

# Holy Apostles Orthodox Church

347 Ridge Rd Lansing NY

HolyApostlesLansing.org

Fr James Worthington, Rector 315-706-6185

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## MARCH 1, 2015

**FIRST SUNDAY OF LENT — Tone 5. Sunday of Orthodoxy.** Martyr Eudoxia of Heliopolis (ca. 160-170). Ven. Martyrii (Martyrius) of Zelenétsk (Pskov—1603). Martyrs Nestor and Tribimius (3rd c.). Martyr Antonina of Nicæa in Bithynia (3rd-4th c.). Martyrs Marcellus and Anthony. Virgin Domnina of Syria (ca. 450-460). Ven. Agapius of Vatopedi (Mt. Athos).

**EPISTLE:** HEBREWS 11.24-26, 32-12.24: Being cheered on by a great cloud of witnesses, we run the race of faith.

**GOSPEL:** JOHN 1.43-51: How do you make disciples? Come and see!

**HOURS:** Casey. **NEXT WEEK:** Available.

**EPISTLE READER:** Greg. **NEXT WEEK:** Available.

**COFFEE HOUR HOST:** Bill & Janet. **NEXT WEEK:** Eileen.

**ANNUAL MEETING:** We will hold our annual parish today after the Divine Liturgy. Please make every effort to be present as we plot the coming year for our mission parish!

**KNOW YOUR FAITH:** The next class will be March 3<sup>rd</sup> at Unwind Coffee Shop in the Ithaca Mall. We will be reading and discussing chapter 14 of the Gospel of St John: The Farewell Discourse (Part I), incl. Fear Not, Paraclete, Peace. The time is also being changed to 7:30. Invite your friends to join us. The complete syllabus is available on the information table and online.

**MEMORIAL SATURDAY(S):** During Great Lent, there are several Soul Saturdays on which we pray for the souls who have reposed in the Lord. Please fill out a prayer slip and come to the Divine Liturgy to ask God to be merciful to their souls, and ours, and pray for your loved ones at the Saturday Divine Liturgy.

**LENTEN CALENDAR:** The calendar of services for the lenten period is available. As we center more on a life of prayer over the next few weeks, take advantage of the services of the Church so that you may come closer to Christ in this time.

Fr James' contact information: Cell: 315-706-6185 Email: adelphotheos@gmail.com

**WELCOME!:** We warmly welcome all of our visitors! It's good to have you with us! Please know that we are glad that you are here praying with us and invite you to join us after the service for a meal and to meet everyone in our community.

**SUNDAY OF ORTHODOXY:** As is Orthodox custom, the local churches will gather at Annunciation Church in Vestal this evening for the celebration of the Triumph of Orthodoxy at 6 PM.

**LENTEN READERS:** There is a sign-up sheet for the readers that are needed for the Lenten services. All skill levels are invited to read at any of the services.

**CHARITY:** As part of our Lenten journey, we will be taking up a collection for Hogar Raphael in Guatemala. This well respected orphanage, which is run by nuns of the Orthodox Church, is in need of financial support. It shall be our joy to help them in their ministry.

**THANKS!:** To Zach for mounting the icons on the iconostas. Our temple is that much more beautiful due to his time, efforts and talent.

### LIVING:

Apr Timothy H

Apr Herman S

Apr John C

Apr Thomas E

Apr Michael T

Apr Stephen M

Dn Symeon

Abbess Silouana

Mother Raphaela

Mother Christophora

Mat Cecelia

Mat Katya

Mat Dorothy

Joshua

Brittany & Isaac

Gretchen

Peter

Marriane

Terrence

Helen

Judy

Gretchen

Mary & Susan

John & Carmine

Nathan

Leah

Helen

Lindsey

Susanne H

Elizabeth

Mary

Joe A

Daniel

Andrew and family

Harold

Wilhemina

Gordon

Elizabeth

David

Madeline

Shirley

Larry

Christina

Jim & Kim

Rachel

Constantine & Maria

Gaetan

Jean

Christine

Samuel

Iconographer Helena

Catechumens: Elliott &

Daniel

Children: Caleb,

Christopher E,

Anthony, Mia and

Isabel,

**BIRTHDAYS:** Paula.

**ANNIVS:** None.

**NAMESDAYS:** None.

**REPOSED:**

Priest John

Apr Alexander

Rdr Gregory

Daniel

Ada

Walter

Lillian

Joseph

Marie

Joseph

Laura

Martha

Stanley & Helen,

Taissia

Steluta

Theophan

Lynda

Florence

James

James R

**NEWLY REPOSED:**

None. **ANNIVERSARIES:**

Harry and Frances.

FB Check-in



Mailing Address: PO Box 333, Lansing NY, 14882

## SCHEDULE FOR THIS WEEK

**CONFESSIONS ARE HEARD BEFORE AND AFTER VESPERS AND AT ANY OTHER CONVENIENT TIME.**

**ORTHODOXY SUNDAY, MARCH 1:** 9 AM Divine Liturgy

**TUESDAY, MARCH 3:** 8:30 Lenten Daily Matins

7 PM Know Your Faith at Unwind Café in Ithaca Mall

**WEDNESDAY, MARCH 4:** 8:30 Lenten Daily Matins

7 PM Akathist

**THURSDAY, MARCH 5:** No Lenten Daily Matins

9:15 Cornell OCF Morning Prayers

8 PM Ithaca OCF

**FRIDAY, MARCH 6:** 8:30 Lenten Daily Matins

6 PM Presanctified Liturgy

**SATURDAY, MARCH 7:** 9 AM Memorial Saturday Divine Liturgy

6 PM Great Vespers and First Saturday Church School

**PALAMAS SUNDAY, MARCH 8:** 9 AM Divine Liturgy

## PRAYER AT THE OPENING OF A SACRED COUNCIL

O God, our God! You have adorned us with Your image and given us a free will. When You entered the Temple in the middle of the feast, O most compassionate Master, You taught the people who were amazed at Your doctrine, for David says, "Come to me, children, and I will teach you the fear of the Lord."

You also taught wisdom to Solomon. Look down even now, O Maker and Creator, upon this Sacred Council, and grant them wisdom and understanding that they may learn Your holy will; warm their hearts in love for You and for their neighbors; guide them on the way of truth and righteousness, keeping their hearts from all evil; unite them in one mind and in one heart, and let mutual brotherly love abide in their midst; bless them for the doing of good and useful things.

We pray You, O most merciful Lord our God, the God of every compassion and consolation: Do not turn away Your face from them, nor deny them their longing, for they have set their hope on You.

Grant them peace and serenity, a unity of spirit, concord and fruitful action, and all those things needful for their temporal and eternal life.

You know our needs, and grant and fulfill our requests even before we make them. For You are the God powerful in mercy and gracious in strength, and to You are due all glory, honor and worship: to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

# Holy Apostles Orthodox Church

Lansing, New York



SUNDAY, MARCH 1, 2015

SUNDAY OF ORTHODOXY

## SUNDAY OF ORTHODOXY - RESTORATION OF THE ICONS

### **Troparion Tone 5** (*Resurrection*)

Let us, the faithful, praise and worship the Word,  
co-eternal with the Father and the Spirit,  
born for our salvation from the Virgin;  
for He willed to be lifted up on the Cross in the flesh,  
to endure death,  
and to raise the dead//  
by His glorious Resurrection.

### **Troparion Tone 2** (*Sunday of Orthodoxy*)

We venerate Thy most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Thy good will Thou wast pleased to ascend the Cross in the flesh  
and deliver Thy creatures from bondage to the Enemy.  
Therefore with thankfulness we cry aloud to Thee:  
Thou hast filled all with joy, O our Savior//  
for Thou alone hast come to save the world.

### **Kontakion Tone 8** (*from the Lenten Triodion*)

No one could describe the Word of the Father;  
but when He took flesh from thee, O Theotokos, He accepted to be described,  
and restored the fallen image to its former state by uniting it to divine beauty//  
We confess and proclaim our salvation in words and images.

### **Prokeimenon Tone 4** (*Song of the Fathers*)

Blessed art Thou, O Lord God of our fathers, and praised and glorified is Thy name forever! (*Song of the three Holy Children, v. 3*)  
*v: For Thou art just in all that Thou hast done for us! (v. 4)*

### **Alleluia Verses Tone 4**

Alleluia, Alleluia, Alleluia!  
*v: Moses and Aaron were among His priests; Samuel also was among those who called upon His Name. (Ps 99/100:6)*  
*v: They called to the Lord and He answered them. (Ps 99/100:6)*

### **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 Hymns**

Praise the Lord from the heavens, praise Him in the highest! (*Ps 148:1*)  
Rejoice in the Lord, O thee righteous; praise befits the just! (*Ps 32/33:1*)  
Alleluia, Alleluia, Alleluia!

### **SUNDAY OF ORTHODOXY**

On this day the Church commemorates the final ending of the Iconoclast controversy and the definitive restoration of the holy ikons to the churches by the Empress Theodora, acting as regent for her young son Michael III. This took place on the first Sunday in Lent, 11 March 843. There is, however, not only a historical link between the first Sunday and the restoration of the ikons but also, as in the case of St. Theodore, a spiritual affinity. If Orthodoxy triumphed in the epoch of the Iconoclast controversy, this was because so many of the faithful were prepared to undergo exile, torture, and even death, for the sake of the truth. The Feast of Orthodoxy is above all a celebration in honour of the martyrs and confessors who struggled and suffered for the faith: hence its appropriateness for the season of Lent, when we are striving to imitate the martyrs by means of our ascetic self-denial. The fixing of the Triumph of Orthodoxy on the first Sunday is therefore much more than the result of some chance historical conjunction.

The Triodion gives the text of a special 'Office of Orthodoxy' which is held at the end of Mattins or, more commonly, at the end of the Divine Liturgy on this Sunday. The Office celebrates not only the restoration of the holy ikons but, more generally, the victory of the true faith over all heresies and errors. A procession is made with the holy ikons, and after this extracts are read from the synodical decree of the Seventh Ecumenical Council (787). Then sixty anathemas are pronounced against various heretics dating from the third to the fourteenth century; 'Eternal Memory' is sung in honour of the emperors, patriarchs and fathers who defended the Orthodox faith; and 'Many Years' is proclaimed in honour of our present rulers and bishops. Unfortunately in many parts of the Orthodox Church today this impressive service has fallen into disuse; elsewhere it is performed in a greatly abbreviated form.

- Met Kallistos (Ware) in the Lenten Triodion

**ASSEMBLY OF CANONICAL ORTHODOX BISHOPS  
OF THE UNITED STATES OF AMERICA  
SUNDAY OF ORTHODOXY 2015**

*Longsuffering Lord, how wonderful are your works! Who will number your love for humankind? Who, when they see your Priests and Ascetics slain for the sake of your Icon, would not reject deceivers? But you, when insulted, endured [Synodikon of the Sunday of Orthodoxy, 9th Ode].*

To the Reverend Priests and Deacons, the Monks and Nuns, the Presidents and Members of Parish Councils, the Day, Afternoon, and Church Schools, the Members of Philanthropic Organizations, the Youth and Youth Workers, and the entire Orthodox Christian Family in the United States of America:

Beloved Brothers and Sisters in Christ,

At the onset of our journey to Holy Pascha, the Church designates the first Sunday of Holy and Great Lent as the Sunday of Orthodoxy. On this day we celebrate the splendor of the Orthodox Church and her salvific mission in the world, and we call to mind the holy men and women who made great sacrifices in defense of holy icons and the authentic worship of God; we venerate the great champions of Orthodoxy who kept the faith alive.

Their enduring love and commitment to Christ has made it possible for future generations to come to know God. And as we are embraced by Christ and become one with Him, our lives are transformed into living icons of our Lord and of His sacrificial love for the world. The dogmas, teachings and traditions that were defended, therefore, are not antiquated theories, philosophies, or broken rubrics. They are tangible guides and spiritual directives for how we ought to live our lives according to the Holy Gospel.

Beloved brothers and sisters, perhaps now more than ever before, it is important to declare our Orthodox Christian Faith, for the world is suffering and desperately searching for peace and reconciliation. As the world produces distorted images of the truth, we must share the beauty of the Gospel. As the world resorts to violence and hatred, we must respond with love and forgiveness. And as the world falls deeper into despair, let us ask God to grant us courage to endure and to allow us to serve as icons of hope for our neighbor.

Wishing all of you, on behalf of the Hierarchs of the Assembly of Canonical Orthodox Bishops of the United States of America, the abundant blessings of the Lord, I fervently pray that He grant to all of us the courage, the power and the wisdom to proclaim His eternal and saving Orthodox Faith to all people, both *those who are far off and those who are near* (Eph. 2:17).

+Archbishop Demetrios of America  
Chairman

**A NOTE ON JOYFUL FASTING**

“Hell begins with a grumbling mood, always complaining, always blaming others... but you are still distinct from it. You may even criticize it in yourself and wish you could stop it. But there may come a day when you can no longer. Then there will be no you left to criticize the mood or even to enjoy it, but just the grumble itself, going on forever like a machine. It is not a question of God “sending us” to hell. In each of us there is something growing, which will BE hell unless it is nipped in the bud.”

– C.S. Lewis, in *The Great Divorce*

**FASTING AS OBEDIENCE**

This fasting, however, is not to be done out of pride or self-will; It must be observed in the praise of God and must be in accordance with the canons of the Church, since it consists in the complete renunciation of self-will and of the desires. At the same time, we must realize that for fallen man to attain perfection, even intensive fasting is insufficient, if in his soul he does not abstain from those things which further sin. Fasting is not only the abstinence from food, but also from evil thoughts and all passion, for, as the Savior says: Do you not see that whatever goes into the mouth passes into the stomach, and so passes on? But what comes out of the mouth proceeds from the heart, and this defiles a man. For out of the heart come evil thoughts, murder, adultery, fornication, theft, false witness, slander. These are what defile a man... (Matt. 15:17-20). Thus exterior fasting, without the corresponding interior fasting is in vain.

-by A Monk of St. Tikhon's Monastery

**THE LENTEN RESURRECTION**

Don't we understand, don't we understand, brothers and sisters what power is given to us in the form of Lent. Lenten Spring! Lenten beginning! Lenten resurrection! And all this is given to us *free*. Come, listen to that prayer. Make it *yours*! Don't even try to think on your own; just join, just enter and rejoice! And that joy will start killing those old and painful and boring sins... And with that you will have that great joy which the angels heard, which the disciples experienced when they returned to Jerusalem after Christ's Ascension. It is that joy which was left with them that we nobly adopted. It is first of all the joy of knowing, the joy of having something in me which, whether I want it or not, will start transforming life in me and around me.

-Fr Alexander Schmemmann