

Welcome!

In your hand is a guide to help make your worship experience more meaningful.

At 10:00 am the Divine Liturgy, which is the main worship service of the Orthodox Church, begins with the words from the priest "Blessed is the kingdom of the Father and the Son and the Holy Spirit..."

The beginning of the service may be found on page 1 of the small red book entitled The Divine Liturgy of Saint John Chrysostom (Holy Cross Press). Each Sunday the Epistle, Gospel and certain hymns change to express what is being celebrated that day. This guide has them printed out for you so you may follow along more easily.

We welcome people of all faiths and denominations to worship with us and appreciate your presence. For those who are not Orthodox Christians we ask that you not receive the Holy Communion when it is offered to the congregation. Those visitors who are Orthodox Christians may receive Communion provided you normally receive at your home parish and have not been restricted in any way. For Orthodox Christians, when in doubt whether to receive or not, please ask the priest in advance and he will be happy to advise you.

For those who are attending the Divine Liturgy today as part of your comparative religion college class requirement for research, there is a brief brochure located in the narthex of the Church, which will help explain a little about the Orthodox faith and our local parish. The priest would be happy to speak with you in the fellowship hall during the refreshment hour if time permits. An appointment may also be made where he would be pleased to provide you with some research material for your paper.

For those of you visiting an Orthodox Christian Church for the first time, you are in for an interesting worship experience. There is something in Orthodox worship that reaches all

the five senses. Through **sight** with the icons (religious paintings), vestments and movements, through **smell** with the use of incense, with **sound** through the use of our own byzantine style music and liturgy, through **taste** with receiving Holy Communion and by **touch** with the lighting of candles and crossing oneself.

You will find that the Orthodox place a great emphasis on reverence in worship. The worship is joyful as well, but always with a sense of reverence before God.

Thank you for joining us this morning. Please ask one of the attendants in the narthex if you have any questions. They will be happy to assist you. May God bless your time with us and answer all your needs!

ORTHROS GOSPEL: 6th

Plagal 2



APOLYTIKION

THIRD SUNDAY OF LENT (ADORATION OF THE CROSS)

Save O Lord, O Lord Your people, and bless Your inheritance. Grant victory to the faithful against the adversaries of the Faith, and protect Your people through Your Holy Cross, Your Holy Cross.

Σώσον Κύριε τόν λαόν σου καί ευλόγησον τήν κληρονομίαν σου, νίκας τοίς Βασιλεύσι κατά βαρβάρων δωρούμενος καί τό σόν φυλάττων διά τού Σταυρού σου πολιτεύμα.

PLAGAL II

When the angelic powers appeared at your tomb and those who guarded You became as though dead and standing by Your sepulcher was Mary seeking Your pure and sacred body. For You did vanquish Hades and uncorrupted by its touch You came unto the virgin woman, bestowing the gift of life. O You who rose from the dead. Lord we give glory to You.

TROPARION OF ST. MARKELLA

Obedient to the laws of the Lord and to his divine teachings, you kept them blamelessly, O Markella and being frightened of the violence of your father who pursued you O pure bride of Christ you hid in the mountains where he found you and took your life. Glory to him who has given you strength, Glory to him who has crowned you, Glory to him who works healings through you to everyone.

TROPARION OF ST. DEMETRIOS

The world found in you a great champion in dangers, a victor who could turn the nations back! As you restrained Levi in the arena, you also inspired Nestor to courage! Therefore Holy Great Martyr Demetrios, entreat Christ God to grant us great mercy!

KONTAKION

FROM THE FIRST TO THE 5TH SUNDAY IN THE GREAT LENT

To You as champion unto victory invincible, Your City offers thanksgiving unto You. From our trials Theotokos have You redeemed us, for as You possess invincible might and power. From all dangers Theotokos deliver us, as we cry unto You Hail O Bride unwedded.

THE EPISTLE READING

THIRD SUNDAY OF LENT

Veneration of the Holy Cross

Verse: O Lord, save your people and bless your inheritance. To you, O Lord, have I cried O my God.

The reading is from Paul's Letter to the **Hebrews**.
(Chapters 4:14 - 5:1-6)

Brethren, since 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 have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins

as well as for those of the people. And one does not take the honor upon himself, but is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten Thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek.

THE GOSPEL READING

Veneration of the Holy Cross

MARK 8:34 - 9:1

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

SAINTS COMMEMORATED TODAY:

Saint Basil Liturgy. Third Sunday of Lent, Veneration of the Holy Cross; * The Seven Holymartyrs, Bishops of Cherson (+IVth c.): Basileus, Ephraim, Eugenios, Kapiton, Aitherios, Elpidos, and Agathodoros (+IVth c.). Righteous Laurentios of Megara, Salamis (+1770); Righteous Paul the Simple (+340).

APOLYTIKIA AND KONTAKIA-

WHAT ARE THEY?

Apolytikion (Dismissal Hymn) is a liturgical hymn, which refers to the feast celebrated. It is chanted at the end of the Vesper Service, thus serving as its dismissal hymn, at the beginning of the Matins Service and during the Divine Liturgy before and after the small Entrance.

Kontakion originally meant the short round piece of wood (dowel) around which was wound a leather roll of a series of liturgical hymns. Today it means the hymn itself, which is read in all the services and is chanted after the Dismissal Hymns after the Small Entrance.