause, Paula Flynn

Prayers for Catechmens Kristin Mackenzie, Edward Jones. Cole McElmurry, Sean & Jennifer Vojaicek

Date	<u>Coffee Hour</u>	<u>Service Duty</u>	<u>Church Cleaner</u>
5-Apr	Bacuta/Fravel/Riley	Riley/Riley	Riley
12-Apr	Hojnicky/Flynn/Roberts	Sulpizi	Bunitsky/Finck

Upcoming Dates to Keep in Mind

Annunciation Wednesday March 25th

Lazarus Saturday April 11th

Palm Sunday April 12th

Pascha Sunday April 19th

Ascension Thursday May 28th

Pentecost Sunday June 7th