

# Holy Apostles Orthodox Church

347 Ridge Rd Lansing NY

HolyApostlesLansing.org

Fr James Worthington, Rector 315-706-6185

Rdr Bob West, Sr Warden SrWarden@HolyApostlesLansing.org

## MARCH 15, 2015

**THIRD SUNDAY OF LENT — Tone 7. Veneration of the Cross.** Martyrs Agapius, Publius (Pausis), Timolaus, Romulus, two named Dionysius, and two named Alexander, at Cæsarea in Palestine (303). Hieromartyr Alexander of Side, in Pamphylia (270-275). Martyr Nicander of Egypt (ca. 302).

**EPISTLE:** HEBREWS 4.14-5.6: Christ is our great high priest and he will heal what is weak in us.

**GOSPEL:** Mark 8.34-9.1: Christ said "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me.

**VESPERS NEXT WEEK:** Rdr Bob.

**HOURS:** Greg. **NEXT WEEK:** Available.

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

**COFFEE HOUR HOST:** Potluck. **NEXT WEEK:** Available.

**KNOW YOUR FAITH:** The next class will be March 17<sup>th</sup> at Unwind Coffee Shop in the Ithaca Mall. We will be reading and discussing chapter 15 of the Gospel of St John: The Farewell Discourse (Part II), incl. Vine & Branches, Love & Hate, Paraclete. 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 STILLNESS:** The college students are organizing "The Lenten Stillness Project," which is their offering to parents. They are volunteering to watch the children for a few hours during this lenten period for the enjoyment of some peace and quiet. If you are interested, see Greg.

**FUNDRAISING COMMITTEE:** The first meeting will be on Sunday, March 29th, after the Divine Liturgy. The Agenda will be to establish purposes and goals/focus, plan for purchasing new altar server robes and to schedule future meetings.

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

**OCF EVENTS:** The Cornell OCF is hosting a talk on Thursday night entitled "Christianity in the Arab World" on Thursday at 8 PM in Anabel Taylor Hall. All are welcome and encouraged to attend.

**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.

**LANSING FOOD PANTRY:** March & April are special grant months for the Lansing Food Pantry. All donations received between March 1st and April 30th help earn grant money from the Feinstein Foundation, which has committed to donating \$1 million to anti-hunger agencies throughout the country. The amount granted is in relation to the amount of food and money received during this period. Please consider donating, or bringing food to church to share with our neighbors.

**CONGRATULATIONS!!!:** The Johnsons have announced the birth of Alice Marina, born on Friday. And she is extremely cute! Casey is organizing a schedule to bring meals to the Johnsons once the new baby arrives. If you would like to help prepare and deliver meals, see Casey.

**PASCHA FLOWERS:** To contribute to the purchase of flowers to adorn the church for Pascha, there are envelopes available at the information stand.

**CONFESSIONS:** In this cleansing time of the year, it is good for us to partake of the sacrament of Confession. Please have your confession heard before the Vigil of PASCHA. An appointment can be made at any time that is convenient for you, or before and after most services.

<b>LIVING:</b>			
Apr Timothy H	Gretchen	Jim & Kim	Ada
Apr Herman S	Mary & Susan	Rachel	Walter
Apr John C	John & Carmine	Constantine & Maria	Lillian
Apr Thomas E	Nathan	Gaetan	Joseph
Apr Michael T	Leah	Jean	Marie
Apr Stephen M	Helen	Christine	Joseph
Dn Symeon	Lindsey	Samuel	Laura
Abbess Silouana	Susanne H	Iconographer Helena	Martha
Mother Raphaela	Elizabeth	<u>Catechumens:</u> Elliott &	Stanley & Helen,
Mother Christophora	Mary	Daniel	Taissia
Mat Cecelia	Joe A	<u>Children:</u> Caleb,	Steluta
Mat Katya	Daniel	Christopher E,	Theophan
Mat Dorothy	Andrew and family	Anthony, Mia and	Lynda
Joshua	Harold	Isabel,	Florence
Brittany & Isaac	Wilhemina	<b>BIRTHDAYS:</b> Alice.	James
Gretchen	Gordon	<b>ANNIVS:</b> None.	James R
Peter	Elizabeth	<b>NAMESDAYS:</b> Patrick.	Vasily
Marriane	David	<b>REPOSED:</b>	Modecai
Terrence	Madeline	Priest John	<b>NEWLY REPOSED:</b>
Helen	Shirley	Apr Alexander	None. <b>ANNIVERSARIES:</b>
Judy	Larry	Rdr Gregory	None.
	Christina	Daniel	

FB Check-in



## SCHEDULE FOR THIS WEEK

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

**CROSS SUNDAY, MARCH 15:** 9 AM Divine Liturgy and Social Hour

**TUESDAY, MARCH 17:** 8:30 Lenten Daily Matins

6 PM Presanctified Liturgy for St Patrick

7:30 Know Your Faith at Unwind Café in Ithaca Mall

**WEDNESDAY, MARCH 18:** 8:30 Presanctified Liturgy

6:30 Akathist

7:45 Cornell OCF in Anabel Taylor Hall

**THURSDAY, MARCH 19:** 8:30 Lenten Daily Matins

9:15 Cornell OCF Morning Prayers

8 PM Cornell OCF Lecture: Christianity in the Arab World

8 PM Ithaca Collage OCF in Mueller Chapel

**FRIDAY, MARCH 20:** 8:30 Lenten Daily Matins

6 PM Presanctified Liturgy

**SATURDAY, MARCH 21:** 9 AM Divine Liturgy

6 PM Great Vespers

**LADDER SUNDAY, MARCH 22:** 9 AM Divine Liturgy and Social Hour

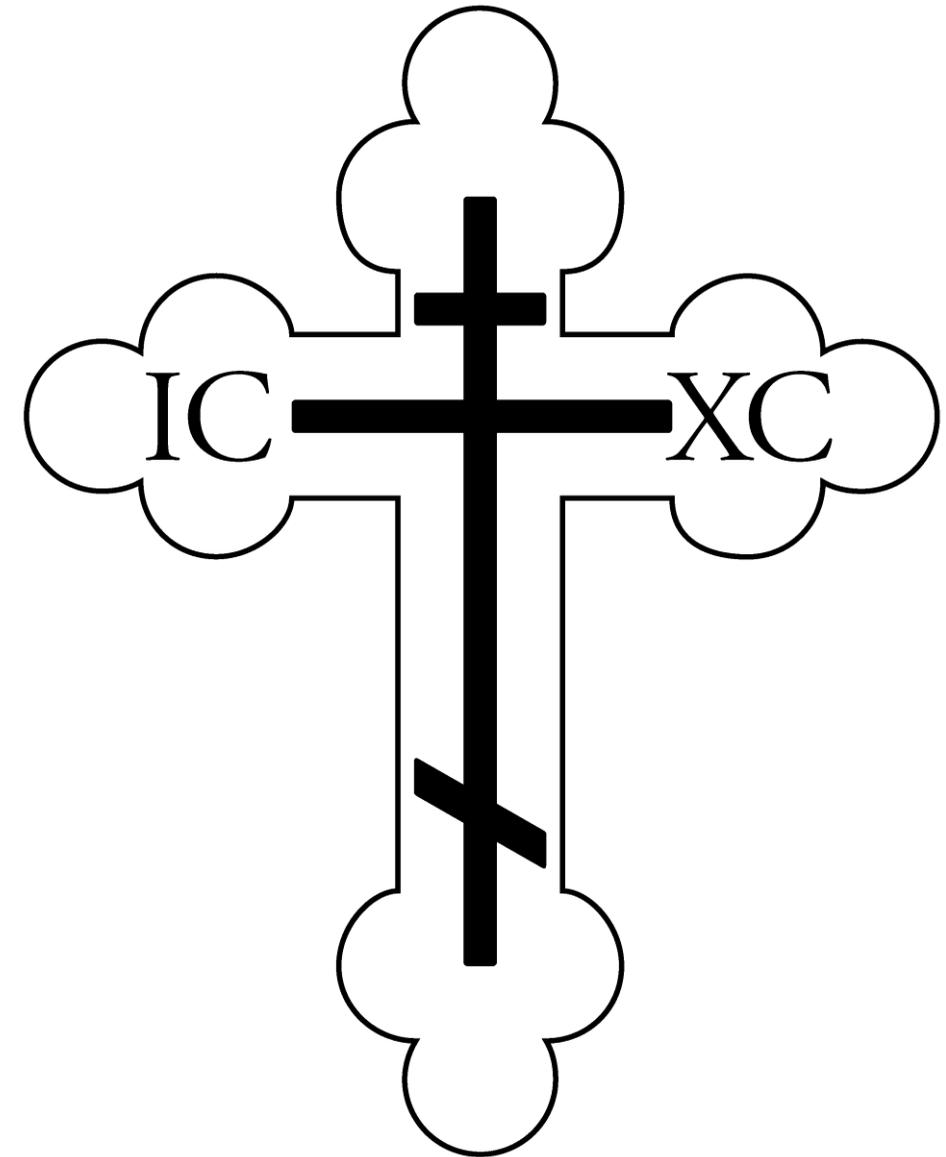
## Sunday of the Veneration of the Holy Cross

On this day the service of Mattins concludes with the solemn veneration of the Precious and Life-Giving Cross; the ceremonies are closely parallel to those at the feasts of the Exaltation of the Cross (14 September) and the Procession of the Cross (1 August). The veneration of the Cross on this third Sunday in Lent prepares us for the commemoration of the Crucifixion which is soon to follow in Holy Week, and at the same time it reminds us that the whole of Lent is a period when we are crucified with Christ: as the Synaxarion at Mattins says, 'Through the forty-day Fast, we too are in a way crucified, dying to the passions.' The dominant note on this Sunday, as on the two Sundays preceding, is one of joy and triumph. In the Canon at Mattins, the irmoi are the same as at Easter midnight, 'This is the day of Resurrection. . .,' and the troparia are in part a paraphrase of the Paschal Canon by St. John of Damascus. No separation is made between Christ's death and His Resurrection, but the Cross is regarded as an emblem of victory and Calvary is seen in the light of the Empty Tomb.

- Met Kallistos Ware in the Lenten Triodion

Holy Apostles Orthodox Church

Lansing, New York



SUNDAY, MARCH 15, 2015

SUNDAY OF THE VENERATION OF THE HOLY CROSS

## Third Sunday of Lent: Veneration of the Holy Cross Martyr Agapius and Those with Him

### Troparion Tone 7 (Resurrection)

By Thy Cross Thou didst destroy death.  
To the thief Thou didst open Paradise.  
For the Myrrhbearers Thou didst change weeping into joy.  
And Thou didst command Thy disciples, O Christ God,  
to proclaim that Thou art risen,//  
granting the world great mercy.

### Troparion Tone 1 (for the Cross)

O Lord, save Thy people,  
and bless Thy inheritance!  
Grant victories to the Orthodox Christians  
over their adversaries;  
and by virtue of Thy Cross,//  
preserve Thy habitation!

### Kontakion Tone 7 (for the Cross)

Now the flaming sword no longer guards the gates of Eden;  
it has been mysteriously quenched by the wood of the Cross.  
The sting of death and the victory of hell have been vanquished;  
for Thou, O my Savior, hast come and cried to those in hell://  
Enter again into Paradise!

### Instead of the Trisagion

Before Thy Cross, we bow down in worship, O Master,  
and Thy holy Resurrection, we glorify.

### Prokeimenon Tone 6 (Cross)

O Lord, save Thy people and bless Thine inheritance! (Ps 27/28:9)  
*v: To Thee, O Lord, will I call. O my God, be not silent to me! (Ps 27/28:1)*

### Alleluia Verses Tone 8

Alleluia, Alleluia, Alleluia!

*v: Remember Thy congregation, which Thou hast purchased of old! (Ps 73/74:2)*

*v: God is our King before the ages; He has worked salvation in the midst of the earth! (Ps 73/74:12)*

### 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 Hymn

The light of Thy countenance has shone on us, O Lord. (Ps 4/5:6)  
Alleluia, Alleluia, Alleluia!

## PARISH COUNCIL MEMBER OATH OF OFFICE

I, (NAME), having been elected a member of the Parish Council of the parish of Holy Apostles, in the town and village of Lansing, NY of the Diocese of New York and New Jersey of the Orthodox Church in America, hereby solemnly swear and promise to the Almighty God before His Holy Gospel and the Life-Giving Cross, that I will zealously, honestly, voluntarily, with diligence, and fear of God, fulfill the duties of my office, according to the requirements of the Statute of the Orthodox Church in America, the By-Laws of our Parish, and the Sacred Canons of our Holy Orthodox Church, upholding not my personal interests, but the glory of God, the welfare of the Holy Church, and the salvation of my soul, remembering that for all this I will have to give an answer before my Lord and God at His last fearful judgment. I promise that I will uphold the pursuit of peace, tranquility, and brotherly Christian love among the parishioners of our Church. In witness of this my oath and solemn promise, I kiss the words of the Holy Gospel and the Life-Giving Cross of my Savior and Lord Jesus Christ. Amen.

## THE HOLY GREAT MARTYR SAINT PROCOPIUS. JULY 8

### FROM THE PROLOGUE

Procopius was born in Jerusalem of a father who was a Christian and a mother who was a pagan. At first, his name was Neanias. He was raised in the spirit of Roman idolatry. When Neanias matured, Emperor Diocletian saw him and, at once, took a liking to him and brought him to his palace for military service. When he began to persecute Christians, he



ordered Neanias to go to Alexandria and to exterminate the Christians. on the road, something happened to Neanias similar to that which happened to Saul [Paul]. The Lord appeared to him and a voice was heard: "Neanias, where are you going and against whom are you rising up?" In great fear, Neanias asked: "Who are You Lord? I am unable to recognize You." At that moment, a glowing cross as if of crystal appeared in the air and from the cross there came a voice saying: "I am Jesus, the crucified Son of God." And further, the Lord said to him: "By this sign that you saw, conquer your enemies and My peace will be with you." That experience completely turned him around and changed the life of

Commander Neanias. He, with his soldiers, turned against the Agarians who were attacking Jerusalem. He entered Jerusalem as a victor and declared to his mother that he is a Christian. Brought before the court, Neanias removed his commander's belt and sword and tossed them before the judge. After tortures he was cast into prison where the Lord, again, appeared to him, baptized him and gave him the name Procopius. One day twelve women appeared before his prison window and said to him: "We too are the servants of Christ." Accused of this they were thrown into the same prison where St. Procopius taught them the Faith of Christ and particularly about how they will receive the martyr's wreath. For that reason in the marriage ritual of the betrothed, St. Procopius is mentioned along with the God-crowned Emperor Constantine and Empress Helena. After this, those twelve women were brutally tortured. Witnessing their suffering and bravery, the mother of Procopius also believed in Christ and all thirteen were slain. When St. Procopius was led to the scaffold, he raised his hands toward the east and prayed to God for all the poor and misfortunate, orphans and widows and especially for the Holy Church that it may grow and spread and that Orthodoxy shine to the end of time. And to Procopius there was a reply from heaven that his prayers were heard after which he joyfully laid his head under the sword and went to his Lord in eternal joy. St. Procopius honorably suffered in Caesarea in Palestine and was crowned with the glorious wreath of immortality on July 8, 303 A.D.

## ST PATRICK'S BREASTPLATE

I arise today through a mighty strength,  
the invocation of the Trinity,  
through belief in the Threeness,  
through confession of the Oneness of the Creator  
of creation.

I arise today through the strength of Christ with His  
Baptism,  
through the strength of His Crucifixion with His  
Burial,  
through the strength of His Resurrection with His  
Ascension,  
through the strength of His descent for the  
Judgment of Doom.

I arise today through the strength of the love of  
Cherubim,  
in obedience of Angels, in the service of the  
Archangels,  
in hope of resurrection to meet with reward,  
in prayers of Patriarchs, in predictions of Prophets,  
in preachings of Apostles, in faiths of Confessors,  
in innocence of Holy Virgins, in deeds of righteous  
men.

I arise today through the strength of Heaven:  
light of Sun, brilliance of Moon, splendour of Fire,  
speed of Lightning, swiftiness of Wind, depth of Sea,  
stability of Earth, firmness of Rock.

I arise today through God's strength to pilot  
me:

God's might to uphold me, God's wisdom to  
guide me,

God's eye to look before me, God's ear to hear  
me,

God's word to speak for me, God's hand to  
guard me,

God's way to lie before me, God's shield to  
protect me,

God's host to secure me:

against snares of devils,  
against temptations of vices,

against inclinations of nature,  
against everyone who shall wish me ill,  
afar and anear, alone and in a crowd.

I summon today all these powers between me  
(and these evils):

against every cruel and merciless power that  
may oppose my body and my soul,

against incantations of false prophets,  
against black laws of heathenry,

against false laws of heretics,  
against craft of idolatry,

against spells of witches and smiths and  
wizards,

against every knowledge that endangers  
man's body and soul.

Christ to protect me today

against poison, against burning,

against drowning, against wounding,

so that there may come abundance of reward.

Christ with me, Christ before me,

Christ behind me, Christ in me,

Christ beneath me, Christ above me,

Christ on my right, Christ on my left,

Christ in breadth, Christ in length, Christ in height,

Christ in the heart of every man who thinks of me,

Christ in the mouth of every man who speaks of  
me,

Christ in every eye that sees me, Christ in every ear  
that hears me.

I arise today through a mighty strength,

the invocation of the Trinity,

through belief in the Threeness,

through confession of the Oneness of the Creator  
of creation.

Salvation is of the Lord.

Salvation is of the Lord.

Salvation is of Christ.

May Thy Salvation, O Lord, be ever with us.