

CHRISTIAN EDUCATION

Wednesday March 18

5:30-6:30pm – Atrium Levels 1 & 2, pre-teens, & Teen Soyo classes

6:30-7:45pm – Presanctified Liturgy

7:45-8:30pm – Lenten Soup Supper - \$3/person or \$15/family

THIS WEEK'S SERVICES

March 15 – March 22

Mon. Mar. 16 – 6:30pm: Great Compline

Wed. Mar. 18– 6:30pm: Presanctified Liturgy (Acolyte Team 2)

Fri. Mar. 20 – 6:30pm: Little Compline with Akathist to the Theotokos

Sat. Mar. 21 – 6:30pm: Great Vespers

Sun. Mar. 22 - 9:00am: Matins

Sun. Mar. 22 - 10:00am: Divine Liturgy (Acolyte Team 2)

Confessions are heard following Vespers, Weekday Services, and by appointment

PARISH ANNOUNCEMENTS

- ❖ **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.
- ❖ **CHRISTIAN EDUCATION IS WEDNESDAY NIGHTS DURING LENT.** Christian Education will be Wednesdays at 5:30pm for Atrium Levels 1 & 2, pre-teens, and Teen SOYO. Presanctified Liturgy will start at 6:30pm, and Soup Supper will follow liturgy. Atrium teachers will bring atrium students into the church at 6:30pm.
- ❖ **ADULT CATECHISM CLASSES ARE TUESDAYS** from 6:00-7:30pm with Peter Kamilos. If you miss a class or have any questions, you can call or text Peter at (503)780-4212.
- ❖ **GOOSE CREEK PRISON NEEDS ORTHODOX BOOKS** for its chapel library. If you have any *paperback* Orthodox books that you are willing to donate, please give them to Fr. Matthew. Hardback books are not allowed.
- ❖ **HOLY WEEK SERVICE BOOKS** will be ordered today. Please tell Fr. Matthew if you would like a copy of the Holy Week Service book, which contains the texts of all services from Palm Sunday through Pascha in the order that they are served. The cost is \$40 including shipping. Please make checks out to St. Herman Church and write “Holy Week Book” in the memo.

SAINT HERMAN

ANTIOCHIAN ORTHODOX CHURCH

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

PRIMATE and DIOCESAN HIERARCH

His Eminence, the Most Reverend Metropolitan JOSEPH

PASTOR

Rev. Fr. Matthew Howell

DEACONS

Rev. Dn. Thomas Ross

Rev. Dn. John Phelps

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*3rd Sunday of Lent:
Veneration of the
Holy Cross*

March 15, 2015

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 from a non-Orthodox church or otherwise are 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 & FEASTS OF THE DAY

Third Sunday of Lent: Veneration of the Precious and Life-Giving Cross;

Martyr Agapios of Palestine and those with him;

Apostle Aristoboulos of the Seventy, first bishop of Britain;

New-martyrs Manuel of Crete and Parthenios

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ "O Lord who in Thy surpassing love hast been crowned with thorns, cleanse my soul, for it is full of thorns and overgrown with the weeds of all the passions." – Cantic 5 of the Canon from Matins on Friday of the 3rd week of Lent
- ❖ "Rejoice, O life-bearing Cross, O bright paradise of the Church, O Tree of incorruption, thou who didst bring forth for us the enjoyment of glory everlasting, through whom the hosts of devils are driven out, the ranks of angels rejoice together, and the congregations of believers celebrate, O unconquerable weapon and impregnable foundation, the triumph of kings and the pride of Priests, grant us to apprehend the Passion of Christ and His Resurrection." – O Lord I Cry, Vespers for 3rd Sunday of Lent
- ❖ "In Paradise of old the tree stripped me bare; for by giving me its fruit to eat, the enemy brought in death. But now the Tree of the Cross that clothes men with the garment of life has been set up on earth, and the whole world is filled with boundless joy. Beholding it venerated, O ye people, let us with one accord raise in faith our cry to God: His house is full of glory." – 3rd Kathisma Hymn, Matins for 3rd Sunday of Lent
- ❖ "The fiery sword no longer guards the gate of Eden, for in a strange and glorious way the wood of the Cross has quenched its flames. The sting of death and the victory of hell are now destroyed, for Thou art come, my Savior, crying unto those in hell: 'Return again to Paradise.'" – Kontakion for the 3rd Sunday of Lent
- ❖ "Seeing today the precious Cross of Christ laid down, let us adore it in faith, rejoicing, and embrace it with longing, imploring the Lord Who on it was willingly crucified, to make us worthy to adore the precious Cross, and to reach the day of Resurrection free of all condemnation." – Exaposteilarion, Matins for the 3rd Sunday of Lent