

CALENDAR

Sunday 9/21:

**Sunday After the Elevation of
the Cross**

8:30a Orthros (Matins)
9:45a Divine Liturgy

Monday 9/22:

**Phocas the Martyr, Bishop of
Sinope**

Tuesday 9/23:

Conception of St. John the Baptist

7:00p Women's Book Club

Wednesday 9/24: STRICT FAST
**Thecla the Protomartyr & Equal
to the Apostles**

Thursday 9/25:

Euphrosyne of Alexandria

Friday 9/26: WINE & OIL
**Falling Asleep of St. John the
Evangelist and Theologian**

Saturday 9/27:

**Kallistratos the Martyr & his
49 Companions**

5:30p Great Vespers

Sunday 9/28:

1st Sunday of Luke

8:30a Orthros (Matins)
9:45a Divine Liturgy

WEEKLY SCHEDULE

Monday, Tuesday, Wednesday & Friday

9:00a—12:00p Office Hours

Daily Divine Services

On most days when Fr. Andreas is in the office, Orthros is served at 8:45a and Vespers at 4:00p. As Father's schedule can change unexpectedly, please call him to confirm service times if you wish to attend.

Interior crosses can be found at all times, and more easily than exterior ones. You have only to direct your attention to yourself and examine yourself with a sense of repentance, and a thousand interior crosses will at once present themselves to you. . . Interior crosses are sometimes so burdensome that the sufferer can find no consolation whatever in anything. All this can happen to you too! But in whatever position you may be, and whatever sufferings of the soul you may feel, do not despair and do not think that the Lord has abandoned you. NO! God will always be with you and will invisibly strengthen you even when it seems to you that you are on the very brink of perdition.

St. Innocent of Alaska
19th Century

**Daily Scripture Readings:
September 22 thru 37**

Mon: Gal 4:28-5:10; Lk 3:19-22

Tue: Gal 4:22-27; Lk 1:5-25

Wed: 2Ti 3:10-15; Lk 5:12-16

Thu: Eph 1:1-9; Lk 4:16-22

Fri: 1Jn 4:12-19; Jn 19:25-27,21:24-25

Sat: 1Co 10:23-28; Lk 4:31-36



HOLY CROSS GREEK ORTHODOX CHURCH



METROPOLIS OF
SAN FRANCISCO

SUNDAY AFTER THE CROSS & LEAVE-TAKING OF THE UNIVERSAL ELEVATION OF THE CROSS: HOLY APOSTLE KODRATOS OF MAGNESIA, AND HOLY PROPHET JONAH. September 21, 2014

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.

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TROPARIA AND READINGS

Resurrectional Apolytikion Plagal 2nd Mode

When the angelic powers appeared at your tomb and those who guarded You became as though dead, and standing by Your sepulchre was Mary seeking Your pure and sacred body. For You did vanquish Hades and uncorrupted by its touch You came unto the virgin woman, bestowing the gift of life O You who rose from the dead. Lord we give glory to You.

Apolytikion of the Cross 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.

Apolytikion of the Cross in Greek

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.

Seasonal Kontakion 4th Mode

Lifted up on the Cross by Your free will, Christ God, grant mercies to the new commonwealth that bears Your name. Gladden our faithful rulers by Your power, giving them victories over their adversaries. May Your alliance be for them a weapon for peace, an invincible standard.

4th Eothinon Orthros Reading: Gospel according to St. Luke 24:1-12

On the first day of the week, at early dawn, they went to the tomb, taking the spices which they had prepared. And they found the stone rolled away from the tomb, but when they went in they did not find the body. While they were perplexed about this, behold, two men stood by them in dazzling apparel; and as they were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the living among the dead? Remember how he told you, while he was still in Galilee, that the Son of man must be delivered in to the hands of sinful men, and be crucified, and on the third day rise." And they remembered his words, and returning from the tomb they told all this to the eleven and to all the rest. Now it was Mary Magdalene, and Joanna and Mary the mother of James and the other women with them who told this to the apostles; but these words seemed to them an idle tale, and they did not believe them. But Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; and he went home wondering at what had happened.

TROPARIA AND READINGS

Prokeimenon: Plagal 2nd Mode. Psalm 27

O Lord, save Your people, and bless Your inheritance; and shepherd them, and raise them up forever.

Verse: *To You, O Lord, I cry; O my God, may You not pass over me in silence; may You never be silent to me, else I would become like those who go down into the pit.*

Apostolic Reading: St. Paul's Letter to Galatians 2:16-20

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Alleluarion: Plagal 2nd Mode. Psalm 90

Alleluia. Alleluia. Alleluia.

Verse 1: *He Who dwells in the help of the Most High Shall lodge in the shelter of the God of heaven.*

Verse 2: *He shall say to the Lord, You are my protector and my refuge, my God; I will hope in Him.*

Holy Gospel Reading: Gospel according to St. Mark 8:24-38, 9:1

The Lord said: "If anyone wishes to 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 life? For what can a man give in return for his life? 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 he 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."