

## THIS WEEK'S SERVICES

*April 3 – April 10*

Sun. Apr. 3 – 5:00pm: Pan-Orthodox Vespers at St. Herman Church

Mon. Apr. 4 – 9:30am: “Akathist to the Mother of God, Nurturer of Children” followed by Knitting Group from 10:00am-Noon

Mon. Apr. 4 – 6:30pm: Great Compline

Wed. Apr. 6 – 6:30pm: Presanctified Liturgy followed by Soup Supper (\$3/person or \$12/person)

Fri. Apr. 8 – 6:30pm: Little Compline with Akathist Hymn

Sat. Apr. 9 – 6:30pm: Great Vespers

Sun. Apr. 10 – 9:00am: Matins

Sun. Apr. 10 – 10:00am: Divine Liturgy

Sun. Apr. 10 – 6:00pm: Pan-Orthodox Vespers at St. Tikhon Church

*\*\*\*Confessions are heard following Vespers and Compline or by appointment\*\*\**

## CHRISTIAN EDUCATION

Wed. Apr. 6 – 5:30-6:30pm: CGS Levels 1 & 2 (Ages 3-9)

## 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.
- ❖ **TONIGHT APRIL 3 – 5:00pm** – St. Herman Church will host Pan-Orthodox Vespers, followed by a Lenten potluck. *Please bring a Lenten Side Dish or Dessert to share.* Our main course will be soup and will be provided by the church.
- ❖ **SOUP SUPPER** will follow Presanctified Liturgy on Wednesday night. Cost is \$3/person or \$12/family. Proceeds will go to Amal Agalawatta's mission trip.
- ❖ **EASTER EGG HUNT FILLERS** – please bring donations to the parish hall as soon as possible. Contact Mary Beth Feldman
- ❖ **OCF Lecture** – April 7 by Fr. Vasili Hillhouse 8-9:30pm at UAA Beatrice McDonald Hall, Room 116. Topic: “Great Lent: A Return to Paradise.” Contact James Matthews [570-618-0614](tel:570-618-0614).

# 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

### DEACON

Rev. Dn. Thomas Ross

### Contact Information

6988 N. En Dove Road  
Wasilla, Alaska 99654

Pastor's Phone: (907)373-5254

[priest@sainthermanwasilla.org](mailto:priest@sainthermanwasilla.org)

[www.SaintHermanWasilla.org](http://www.SaintHermanWasilla.org)

*3<sup>rd</sup> Sunday of  
Lent: Veneration  
of the Holy Cross*

*April 3, 2016*

### 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

Veneration of the Precious and Life-Giving Cross; Abbot Nikitas the Confessor of Medikion; Venerable Joseph the Hymnographer; New-martyr Paul the Russian

## 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
- ❖ "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
- ❖ "We cannot serve anyone with whom we have animosity. This is why the Gospels stress forgiveness. Our Lord even forgave those who crucified Him, crying out from the cross, 'Father, forgive them; for they know not what they do' (Luke 23:34). If we are to serve the world, we must first be able to forgive everyone and anyone. The slightest amount of unforgiveness or anger towards anyone is enough to keep us from God, for in God there is only love." -- His Eminence, Metropolitan JOSEPH