

St. Michael Antiochian Orthodox Church of the San Fernando Valley
a Parish of the Antiochian Orthodox Christian Archdiocese of North America
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The Third Sunday of Great Lent

The Veneration of the Precious and Life-giving Cross;

Hieromartyr Basil of Ancyra; Martyr Kallinika of Rome;

and Venerable-martyr Euthymios of Prodromou Skete on Athos

Sunday, March 22, 2020

Tone 7; Eothinon 7

Apolytikion of the Resurrection (Tone 7)

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

Apolytikion of the Holy Cross (Tone 1)

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

Apolytikion of our Patron the Archangel Michael (Tone 4)

O ye foremost of the heavenly hosts we beseech thee, though we are unworthy, pray that we may be encompassed with a shadow of Thy unearthly glory, preserving us who kneel and cry endlessly: deliver us from oppression since ye are the prince of the Highest Power.

Kontakion of the Annunciation [and Great Lent] (Tone 8)

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: "Hail, O Bride without Bridegroom."

Daily Readings

THE EPISTLE (for the Third Sunday of Lent)

*O Lord, save Thy people and bless Thine inheritance.
To Thee, O Lord, have I cried, O my God.*

The Reading from the Epistle of St. Paul to the Hebrews (4:14 – 5:6)

Brethren, since we have a 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. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. 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 he 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 forever, after the order of Melchizedek.”

THE GOSPEL (for the Third Sunday of Lent)

The Reading of the Holy Gospel is according to St. Mark (8:34 – 9:1)

The Lord said, “If any man would 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 soul? For what can a man give in return for his soul? 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 Jesus 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.”

The Synaxarion – March 22nd

On March 22 in the Holy Orthodox Church, we commemorate the Hieromartyr Basil of Ancyra; Martyr Kallinika of Rome; and Venerable-

martyr Euthymios of Prodromou Skete on Athos, of the Aleuts and Apostle to America; and Jonah, Metropolitan of Moscow.

On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.

Verses

*Let the whole world entire worship the Cross
through Which it truly knew to worship Thee, O Word.*

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.

By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen.

A Note Regarding Holy Communion

Since we understand Communion to mean that we have all things in common, sharing an identical Faith, *only* those who are members of the Orthodox Church and who have prepared themselves through prayer, fasting and recent Confession may participate in Holy Communion. (We invite all, however, to partake of the blessed bread which is distributed at the dismissal.) Please see the Pastor for inquiries about membership.

OFFERINGS

Holy Bread is being offered in memory of Dr. Ezequiel Barba (+26 March, 2009) and Helen Saleh (+31 March, 2011) by Sam, Rami, Yuriko, Sarah and Leilah Yanni. Memory eternal.

Roses for the procession of the Holy Cross is being offered this morning in loving memory of Marion R. Deeb, Rose Deeb and Amelia Nader, beloved mother and grandmothers of Jeanice Rose Deeb, Edward & Louise Deeb and family and Gina Deeb. Memory eternal.

Special offerings and requests for prayer are being made . . .

for the speedy recovery and continued health of Emile F. Skaff

by Emile F. Skaff for the newly-departed Davis Munialo (+1 March, 2020)
of Uganda; Caregiver, Rachel Munialo's father. Memory eternal.

for the speedy recovery and continued health of Ernie Simon

by Joe Ayoub for the good health of his aunt, Nancy Stevens

LITURGICAL CALENDAR

[Note: We are currently in the period of the Great Fast.*
All scheduled church services are currently limited to the clergy
and assigned altar servers and singers]

Weekday Lenten Service

Friday, April 27th – The Akathist Hymn, 4th stasis ("Madeyeh"), 6:30 p.m.

The Fourth Sunday of Great Lent

The Commemoration of St. John "of the Ladder" (Climacus)

Sunday, March 29th – Orthros, 8:45 a.m., Divine Liturgy 10 a.m.

The Feast of the Annunciation** - Wednesday, March 25

Vesperal Divine Liturgy, 6:30 p.m.

*For more information on fasting or questions, speak with Father Timothy.

**Fish, wine and oil are permitted on the Feast of the Annunciation, March 25th
and Palm Sunday, April 12th. Holy Pascha (Easter) is celebrated on April 19th.

Note: On each of the five Sundays of Great Lent, the prayers of St. Basil the Great are used within the Divine Liturgy. The five Sundays of Lent are among the ten times when the Liturgy of St. Basil is used each year. Others include: January 1st, the Feast of St. Basil, January 6th, Holy Theophany, Holy Thursday, Holy Saturday and Christmas Eve.

The Liturgy of St. Basil is Antiochian, specifically from Cappadocia where St. Basil was a bishop. It is older than the Liturgy of St. John Chrysostom, perhaps by two centuries. The Liturgy of St. Basil was known to be the standard weekday liturgy in the Great Church of Constantinople (*St. Sophia*) up until the 6th century, after which the Liturgy of St. John Chrysostom began being commonly celebrated on Sundays.

To follow the service from our red Service Book, you will find the prayers of St. Basil beginning on page 132, replacing the prayers that begin on page 103 in the Liturgy of St. John Chrysostom. You will also find the prayers of St. Basil conveniently alongside the prayers of St. John Chrysostom in the spiral bound congregational service book.

ANNOUNCEMENTS

Lenten Study: "Building a Worshipping Community"

At each week during Great Lent, Father Timothy is preparing presentations on the topic: "Building a Worshipping Community." The first three talks in visual slides are available on our parish website homepage <stmichaelvannuys.org>: Part I - "Children in Church;" Part II - "Church Hymnography; Antiphonal Singing and Chanting;" Part III - "Iconography in the Church; Their Order and Placement." This coming week's presentation will focus upon: "The Iconostasis, Its Purpose and Function."

Note to Coffee Hour hosts: coffee and paper goods will be provided each week.

Holy Bread Offering List

Mar 29 - The Deeb family
Apr 05 - Ron & Kathy Zraick
Apr 12 - Palm Sunday
Apr 16 - (Great and Holy Thursday Liturgy)
Apr 18 - (Great and Holy Saturday Liturgies)
Apr 19 - Holy Pascha

Coffee Hour Hosts Calendar

Mar 29 - CLOSED
Apr 05 - CLOSED
Apr 12 - CLOSED
Church School Easter egg Hunt (TBA)

Please contact Fr. Timothy (818/219-3761; pastor@stmichaelvannuys.org) to sign-up to offer Holy Bread and Cindy Tamoush at: (818-345-4363; famtam5@socal.rr.com) to sign-up for the Coffee Hour.

Upcoming Events (see the foyer bulletin board for more information)

St. Michael Ladies Annunciation Tea - **Postponed to August 15**

Speaker: Mother Paraskeva of St. Barbara Monastery

Topic: "Sow to the Spirit: Preparing Now for the World to Come"

Antiochian Women's Annual Lenten Retreat - April 3-5, 2020 (**Cancelled**)
at Camp St. Nicholas; speaker: Father Calinic Berger

Holy Friday Teen Vigil - Friday, April 17, 8:30 p.m. (To be confirmed)

The 57th "Sweetheart Ball" - Saturday, April 25th at the
Universal Hilton Hotel (To be confirmed)

29th Annual St. Michael Annual Golf Classic - Monday, May 18
(**Postponed to November 2, 2020**)

Live-streaming Sunday Orthros and Liturgy

Plan to view the services of Orthros and the Divine Liturgy on-line via our parish website: www.stmichaelvannuys.org or FaceBook this Sunday, March 22nd. Your church offering may be made on-line via our website "Donation" tab.

Food for the Hungry People Drive

You may have received the Food for the Hungry People mailing from Robin Nicholas. Your contribution may be made through our parish by writing your check to "St. Michael Church", earmarked: "FFHP" and our parish collection will be sent in at the end of Great Lent. Thank you for your support of our annual Lenten charity campaign.

Collection for Seminarian Scholarships

Your special offering for our Archdiocese Seminarian scholarships are being received in response to Metropolitan JOSEPH's appeal on the Sunday of Orthodoxy, last Sunday, March 8, 2020. Please be sure that your check is earmarked "Seminarians." Thank you.

2020 Bible Bowl and Oratorical Presentations

Information for this year's Bible Bowl and Oratorical Presentations are provided on our Church School bulletin board outside of the Church School Office and copies that include rules and regulations are available in the office or by contacting Lila Coudsy at: lcoudsy@aol.com

Save the Date for our St. Michael Golf Classic

Monday, November 2, 2020 is the new postponed date for our 29th Annual Golf Classic. The Committee includes: Emile Skaff (Golf Hole Sponsorships), Robert & DeAnne Abraham (Golf Ball Raffle), Sean & Robyn O'Dea (Gift Basket Raffles). Your contributions of gift cards for our raffles are appreciated. Golf Hole Sponsorships are \$250 (an additional \$50 will provide for your company logo). Your tax deductible check should be made out to: "St. Michael Church," earmarked: "golf hole. Credit card payment are also accepted.

Third Sunday of Great Lent
Veneration of the Precious and Life-Giving Cross
Hieromartyr Basil of Ancyra; Martyr Kallinika of Rome;
and Venerable-martyr Euthymios of Prodromou Skete on Athos

طروبارية القيامة على اللحن السابع
حطمت بصليبك الموت وفتحت للصل الفردوس, وحولت نوح حاملات الطيب, وأمرت
رسلك أن يكرزوا بأنك قد قمت أيها المسيح الإله مانحاً العالم الرحمة العظمى.

طروبارية الصليب على اللحن الأول
خلص يا رب شعبك وبارك ميراثك, وامنح عبيدك المؤمنين الغلبة على الشرير, واحفظ بقوة
صليبك جميع المختصين بك.

طروبارية رؤساء الملائكة بالحن الرابع
أيها المتقدمون على الأجناد السماويين, نتوسل إليك نحن غير المستحقين, حتى أنكم
بطلباتكم تكتنوفوننا بظل أجنحة مجدكم غير الهولي, حافظين إيانا نحن الجاثين
والصارخين بغير فتور, أنقذونا من الشدائد, بما أنكم رؤساء مراتب القوات العلوية.

قنداق آحاد الصوم على اللحن الثامن
إني أنا عبدك يا والدة الإله, أكتب لك رايات الغلبة يا جنديّة محامية, وأقدم لك الشكر
كمنفذة من الشدائد. لكن بما أن لك العزة التي لا تحارب, أعتقيني من صنوف الشدائد,
حتى أصرخ إليك: افرحي يا عروسا لا عروس لها.

الرسالة

خلص يا رب شعبك وبارك ميراثك, إليك يا رب أصرخ الهي.
فصل من رسالة القديس بولس الرسول إلى العبرانيين

يا إخوة، ولما كان لنا رئيس كهنة عظيم قد اجتاز السماوات، وهو يسوع ابن الله، فلنتمسك بالاعتراف به. فلنا رئيس كهنة قادر أن يشفق على ضعفنا، مُجربٌ في كل شيء ما عدا الخطيئة. فلنتقدم بثقة إلى عرش النعمة، لننال رحمة ونجد نعمة تغيننا عند الحاجة. فكل رئيس كهنة يؤخذ من بين البشر ويقام من أجلهم فيما هو لله، ليقدم قرابين وذبائح عن الخطايا. وهو قادر أن يشفق على الجاهلين والضالين، لأنه هو نفسه متلبس بالضعف. ولهذا يجب عليه أن يقدم كفارة عن خطاياهم وعن خطايا الشعب. وما من أحد يتولى بنفسه هذه الكرامة إلا إذا دعاه الله كما دعا هارون. وكذلك المسيح لم يرفع نفسه ليصير رئيس كهنة، بل رفعه الذي قال له: أنت ابني وأنا اليوم ولدتك. وقال له في موضع آخر: أنت كاهن إلى الأبد على رتبة ملكيصادق.

الإنجيل

فصلٌ شريفٌ من بشارة القديس مرقس

قال الرب: من أراد أن يتبعني، فلينكر نفسه ويحمل صليبه ويتبعني، لأن من أراد أن يخلص نفسه يخسرها، ولكن من خسر نفسه في سبيلي وفي سبيل البشارة يخلصها. فماذا ينفع الإنسان لو ربح العالم كله وخسر نفسه؟ وبماذا يفدي الإنسان نفسه؟ لأن من يستحي بي وبكلامي في هذا الجيل الفاسق الخاطيء، يستحي به ابن البشر متى جاء في مجد أبيه مع الملائكة الأطهار. وقال لهم: "الحق أقول لكم: في الحاضرين هنا من لا يذوقون الموت، حتى يروا مجيء ملكوت الله في قوة".

ملاحظة بخصوص تناول القربان المقدس

إن مفهومنا لتناول القربان يعنى عمومية المشاركة فيه لذوى العقيدة الواحدة، الا إن المشاركة في سر القربان المقدس هنا مقتصر فقط على أعضاء الكنائس الارثوذكسية والذين يحضرون أنفسهم بالصلاة والصوم والاعتراف منذ فترة قريبة (وعلى كل حال، فإننا ندعو الجميع للمشاركة فى الخبز المقدس الذى يوزع عند إنتهاء مراسيم القداس). رجاء مراجعة الكاهن إذا رغبت أن تصبح عضواً فى الكنيسة الارثوذكسية.

THE HISTORICAL BACKGROUND OF THE HOLY CROSS AND ITS VENERATION

Apart from many other occasions on which the precious Cross of Christ is venerated in the Orthodox Church, there are two particular feasts completely devoted to its veneration. The first is the Third Sunday of Great Lent; the second is the Feast of the Raising (*Exaltation*) of the Holy Cross (September 14th). On the third Sunday of Great Lent, the anniversary of the finding of the Cross by St. Helen is commemorated. St. Helen was the mother of the first Byzantine emperor, Constantine the Great. She was a devout Christian and supported the Christian cause with great zeal. In 326AD, at the age of 71, St. Helen visited the Holy Land where she discovered the Cross on which our Lord was crucified, according to the tradition widely circulated at the time and quoted by highly respected historians. She founded there the Basilicas on the Mount of Olives and at Bethlehem, as well as other Churches in both Constantinople and Rome.

Originally, the anniversary of the finding of the Cross was set to be celebrated on March 6th, but since March 6th usually falls within Great Lent and no Eucharist can be celebrated unless it falls on a Saturday or Sunday, the celebration of the anniversary was shifted to the Third Sunday of Lent.

Basil leaves are used with flowers in the procession because its sweet scent was evident at the place where the Holy Cross was found.

ORDER OF THE PROCESSION WITH THE HOLY CROSS

In order to provide the opportunity for our children to participate by singing in the procession with the Holy Cross this morning, the procession will take place within our Liturgy, prior to the readings of the Epistle and Gospel lesson.

Following the "Amen" of the prayer of the Second Little Ektenia, the Priest censes the tray of flowers and the Cross and the Trisagion Hymn begins for the procession (going around the church) beginning with the Altar Boys, followed by the Cross, and clergy. Upon returning to the table in front of the Holy Altar, the tray with the Cross and flower being placed upon the table, the following order is observed:

PRIEST: "Exalt ye the Lord our god, and worship and His footstool.

O Lord, save Thy people and bless Thine inheritance.
Feed them and lift them up forever!"

PRIEST: Hymn of the Cross sung by the Priest (Arabic)

CHOIR: Hymn of the Cross sung by the Choir (English)

DEACON: "Wisdom, attend!"

CHOIR: "Come let us worship, and fall down before Christ. Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia!

This is followed by the Apolitikia printed in the bulletin before the "Prayer of the Thrice-Holy."