

St. Michael Antiochian Orthodox Church of the San Fernando Valley
a Parish of the Antiochian Orthodox Christian Archdiocese of North America
16643 Vanowen Street; Van Nuys, California; 91406 stmichaelvannuys.org

His Eminence, Metropolitan JOSEPH, Archbishop of New York
and Metropolitan of all North America www.antiochian.org
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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, April 4, 2021

Tone 2; Eothinon 10

Apolytikion of the Resurrection (Tone 2)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

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 – April 4th

On April 4 in the Holy Orthodox Church, we commemorate the Venerable George of Mount Maleon; Martyrs Theodoulos the reader and

Agathopodos the deacon of Thessalonica; Venerable Theonas, archbishop of Thessalonica; and Isidore, bishop of Seville.

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 and memorial wheat are being offered this morning by Anna & Cooper Rowe for the forty-day memorial of Brenda Farha (+17 February, 2021) of Wichita, Kansas, beloved grandmother of Anna. Memory eternal.

Roses for the procession of the Holy Cross is being offered this morning by the Deeb family in loving memory of Marion R. Deeb, Rose Deeb, Amelia Nader, beloved mother and grandmothers; also Karen Deeb Kouri. Memory eternal.

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

for the health and salvation Samiah Khatib-Hinton and the wellbeing of her husband, Brian, and son, Logan; also for the recovery and good health of Adriana Robles, friend and neighbor; by Sharon Katerelos.

for Aunt Suad Ghareeb Namay of Charleston, West Virginia, who passed on from this earthly life, peacefully in her sleep. May her soul be blessed with eternal repose in the tranquility of God's heavenly Kingdom.

Allah yirhamha الله يرحمها.

by Art Danks for the continued health of his sisters,
Donna Danks and Dianna Bowen.

for the healing of Dave Valdez by Bobbi Monsue

for the good health of Diana Nasser that God will grant her the spirituality of soul, wisdom of mind and the well-being of body throughout this season of Great Lent, culminating in the glory of our Lord's Resurrection and His promise of eternal salvation;
by her "secret sister."

Included in our prayers throughout the month of April are those celebrating their birthday: John Andrews (4/2), Carolyn Sadd (4/2), Mae Theodora Tortolano (4/2), Safwat Ibrahim (4/4), Lisa Gascou (4/6), Mandy Nasr (4/6), Cassandra Vadney (4/7), Hanna Yazbek (4/8), Tamara Barney (4/10), Waleed Haddad (4/13), Milana Alexander (4/14), Danny Baba (4/14), Robin O'Dea (4/14), Averie Abughazaleh (4/15), Muriel Khoury (4/15), Christina Thabit (4/15), Noha Simon (4/16), Nickie Malouf (4/17), Brian O'Dea (4/18), Reed Alexander Nassir (4/18), Anne Hoyt-Mallouk (4/20), Ameen Mittry (4/20), Philip Khoury (4/21), Braden Luke McLinn (4/21), Hanna Mitchell and Olivia Mitchell (4/21), Jocelyn Skaff (4/21), Ronald Joseph Zraick, Jr. (4/21), Kiera O'Dea (4/22), Maya Alexander (4/24), DeAnne Abraham (4/25), John Gantus (4/26), Alana Worotko (4/26), Lila Coudsi, (4/27), Kevin Khouri (4/27), Luca Matarese (4/27), Christine Panga (4/27), Denise Cruz (4/28), Elizabeth Thabet (4/29), Tanya Rishwain Milkie (4/30); and those celebrating their wedding anniversary: Linda & Peter Mitchell (4/4), Michelle & Waleed Moujaes (4/17), Cathy & Art Danks (4/18), Araceli & Fred Yazbek (4/18), Andony

and Carrie El-Khoury (4/23); Danielle & Damien Contes (4/29). May God grant them all many years!

Included in our prayers for the departed throughout the month of April are:

<i>Thomas Saliba, +April, 1936</i>	<i>Elia Ayoub, +4 April, 2004</i>
<i>Metre Chala Saleet, +23 April, 1953</i>	<i>Constantine Stath, +19 April, 2004</i>
<i>Leila Milkie, April, 1961</i>	<i>Fedelis Abodeely, +21 April, 2006</i>
<i>George Thabit I, +April, 1968</i>	<i>Lucas James Scott, +13 April, 2007</i>
<i>Florence Barkett, +19 April, 1974</i>	<i>Joseph Dabbour, +15 April, 2007</i>
<i>Evelyn Mittry, +16 April, 1979</i>	<i>Hamid Sweis, +15 April, 2008</i>
<i>Gwen Abraham, +15 April, 1981</i>	<i>Sarah Sadd, +15 April, 2008</i>
<i>Henry Abraham, +17 April, 1981</i>	<i>Carolyn Gearheart, +12 April, 2009</i>
<i>Lindsey Reinhart, +25 April, 1981</i>	<i>James N. Goson, +3 April, 2010</i>
<i>Charlotte Black, +26 April, 1981</i>	<i>Theodore Zogob, +5 April 2010</i>
<i>Bader S. Haddad, +4 April, 1984</i>	<i>Leila Malouf, +17 April 2010</i>
<i>Renee Kabbez, +2 April, 1987</i>	<i>Mike Malouf, +25 April, 2012</i>
<i>Rudy George +15 April, 1995</i>	<i>Youssef Ghazal, +2 April, 2013</i>
<i>Lowen Thabet, +18 April, 1999</i>	<i>Frieda Maloof, +21 April, 2013</i>
<i>Melvina Chala, +6 April, 2000</i>	<i>Eddie Tamoush, +11 April 2014</i>
<i>Marie Davis, +28 April, 2000</i>	<i>George Djarrah, +16 April, 2014</i>
<i>Nazira Rihbany, +11 April, 2001</i>	<i>Mary Lipyanik, +16 April, 2014</i>
<i>Fouad Zabaneh, +11 April, 2001</i>	<i>Yvonne Latif, +24 April 2014</i>
<i>William Haddad, +15 April, 1988</i>	<i>James Tintocalis, +20 April 2014</i>
<i>Karoleen Abughazaleh +21 Apr. 1991</i>	<i>Ron Stapleton, +17 April, 2015</i>
<i>Frieda Nichols, +21 April, 1992</i>	<i>Salwa Dahdah, +6 April, 2015</i>
<i>Roullah Najjar, +8 April, 1994</i>	<i>Iziz Aziz, +April, 2016</i>
<i>Jamilie Habib, +13 April, 1995</i>	<i>Matthew Tambouras +23 Apr. 2016</i>
<i>Rudy George, +15 April, 1995</i>	<i>Harriet Lihs +12 April, 2017</i>
<i>Velma Akoury, +3 April, 1998</i>	<i>Anya Khachatourian +23 Apr. 2017</i>
<i>Bob Chambers, +3 April, 1999</i>	<i>Noah Farha, +14 April, 2019</i>
<i>Joseph Betras, +4 April, 1999</i>	<i>Kyle Jeagar, +23 April, 2019</i>
<i>Cathrin Fayard, +26 April, 2003</i>	<i>Dr. George Deeb, +3 April, 2020</i>
<i>Marie Yazbek, +1 April, 2005</i>	<i>Willem Tensen, +5 April, 2020</i>

Memory Eternal!

NOTE: Names and dates mentioned above are from our current Office Records. Please inform us of any error and we will correct it.

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.

LITURGICAL CALENDAR

[Note: We are currently in the period of the Great Fast.*]

Weekday Lenten Service

Monday, April 5 - Great Compline, 6:30 p.m.

Wednesday, April 7 - Presanctified Liturgy, 6:30 p.m.

Friday, April 9th – 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, April 11th – Orthros, 8:45 a.m., Divine Liturgy 10 a.m.

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

**Fish, wine and oil are permitted on Palm Sunday, April 25th.

Holy Pascha (Easter) is celebrated on May 2nd.

ORDER OF THE PROCESSION WITH THE HOLY CROSS

The procession with the Holy Cross this morning, the procession will take place at the end of Orthros following the Great Doxology.

The procession begins on the solea with the Priest censing the tray of flowers and the Cross as the choir begins singing The Trisagion Hymn. The procession begins (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:

CHANTER: "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!"

Hymn of the Cross sung by the Archbishop and Clergy (Arabic)

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

This is followed by the Troparion at the end of Orthros as the Priest begins the Prayer, "O Heavenly King..." at the start of the Divine Liturgy of St. Basil the Great.

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

**We Welcome His Eminence Metropolitan JOSEPH, Presiding,
as We Commemorate The Veneration of the Holy Cross**

Live-streaming of Services and Offerings

Plan to view the services of Great Vespers, Orthros and the Divine Liturgy on-line via FaceBook or YouTube this Friday, Saturday and Sunday, April

2-4. A direct link is provided on the home page of our parish website: www.stmichaelvannuys.org Also, your church offerings may be made on-line via our website "Donation" tab. Please be sure that each donation is properly earmarked. Thank you for your continued faithful support.

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.

Next Church School Zoom Meeting Classes Will Meet Next Sunday, April 11 at 1:30 p.m.

The Zoom meeting links will be provided to parents and teachers.

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

Holy Bread Offering List

Apr 11 - the Srouer and Cruz families

Ron & Kathy Zraick

Apr 18 - Suzan Haddad

Apr 25 (Palm Sunday) - the Mitchell family

Apr 29 - (Holy Thursday) open

May 1-2 (Holy Pascha) open

Coffee Hour Hosts Calendar

Note: There are no Coffee
Hours scheduled

Please contact Fr. Timothy (818/219-3761; pastor@stmichaelvannuys.org) to sign-up to offer Holy Bread.

Our 2021 Pledge Form Provided with this Bulletin

As a committed member of St. Michael Church, please complete a new 2021 form. An annual "Fair Share Contribution" is paid by St. Michael Church to the Archdiocese (\$50/adult; \$35/17 years of age or under). Everyone's financial situation is subject to changes from year to year. In the same way, our parish depends upon the financial pledge commitments of its members in order to meet its monthly expenses. Hard copies will be mailed to you by request.

St. Michael Antiochian Orthodox Church
16643 Vanowen Street, Van Nuys, CA 91406 Phone: 818-994-2313
Website: www.stmichaelvannuys.org

2021 CHRISTIAN STEWARDSHIP COMMITMENT FORM

1. All enrolled members must first fulfill a fair share contribution that is paid 100% by St. Michael Church to the Archdiocese annually (this does not include your family pledge obligation BELOW).

Total number of baptized Orthodox persons (age 18 & above) in your household _____ \$50 each _____

Total number of baptized Orthodox persons (age 17 & under) in your household _____ \$35 each _____

(Please print all names with information in the section below)

2. In gratitude of God's blessings, I / we pledge to contribute St. Michael Church expenses.

A total annual amount of: _____ (see Treasure self-assessment chart)

\$_____ weekly \$_____ monthly \$_____ quarterly \$_____ semi-annually \$_____ annually

Name _____ Spouse Name _____

Phone number _____ E-mail Address _____

Address _____ City _____ State _____ Zip _____

3. How do you wish to pay? We accept personal checks or credit card payments. (See below)

- a. You may write a check to "St. Michael Church" and mail it to the Church Office.
(see address above)
- b. You may process an "automatic bill pay" with your bank that will mail a recurring monthly hard-copy earmarked check to St. Michael Church.
- c. You may pay by credit card using our website donation page (a 3% processing fee will apply) at: <https://www.stmichaelvannuys.org/donate/> and we will be immediately notified.
- d. You may arrange for a recurring monthly automatic withdrawal from your bank account using our church bank routing number and bank account.

Note: Each donation to St. Michael Church should be earmarked, i.e., "Building Fund," "Pledge," etc.

Print names of baptized Orthodox persons in your household.

Name Age

Name Age

Name Age

Name Age

Name Age

Antiochian Women's Book Club - April 8th at 6:30 p.m.

The book selected for AW across our Archdiocese is "The Holy Angels" by Mother Alexandra. The book study meets this each Thursday at 6:30 p.m. for fellowship and study at 6:45 p.m. for an hour. This week's Zoom meeting includes the ladies from St. Luke Church in Orange County. All interested should contact Charmaine Darmour by e-mail at: cdarmour@sbcglobal.net

**WITH THE BLESSING OF HIS EMINENCE
METROPOLITAN JOSEPH**



**THE ANTIOCHIAN WOMEN OF LOS ANGELES
AND THE WEST PRESENT...**

AN ANTIOCHIAN WOMEN'S VIRTUAL LENTEN RETREAT!

COST: FREE IN-KIND DONATIONS ACCEPTED IN
SUPPORT OF THIS MINISTRY

CHECK EMAIL FOR MORE INFO AND REGISTRATION

SATURDAY APRIL 17, 2021

9AM – 1PM PST

ZOOM MEETING WILL OPEN AT 8:30 A.M. FOR FELLOWSHIP



**FEATURED SPEAKER:
KH. RANDA KHOURY AZAR
ICONOGRAPHER**

**Ask
Abouna
Featuring:**



V. Rev. Fr. David Hovik
St. Andrew Antiochian
Church
Arlington, WA



V. Rev. Fr. Paul Baba
Holy Virgin Mary Antiochian
Church
West Sacramento, CA



Rev. Fr. Mansour Azar
St. George Antiochian
Church
Upland, CA

A SPECIAL SURPRISE YOU WON'T WANT TO MISS!

Spiritual Advisor: V. Rev. Fr. David Hovik

Retreat Coordinator: Kh. Jean Baba / Cell: (916) 955-4736

Antiochian Women Lenten Baked Goods Sale

Pick-up your pre-orders of wrapped and sealed packages at the church on Saturday or Sunday, April 3rd for 4th. Also, participate in this year's Easter Basket Raffle.



Save the Date for our St. Michael Golf Classic

Our 30th Annual Golf Classic is now scheduled for Monday, September 27, 2021 at the Woodland Hills Country Club. Mark your calendars to save the date for a fun-filled gathering for our parish community.

Bookstore Orders Available on Parish Website

You may place an order through our parish website or e-mail Bobbi Monsue (Manager) for special orders at: bobbi_monsue@att.net. Now is the time to place your order for your Holy Week Service Book. Your credit card will also be accepted for payment. Now is the time to order your copy of our Holy Week Service Book.

New Church Building Fund

As we approach the completion of our new church building project it has been determined that we are \$400,000.00 dollars short in order to obtain a Certificate of Occupancy from the City of Los Angeles. We still have many items to comply with, that include codes set by the City and State in order to be able to worship in our new church as a "public use building."

We are very thankful for the many who have generously supported our Project, however, there remains fifty households of our parish who have not donated to our project.

We have now developed a parishioner loan program that will enable you to help us reach our goal of occupancy (\$50,000.00 dollar minimum), whereby you will be paid interest on the loan plus a five-year payback. This will be backed by a Promissory Note. There are other details that will be discussed should you express a willingness to lend the money to the church.

We are also exploring a Line of Credit with Umpqua Bank to complete the project. In the case of a Line of Credit you only pay interest on the money you draw, and not the established amount of credit.

Ideally, we would like to avoid any type of loans and remain debt free. Should you have any questions please contact Ron Zraick by e-mail ronaldzraick@gmail.com or by phone at 310-897-1571.

**St. Michael Antiochian Orthodox Church
of the San Fernando Valley**

16643 Vanowen Street, Van Nuys, California 91406-4622
Metropolitan JOSEPH, Archbishop of New York and all North America

V. Rev. Timothy Baclig, Pastor
frtimothy@stmichaelvanuys.org

Church Telephone: 818/994-2313
www.stmichaelvanuys.org

Dear St. Michael Church Family,

I pray that you are all well and hanging in there during this difficult time. I thought of a great way for us to spend some quality family time together and entertain each other during quarantine.

Do you have people in your family who are skilled bakers, talented musicians, or great artists? Maybe there's something fun and or silly that you know how to do and can teach others?...We'd like you to create how-to videos and we will share them on St. Michael's Facebook page so kids and others stuck at home can watch and learn from you.

Please send your videos to me at blajalat@gmail.com. My goal it to post a weekly how-to video. I would love it if each house hold at St. Michael's created a fun how-to video to help us all stay connected.

Blessings,

Brittney Ajalat

Young Parent's Ministry

P.S. Stay connected. Maintain contact with each other and receive informative materials from our group App. Enter the conversation by logging on to: <https://band.us/n/a0af2b6334W85>

THIRD SUNDAY OF GREAT LENT**VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS**

Venerable George of Mt. Maleon; Martyrs Theodoulos the Reader and Agathopodos the Deacon of Thessalonica; Venerable Theonas, Archbishop of Thessalonica; Isidore, bishop of Seville

طروبارية القيامة باللحن الثاني

عندما انحدرت إلى الموت، أيها الحياة الذي لا يموت، حينئذ أمتّ الجحيم ببرق لاهوتك، وعندما أقتت الأموات من تحت الثرى، صرّخ نحوك جميع القوات السماويين: أيها المسيح الإله المعطي الحياة، المجد لك.

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 باللحن الرابع

أيها المتقدمون على الأجناد السماويين، نتوسّل إليكم نحن غير المستحقين، حتّى أنّكم بطلباتكم تكتنوفوننا بظلّ أجنحة مجدكم غير الهولي، حافظين إيانا نحن الجاثين والصارخين بغير فتور، أنقذونا من الشدائد، بما أنّكم 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 كمنقذة من الشدائد. لكن بما أنّ لك العزة التي لا تحارب، أعتقيني من صنوف الشدائد، حتّى أصرخ إليك: افرحي يا عروسا لا عروس لها.

الرسالة

خلص يا ربّ شعبك وبارك ميراثك، إليك يا ربّ أصرخ الهي.
فصلّ 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، مُجَرَّبٌ 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، ليقيم قرايين 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 بشارَةِ القديسِ مرقس

قال الرب: من أراد أن يتبعني، فليترك 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 الأظهار. وقال لهم: "الحق أقول لكم: في الحاضرين هنا من لا يدوقون 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.