

## PARISH ANNOUNCEMENTS

### MEMORY ETERNAL, HIS EMINENCE METROPOLITAN PHILIP (1931-2014)

*"We are never totally aware of how God is moving in our lives, how He is active in our existence. We do know that He is there, that 'in Him we live, and move, and have our being' (Acts 17:28). We are in Him and He is in us." + Metropolitan Philip*



- ❖ **WELCOME** to all who are visiting with us today! We hope you will feel at home here and, if you do not already have a church home, will consider becoming a part of the Saint Herman Church community.
- ❖ **INQUIRERS CLASSES** continue as we watch a series of videos called "Finding the Church Jesus Built." Session Six will be Friday March 28 from 7:30-9:30pm in the parish hall following Akathist. The title of Session Six is: "Worship and the Divine Liturgy." Please invite any friends and family members who may be interested in learning more about the Orthodox Faith. All are welcome to attend.
- ❖ **TOMORROW, MONDAY MARCH 24** we will celebrate a Vesperal Divine Liturgy for the **Feast of the Annunciation** of the Theotokos. This feast marks the appearance of Gabriel to the Virgin Mary in which Gabriel announces that she will conceive by the Holy Spirit and bear a Son, Emmanuel. Fish, wine and oil are allowed after the Liturgy on Monday night.
- ❖ **A CHURCH WORKDAY** is scheduled for **Saturday April 5**. More details to follow next week.
- ❖ **CONFESSIONS** will be heard by Fr. Thomas Frizelle April 12 following Great Vespers. If you need confession at another time, please contact Fr. Matthew so that he can put you in touch with another priest.
- ❖ **LITURGICAL CALENDARS** for March and April are available in the narthex and online at [www.sainthermanwasilla.org](http://www.sainthermanwasilla.org).
- ❖ **LENTEN PRAYER OF ST. EPHRAIM THE SYRIAN:**  
O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power, and idle talk. (*prostration*)  
But give rather the spirit of chastity, humility, patience, and love to Thy servant. (*prostration*)  
Yea, O Lord and King, grant me to see my own sins, and not to judge my brother, for Thou art blessed unto ages of ages. Amen. (*prostration*)

# SAINT HERMAN

## ANTIOCHIAN ORTHODOX CHURCH

*Antiochian Orthodox Christian Archdiocese of North America  
Diocese of Los Angeles and the West*

### PRIMATE

His Eminence, the Most Rev. Metropolitan PHILIP

### DIOCESAN HIERARCH

His Eminence, the Most Rev. Archbishop JOSEPH

### PASTOR

Rev. Fr. Matthew Howell

### DEACONS

Rev. Dn. Thomas Ross

Rev. Dn. John Phelps

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3<sup>RD</sup> SUNDAY OF LENT  
(VENERATION OF THE  
HOLY CROSS)

*March 23, 2014*

### A NOTE REGARDING HOLY COMMUNION

Welcome! In the Orthodox Church, reception of the Holy Eucharist is reserved for baptized, chrismated Orthodox Christians who have prepared by prayer, fasting and a recent confession. If you are visiting or otherwise not prepared to commune today, you are welcome to receive some of the unconsecrated, blessed bread which the acolytes are holding. We pray for all to be united in the Body and Blood of Christ! If you would like to learn how you can enter into communion with the Orthodox Church, please speak with our clergy.

### THE EPISTLE

(For the Third Sunday of Great 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 Great Lent)

#### **The Reading from the Holy Gospel 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."

### SAINTS OF THE DAY

Veneration of the Precious and Life-Giving Cross:  
Venerable-martyr Nikon of Sicily and with him 199 disciples; and the  
Venerable-martyr Luke of St. Anne Skete on Athos

### CHRISTIAN EDUCATION

Ages 3-6: Every Sunday at 9:00am

Ages 7-9, 10-12, and 13-19: Every Sunday following Liturgy

### THIS WEEK'S SERVICES

*March 23 - 30*

Monday 6:30pm: Vespers Liturgy for the Feast of the Annunciation

Wednesday 6:30pm: Presanctified Liturgy

Friday 6:30pm: Small Compline with Akathist to the Theotokos, followed  
by Inquirers Class Session 6

Saturday 6:30pm: Great Vespers

Sunday 9:00am: Matins; 10:00am: Divine Liturgy

### A GOOD WORD

*VITAMINS FOR THE SOUL*

- ❖ "Whereas love for God is the source and starting point of every virtue, love for the world is the cause of all evil. For that reason these two loves are at enmity with each other and destroy each other. As the Lord's brother declares: 'Friendship of the world is enmity to God. Whoever therefore will be a friend of the world is the enemy of God' (Jms. 4:4). And John, whom Christ loved, says, 'If any man loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the pride of life, is not of the Father' (cf. I Jn. 2:15-16). Let us take heed, brethren, lest by loving evil desires and being arrogant to one another, we fall away from our heavenly Father's love. For these two evils include every passion which separates us from God." -- St. Gregory Palamas
- ❖ "... we can see both that love for God is begotten from the virtues and that virtues are born of love. For this reason the Lord said at one point in the Gospels, 'He who has My commandments and keeps them is the one who loves Me' (Jn. 14:21), and at another point, 'He who loves Me will keep My commandments' (cf. Jn. 14:23)." -- St. Gregory Palamas
- ❖ "Do you wish to be free of afflictions and not to be burdened by them? Expect greater ones, and you will find peace ... Be of good courage, stand firm and pray." -- St. Barsanuphius
- ❖ "Just as wheat cannot arrive at the granary before it is cleansed from the chaff, so my soul cannot enter into Paradise if my body is not humbled by tortures beforehand." -- Holy Martyr Agatha
- ❖ "Let us love silence till the world is made to die in our hearts. Let us always remember death, and in this thought draw near to God in our heart - and the pleasures of this world will have our scorn." -- St. Isaac the Syrian