

CALENDAR

Sunday 3/29: WINE/OIL ALLOWED

Sunday of Mary of Egypt

8:45a Orthros (Matins)

9:00a Church School

10:00a Divine Liturgy

Monday 3/30: STRICT FAST

Righteous John Klimakos

6:30p Great Compline & Bible Study

Tuesday 3/31: STRICT FAST
Ieromartyr Ypatios of Gangra

Wednesday 4/1: STRICT FAST
Righteous Mary of Egypt

6:30p Presanctified Liturgy

Thursday 4/2: STRICT FAST
Titus the Wonderworker

Friday 4/3: STRICT FAST
Abbot Niketas the Confessor

Saturday 4/4: WINE/OIL ALLOWED
Saturday of Lazaros

9:00a Orthros (Matins)

10:00a Divine Liturgy

[followed by palm-tying and Pancake Breakfast]

6:30p Great Vespers

Sunday 4/5: FISH ALLOWED
Palm Sunday

8:45a Orthros (Matins)

9:00a Church School

10:00a Blessing of Palms, Divine

Liturgy & Procession

6:30p Bridegroom Service

ANNOUNCEMENTS

- ♦ This is the last week of the 40-day Great Fast. Next Saturday we commemorate the **Resurrection of Lazaros**, the friend of Christ, on the 4th day. That morning, Divine Liturgy will be followed by a *teganites* (pancake) breakfast and preparation of palms for the next day. Please join us for fellowship and thanksgiving.

Holy Week Schedule

Palm Sunday

6:30p — Bridegroom Service

Holy & Great Monday

9:00a — Presanctified Liturgy **

6:30p — Bridegroom Service

Holy & Great Tuesday

9:00a — Presanctified Liturgy **

6:30p — Bridegroom Service

Holy & Great Wednesday

9:00a — Presanctified Liturgy **

4:00p — Holy Unction

6:30p — Mystical Supper Service

Holy & Great Thursday

9:00a — Vespersal Divine Liturgy **

6:30p — Passion Service

Holy & Great Friday

9:00a — Royal Hours

3:00p — Apokathelosis Service

6:30p — Lamentations Service

Holy & Great Saturday

9:00a — Vespersal Divine Liturgy **

11:15p — Resurrection Pannychis

Holy & Great Pascha

12:00a — Anastasis Orthros &

Divine Liturgy **

1:00p — Agape Vespers



HOLY CROSS GREEK ORTHODOX CHURCH



METROPOLIS OF
SAN FRANCISCO

5TH SUNDAY OF GREAT LENT: OUR RIGHTEOUS MOTHER MARY OF EGYPT

Holy Martyrs Mark, Bishop of Arethusa, Cyril the
Deacon & those with them; Holy Martyrs Jonah,
Barachesios & those with them.

March 29, 2015

WELCOME VISITORS!

We are pleased that you have joined us today. In order to receive Holy Communion in the Greek Orthodox Church, one must be Baptized and/or Chrismated in the Christian Orthodox Faith. The Orthodox Church understands Holy Communion as a sign of unity. If you are interested in learning more about Christian Orthodoxy, please contact our priest, Father Andreas. Communicants should prepare themselves through fasting, prayer and confession. All Christians are invited to come forward at the dismissal of the Divine Liturgy to receive the holy bread, called *Antidoron*, which is offered to everyone as a blessing when they leave.

Rev. Presbyter Andreas Maclean Papayiannis, BA, MDiv, *Ieratikos Proistamenos* (Parish Priest)

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Web Site: www.holycrossflagstaff.org

Holy Cross Greek Orthodox Church is a parish of the Holy Metropolis of San Francisco, in the Greek Orthodox Archdiocese of America, an eparchy of the Ecumenical Patriarchate of Constantinople.

Our hierarch is His Eminence the Most Reverend GERASIMOS, Metropolitan of San Francisco.

TROPARIA AND READINGS

Resurrectional Apolytikion 1st Mode

The stone that had been sealed before Your tomb by the Jews and the soldiers guarding did watch over Your pure and sacred body. O Savior the third day You arose, and unto all the world did You give life. Where by all the heavenly powers did proclaim that You are the giver of life. Glory unto our resurrected Christ. Glory unto Your Kingdom. Glory to Your dispensation O You alone who loves all.

Ἀπολυτίκιον Ἀναστάσιμον Ἦχος α΄

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου Σῶμα, ἀνέστης τριήμερος Σωτήρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν· διὰ τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοι ζωοδότα. Δόξα τῇ Ἀναστάσει σου Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνε φιλόνηρωπε.

Apolytikion of the Righteous Mother Plagal 4th Mode

In you, O Mother, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout your spirit rejoices with the angels.

Apolytikion of our Temple 1st Mode

Save, O Lord Your people, and bless Your inheritance; grant victory to the faithful against the adversaries of the Faith, and protect Your people by the power of Your Cross.

Hymn of the Church in Greek & phonetics

Σῶσον, Κύριε, τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

SO-son KEE-ri-e ton la-ON soo, keh ev-LO-yee-son teen klee-ro-no-MEE-an soo, NEE-kas tees va-see-lef-SEE ka-TA var-VAR-on tho-ROO-me-nos, keh to son fee-LA-ton thi-A too stav-ROO soo po-LEE-tev-ma.

Seasonal Kontakion Plagal 4th Mode

O Champion General, I your City now ascribe to you * triumphant anthems as the tokens of my gratitude, * being rescued from the terrors, O Theotokos. * Inasmuch as you have power unassailable, * from all kinds of perils free me so that unto you * I may cry aloud: Rejoice, O unwedded Bride.

9th Orthros Reading: Gospel according to St. John 20:19-31

On the evening of that day, the first day of the week, the doors being shut where the disciples were for fear of the Jews, Jesus came and stood among them and said to them: "Peace be with you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." And when He had said this, He breathed on them, and said to them: "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him: "We have seen the Lord." But he said to them: "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His

TROPARIA AND READINGS

side, I will not believe." Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said: "Peace be with you." Then He said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Jesus said to Him: "Have you believed because you have seen me? Blessed are those who have not seen and yet believe." Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His name.

Prokeimenon: 1st Mode. Psalm 31

Let Your mercy, O Lord, be upon us, as we hope in You.

Στιχ: *Rejoice greatly in the Lord, O righteous ones; praise is fitting for the upright.*

Apostolic Reading: St. Paul's Letter to Hebrews 9:11-14

BRETHREN, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

Alleluia: 1st Mode. Psalm 17. Alleluia. Alleluia.

Στιχ 1: *The God who vindicates me, and who subdued the peoples under me.*

Στιχ 2: *He who magnifies the salvation of His king and shows mercy to His anointed, to David and his seed forever.*

Holy Gospel Reading: Gospel according to St. Mark 10:32-45

At that time, Jesus taking the twelve again, he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."