

**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](http://stmichaelvannuys.org)

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## **The Third Sunday of Great Lent (Mid-Lent)**

### **The Veneration of the Precious and Life-giving Cross;**

Commemorating the Martyr Kalliopios of Cilicia; the repose of Tikhon, Patriarch of Moscow and Enlightener of North America

**Sunday, April 07, 2024**

**Tone 3; Eothinon 11**

### **Apolytikion of the Resurrection (Tone 3)**

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting 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 – April 7<sup>th</sup>**

On April 7 in the Holy Orthodox Church, we commemorate Martyr Kalliopios of Cilicia; and the repose of Tikhon, patriarch of Moscow and Enlightener of North America.

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 this morning by Ron & Kathy Zraick in loving memory of their grandson, Lucas Scott who passed to his eternal rest on +13 April, 2007; also Ron's sister, Renee Kabbez who passed to eternal rest on +2 April, 1987. Memory eternal.

Roses for The Veneration of the Holy Cross are being offered this morning by the Deeb, Najjar and Kouri families in loving memory of Marion R. Deeb, Rose Deeb, Amelia Nader, and Caren Deeb Kouri, beloved mothers and grandmothers and sister of the Deeb, Najjar and Kouri families. Memory eternal.

Memorial wheat\* is being offered and the coffee hour hosted by the Antiochian Women for the forty-day memorial of the newly-departed servant of God, Katie Nassief (+10 March, 2024)

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

for our mother, Carolyn Sadd, on the occasion of her 86th birthday (April 2nd). May God continue to bless and keep her safe. With love from her children: Chrisa Sadd, Carrie & John Khouri, Leilah & Daniel Lewin and her grandchildren: George and Gabriella.

for the successful upcoming surgery of Ron Zraick.

### **\*The Offering of Memorial Wheat (*koliva*) For the Departed**

Memorial services for the dead may be traced back to ancient times. Chapter 8 of the Apostolic Constitutions recommends memorial services with Psalms for the dead. It also contains a beautiful prayer for the departed, asking that their voluntary and involuntary sins be pardoned, that they be given rest with the Patriarchs, Prophets, and Apostles in a place where sorrow, suffering, and sighing have fled away (Isaiah 35:10). Saint John Chrysostom mentions the service for the dead in one of his homilies on Philippians, and says that it was established by the Apostles. Saint Cyprian of Carthage (Letter 37) also speaks of our duty to remember the martyrs.

The holy Fathers also testify to the benefit of offering prayers, memorial services, Liturgies, and alms for the dead (Saint John Chrysostom, Saint Cyril of Jerusalem, Saint John of Damascus, etc.). Although both the righteous and those who have not repented and corrected themselves may receive benefit and consolation from the Church's prayer, it has not been revealed to what extent the unrighteous can receive this solace. It is not possible, however, for the Church's prayer to transfer a soul from a state of evil and condemnation to a state of holiness and blessedness. Saint Basil the Great points out that the time for repentance and forgiveness of sins is during the present life, while the future life is a time for righteous judgment and retribution (Moralia 1). Saint John Chrysostom, Saint Gregory the Theologian, and other patristic writers concur with Saint Basil's statement.

In addition to the Liturgy, *koliva* (wheat or rice cooked with honey and mixed with raisins, figs, nuts, sesame, etc.) is blessed in church on Saturdays that are dedicated to the departed souls. Designated Saturdays, i.e., the Saturday prior to the Sunday of Pentecost are memorials dedicated for the departed souls, Orthodox and non-Orthodox of all time. The *koliva* reminds us of the Lord's words, "Unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit" (John 12:24). The *koliva* symbolizes the future resurrection of all the dead. As Saint Simeon of

Thessalonica says, man is also a seed which is planted in the ground after death, and will be raised up again by God's power. Saint Paul also speaks of this (I Corinthians 15:35-49).

By praying for others, we bring benefit to them, and also to ourselves, because "God is not so unjust as to forget your work and the love which you showed for His sake in serving the saints..." (Hebrews. 6:10). *By their intercessions, O Lord Jesus Christ, our God, have mercy on us and save us!*

## LITURGICAL CALENDAR

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

### Weekday Lenten Service

Monday, April 8 - Great Compline, 6:30 p.m.

Wednesday, April 10 - Presanctified Liturgy, 6 p.m.

Friday, April 12<sup>th</sup> - The Akathist Hymn, 4<sup>th</sup> stasis ("Madeyeh"), 6:30 p.m.

### The Fourth Sunday of Great Lent

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

Saturday, April 13<sup>th</sup> — Great Vespers, 5 p.m.

Sunday, April 14<sup>th</sup> - 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 28<sup>th</sup>.

Holy Pascha (Easter) is celebrated on May 5<sup>th</sup>.

## 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 at the altar with the tray of flowers and the Cross and the singing The Trisagion Hymn, led by the altar boys to the solea. Upon placing the tray of flowers with the Cross on the table positioned at the center of the solea in front of the Holy Altar, the following order is observed:*

PRIEST: "Wisdom! Stand upright!" Hymn of the Cross sung by the Clergy (Arabic)

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

*This is immediately followed by the hymn: "Before Thy Cross..." first by the clergy and twice by the choir and the people. Before the start of the Divine Liturgy of St. Basil the Great.*

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## **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 14<sup>th</sup>). 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 6<sup>th</sup>, but since March 6<sup>th</sup> 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.*

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. A link to the entire service is also available on-line at: <https://stmaximus.org/files/Documents/StBasiltext.pdf>**

## ANNOUNCEMENTS

### See and and Hear a Recent Video Interview With Metropolitan SABA and Read (in English and Arabic) His Teaching on Pascha



View the video interview celebrating the Archbishops first year anniversary as Metropolitan of the No. American Archdiocese here: <https://www.antiochian.org/regulararticle/2006>

In an article republished this week on “The One Pascha,” available in English and Arabic go to: <https://www.antiochian.org/regulararticle/1999>

### Wednesday Evening Lenten Meal

We have a host for the after-Liturgy Lenten meal for this Wednesday, April 10th, 17th and 24th. It is the sole purpose for the meal, following the Pre-sanctified Liturgy to provide a simple and uncomplicated presentation of food and not a full dinner. The purpose of the meal is for renewed strength after fasting for the evening Liturgy. Last week, Lenten Chinese food and salad was served with beverages and a dessert. That was all. The meal should be modest and not require accumulating leftovers. This will also reduce the need for time consuming clean-up. **The Wednesday evening Liturgies now begin at 6 p.m. and not 6:30.** This will avoid eating late, and allow enough time for travel home, especially when children get up early for school in the morning. Note: The Pre-sanctified Liturgy is the Liturgy for all of the forty-day weekdays of Great Lent. In vigilant Church communities, the Pre-sanctified Liturgy is the sole sustenance for the faithful during Great Lent. It is important to keep in mind that our Lenten discipline is the practice of fasting, prayer and good works—all three.

### Zoom Meeting Virtual Bible Studies Will Resume in May

Our Weekly Bible Study will resume after Pascha. The link for the last recorded links and Study Guides on Great Lent and Holy Week are available by request by contacting Father Timothy at: [ftimothy@stmichaelvannuys.org](mailto:ftimothy@stmichaelvannuys.org)

# ANTIOCHIAN WOMEN



## **LENTEN SPINACH PIE SALE**

**PICKUP ON SAT/SUN APRIL 13/14**

**PRE-ORDER ONLY**

**LIMITED QUANTITIES**

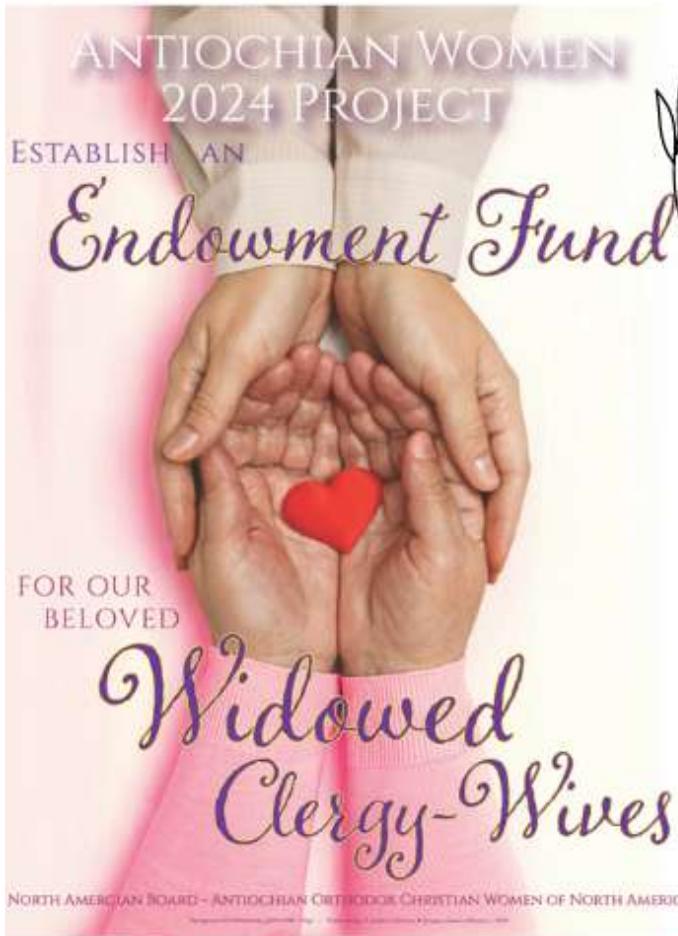
**Spinach Pies \$20 dozen**

**\*\*Proceeds to the AW Project to  
create an Endowment for our  
widowed Khourias\*\***

**Place your order with Charmaine Darmour  
[cdarmour65@gmail.com](mailto:cdarmour65@gmail.com)**

# Lite Lenten Lunch Sunday, April 14th

Hosted by St Michael  
Antiochian Women



**\$10**  
**Minimum  
Donation.**

**Hummus  
Salad  
Rice  
Bazella  
(Pea Stew)  
Fruit  
Dessert**

**ALL PROCEEDS - 100%**  
**For the Widowed Khouria Endowment Fund**

## Virtual Parish Council Meeting - Monday, April 15; 5 p.m.

### Upcoming Events

[Note: You may now access our Google Parish Calendar to your personal calendar.

Simply go to: <https://calendar.google.com/calendar/u/1?cid=YWRtaW5Ac3RtaWN0YWVsdmFubnV5cy5vcmcj>

St. Michael Church (Whittier) Lenten Retreat - Saturday, April 13;  
9 a.m. to 3 p.m. RSVP at: <https://www.signupgenius.com/go/10C0C48AAAB2BAAFBC61-48594519-2024>

Antiochian Women's Lenten Retreat - April 19-21, 2024  
at Camp St. Nicholas in Frazer Park;

Speaker: Khouriye Susan Wallace of Stillwater, Oklahoma; Topic:  
"Ascending the Mountain; Moving Deeper Into the Heart of God."

St. Michael Golf Classic - Monday, June 3, 2024; Wood Ranch Golf Club

Diocesan Parish Life Conference - July 3-7, 2024 hosted by:  
Holy Resurrection Church (Tucson, Arizona); \$149/night, La Paloma  
Resort and Spa; Conference Schedule: [https://www.antiochianevents.com/la\\_schedule](https://www.antiochianevents.com/la_schedule)

Consecration of Our New Church - Sunday, October 6, 2024



**The St. Michael Church Golf Classic** is scheduled for **Monday June 3, 2024** at the Wood Ranch Golf Club in Moorpark, CA. Online **Registration is now available** by using the QR Code to the left or going to the Church Website and clicking the link on the home page. Online Registration is available for Hole Sponsor with logo (\$300), Hole Sponsor no logo (\$250), Golfer Day-Pass (\$200), Dinner – Adults (\$60), Dinner Children (\$50), or Golf Ball Raffle (\$50). Please register online today to support our parish Annual Golf Classic!

## Golf Classic Raffle

The Golf Ball Raffle will be held at the Golf Classic dinner on June 3rd. Donations of \$50 gift cards to any business or \$50 cash or check and a card card will be purchased for you. Earmarked donations may also be made on-line. Samia Habib will be available at the coffee hour for your donation. The deadline for your donation is May 11, 2024. You may either bring your gift card or check to church, or to my home address: Samia Habib; 852 N. Maple St. Burbank, CA 91505; cell: (818)919-3870; e-mail: [samiaburbank@gmail.com](mailto:samiaburbank@gmail.com) Thank you for your support. Feel free to contact me should you have any questions.

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## A Matter of Concern

There have been two incidences of parked cars damaged by either backing into or moving out of parking spaces on Sunday. Please be considerate and aware if you damage an adjacent car in our parking lot. Choose a space that provides you with ample space in opening your doors and avoid parking close to cars in our parking lot. Also, please inform our security guard if you have damaged a car in our lot before leaving the church property.

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

### Holy Bread Offering List

Apr 07 - Katie Nassief 40-day Memorial  
Ron & Kathy Zraick

Apr 14 - Barbara Bohamed

Apr 21 - Lila Coudsy 2-year memorial  
The Coudsy family

Apr 28 (Palm Sunday) - open

May 05 - (Holy Pascha) - open

### Coffee Hour Hosts Calendar

The Antiochian Women

Lenten Luncheon by the Antiochian Women

The Coudsy family

Paschal Breakfast following Midnight service  
Easter Egg Hunt - 12 noon

**Please contact Father Timothy (818/219-3761; [frtimothy@stmichaelvannuys.org](mailto:frtimothy@stmichaelvannuys.org)) to sign-up to offer Holy Bread or to host the Coffee Hour.**

2nd Annual  
*Young Adult Paschal*  
**HAFLEH**

**SATURDAY MAY 11TH**

**VESPERS AT 6PM**  
**HAFLEH AT 7PM**

LOCATION: ST. NICHOLAS CATHEDRAL HALL  
2300 W 3RD ST. LOS ANGELES, 90057

**Dinner • Drinks • Dancing • Photo Booth • More!**

**DRESS CODE: FORMAL**



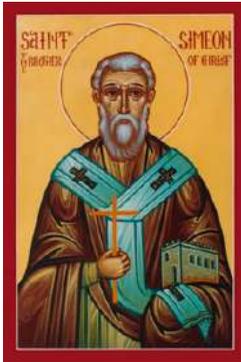
**\$50 Early Bird by 3/31**  
**\$65 Regular by 5/2**

**NO TICKETS SOLD AT THE DOOR!**

**Use the QR Code or link in bio to RSVP**

# DIOCESE OF LOS ANGELES & THE WEST TEEN SOYO NEWSLETTER

MARCH, 2024 | VOLUME 13



## **John of the Ladder (St. John Climacus)**

“He was a seventh century monk at St. Catherine’s monastery at the base of Mount Sinai. He came to the monastery and became a novice when he was about 16 years old, and when he died in 649 he was the monastery’s abbot. He wrote a number of instructive books, the most famous of which is The Ladder of Divine Ascent. It describes how to raise one’s soul to God, as if on a ladder.”

“Repentance is the renewal of baptism. Repentance is a contract with God for a second life. A penitent is a buyer of humility. Repentance is constant distrust of bodily comfort. Repentance is self-condemning reflection, and carefree self-care. Repentance is the daughter of hope and the renunciation of despair. Repentance is reconciliation with the Lord by the practice of good deeds contrary to the sins. Repentance is purification of conscience.” - Father John Climacus

**APRIL 18TH!!!**



**PLEASE ASK YOUR  
QUESTIONS HERE**

[zoom link](#)

**SUMMER CAMP REGISTRATION!**



Register for  
camp St.  
Nicholas [here](#)

more info at  
<https://www.campstnicholas.com/>

**SPECIAL OLYMPICS  
APPLICATION**



**Apply to be a coach at Special  
Olympics this summer [here](#)**

**SOYO CHAPTER OF THE  
MONTH**



This month's SOYO chapter of the month is Three Hierarchs Orthodox Church in Washington. They hosted a teen retreat with over 70 teens from Washington and Idaho to gather in fellowship and Spiritual growth. What an amazing teen activity. Make sure to post all your teen events and tag dlawsoyo to be featured. Have a blessed month!

FOLLOW US ON INSTAGRAM

@DLAWSOYO

## THIRD SUNDAY OF GREAT LENT

## VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS

Martyr Kalliopios of Cilicia; repose of Tikhon, Patriarch of Moscow and Enlightener of North America

الأحد الثالث من الصوم الكبير (السجود للصليب الكريم المحيي)

## أبوليتيكيون القيامة باللحن الثالث

لِتَفْرَحِ السَّمَاوِيَّاتُ وَتَبْتَهِجِ الْأَرْضِيَّاتُ، لِأَنَّ الرَّبَّ صَنَعَ عِزًّا بِسَاعِدِهِ، وَوَطِئَ الْمَوْتَ بِالْمَوْتِ، وَصَارَ بِكَرِّ الْأَمْوَاتِ، وَأَنْقَذَنَا مِنْ جَوْفِ الْجَحِيمِ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

## 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

أَيُّهَا الْمُتَقَدِّمُونَ عَلَى الْأَجْنَادِ السَّمَاوِيِّينَ، نَتَوَسَّلُ إِلَيْكُمْ نَحْنُ غَيْرِ الْمُسْتَحَقِّينَ، حَتَّى أَنْكُم بِطَلْبَاتِكُمْ تَكْتَنُفُونَنَا بِظِلِّ أَجْنَحَةِ مَجْدِكُمْ غَيْرِ الْهَيُولِيِّ، حَافِظِينَ إِيَّانَا نَحْنُ الْجَائِثِينَ وَالصَّارِحِينَ بِغَيْرِ فِتْوَرٍ، أَنْقَذُونَا مِنَ الشَّدَائِدِ، بِمَا أَنْكُم رُؤَسَاءُ مَرَاتِبِ الْقَوَاتِ الْعُلْوِيَّةِ.

## 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 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 السموات، وهو يسوع ابن الله، فلنتمسك بالاعتراف به. فلنا رئيس كهنة قادر أن يشفق على ضعفنا، مُجَرَّبٌ فِي كُلِّ شَيْءٍ مَا عَدَا

الخطيئة. فلنتقدم بثقة إلى عرش النعمة، لننال رحمة ونجد نعمة تغيثنا 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 في الخبز المقدس الذى يوزع عند إنتهاء مراسيم القداس). رجاء مراجعة الكاهن. إذا رغبت أن تصبح عضواً فى الكنيسة الارثوذكسية.