

## THIS WEEK'S SERVICES

*April 17 – April 24*

- Sun. Apr. 17 – 5:00pm: Pan-Orthodox Vespers at St. Innocent Cathedral: 401 Turpin St, Anchorage, AK 99504  
Mon. Apr. 18 – 9:30am: “Akathist to the Mother of God, Nurturer of Children” followed by Knitting Group from 10:00am-Noon  
Mon. Apr. 18 – 6:30pm: Great Compline  
Wed. Apr. 20 – 6:30pm: Presanctified Liturgy followed by Soup Supper (\$3/person or \$12/family)  
Fri. Apr. 22 – 6:30pm: Little Compline with Canon for St. Lazarus  
Sat. Apr. 23 – 9:00am Orthros  
Sat. Apr. 23. 10:00am: Divine Liturgy  
Sat. Apr. 23 – 6:30pm: Great Vespers with Litia  
Sun. Apr. 24 – 9:00am: Matins  
Sun. Apr. 24 – 10:00am: Divine Liturgy with Procession for Entrance into Jerusalem (Palm Sunday)  
Sun. Apr. 24 – 6:30pm: Bridegroom Matins for Holy Monday

## CHRISTIAN EDUCATION

Wed. Apr. 20 – 5:00-6:30pm: 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.
- ❖ **SOUP SUPPER** will follow Presanctified Liturgy on Wednesday night. Cost is \$3/person or \$12/family. Proceeds will go toward an OCMC mission trip.
- ❖ **DISCUSSION GROUP** - The last video in the series on death by Fr. Jeremy Davis will be shown Friday after Compline at Becky Moore's house. If you have questions, contact Donna Young or Becky Moore.
- ❖ **PASCHA FEAST** will be May 1 at 4:00pm, following Agape Vespers. Cost is \$10/adult (age 11+) and \$5 for kids.

# 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)

*5<sup>th</sup> Sunday of Lent:  
St. Mary of Egypt*

*April 17, 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

*Make your vows to the Lord our God, and perform them.  
God is known in Judah; His Name is great in Israel.*

### **The Reading from the Epistle of St. Paul to the 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?

## THE GOSPEL

### **The Reading from the Holy Gospel according to St. Mark. (10:32-45)**

At that time, Jesus took His twelve Disciples, and 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 scourge Him, and spit upon 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 would that thou shouldst do for us whatsoever we shall desire" And Jesus said to them, "What do you want Me to do for you?" And they said to Him, "Grant us to sit, one at Thy right hand and one at Thy left, in Thy 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 at 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

## THE GOSPEL (CONTINUED)

great among you must be your servant, and whoever would be first among you must be servant 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."

## SAINTS & FEASTS OF THE DAY

Fifth Sunday of Great Lent: Commemoration of our Righteous Mother Mary of Egypt; Hieromartyr Simeon, bishop in Persia and those with him; Martyr Adrian of Corinth; Agapitos, pope of Rome; Makarios, archbishop of Corinth; Venerable Zosimas of Solovky

## A GOOD WORD

### *VITAMINS FOR THE SOUL*

- ❖ "Of course it would be easier to get to paradise with a full stomach, all snuggled up in a soft feather-bed, but what is required is to carry one's cross along the way, for the Kingdom of God is not attained by enduring one or two troubles, but many!" -- Elder Anthony of Optina
- ❖ "We need to continue in the spirit and the theology of the Fast. It's not just about food, but about self-control, about healing myself from selfishness, about enduring every hardship in life without losing faith or hope." -- Metropolitan JOSEPH
- ❖ "I urge you now to give the people a living example of your commitment to Jesus Christ. Renew your spiritual lives through fasting and prayer." -- His Eminence, Metropolitan JOSEPH
- ❖ "Let none of you have a soul which is barren and without fruit. Let nobody be unloving or unreceptive to the spiritual seed. May each of you eagerly accept the celestial seed, the word of salvation (cf. Lk. 8:11), and by your own efforts bring it to perfection as a heavenly work and fruit pleasing to God. Let no one make a beginning of a good work which brings no fruit to perfection (cf. Lk. 8:14), nor declare his faith in Christ only with His tongue." -- St. Gregory Palamas
- ❖ "There can be no rest on earth for those who desire to be saved." -- St. Ephraim the Syrian
- ❖ "Thy love draws me to Thee, O Savior, O praise of my life. Thy grace makes it sweet for me to follow Thee with my mind." -- St. Ephraim the Syrian

# *2016 Lazarus Saturday, Palm Sunday, Holy Week & Pascha*

Friday, April 22 - 6:30 PM: Little Compline with the Canon of the Raising of Lazarus (1 hour)

## Lazarus Saturday, April 23

9:00 AM: Festal Orthros

10:00 AM: Divine Liturgy of St. John Chrysostom

6:30 PM: Great Vespers with Litia & Artoklasia for Palm Sunday

## Palm Sunday, April 24

9:00 AM: Festal Orthros

10:00 AM: Divine Liturgy of St. John Chrysostom for Palm Sunday with Procession commemorating Christ's Entrance into Jerusalem

6:30 PM: Bridegroom Orthros for Holy Monday (1 hour)

## Holy Monday, April 25

7:00 AM: Presanctified Divine Liturgy (1 hour 15 minutes)

6:30 PM: Bridegroom Orthros for Holy Tuesday (1 hour)

## Holy Tuesday, April 26

7:00 AM: Presanctified Divine Liturgy (1 hour 15 minutes)

6:30 PM: Bridegroom Orthros for Holy Wednesday with Hymn of Kassiani (1 hour)

## Holy Wednesday, April 27

7:00 AM: Presanctified Divine Liturgy (1 hour 15 minutes)

6:30 PM: Holy Unction Service (1.5 hours)

## Holy Thursday, April 28

7:00 AM: Vespers Divine Liturgy of St. Basil (2 hours)

6:30 PM: Orthros with the Twelve Passion Gospels for Holy Friday with procession of the Cross by the priest (2 hours 30 minutes)

## Holy Friday, April 29

9:00 AM: The Royal (Great) Hours on Holy Friday (1.5 hours)

3:00 PM: Great Vespers for Holy Saturday with the Unnailing of our Lord (1 hour 15 minutes)

6:30 PM: Orthros with the Lamentation Service for Holy Saturday and the Procession Commemorating the Harrowing of Hades (2 hours), followed by Teens and Pre-teens holding Vigil at our Lord's Tomb

## Holy Saturday, April 30

9:00 AM: Vespers Divine Liturgy of St. Basil with Baptisms and Chrismations (Bay leaves, rose pedals, and white vestments!) (3 hours)

10:30 PM: Great and All-Holy PASCHA!!!!!!! (2 hours 15 minutes) Resurrection (Rush) Service, Paschal Orthros and Paschal Divine Liturgy of St. John Chrysostom, with blessing of Paschal Baskets

## PASCHA, Sunday May 1

3:00 PM: Agape Vespers, with Gospel Reading in many languages and blessing of cemetery (1 hour)

4:00 PM: Paschal Feast ("the table is full!")

# PASCHA FEAST

Adult:\$10    Child:\$5  
age 10 and under

## MENU

PRIME RIB  
WITH HORSERADISH & AU JUS  
SLICED BAKED HAM  
HERB ROASTED CHICKEN  
PASTA ALFREDO  
MASHED POTATOES & GRAVY  
DINNER ROLLS  
ROOT BEER FLOATS

Hot Dogs } KIDS  
Chips } MENU  
Ice Cream }

Root Beer, Cream Soda, Lemonade  
and Water Will Be Provided {BYOB}

**BRING A HOMEMADE SIDE DISH  
AND DESSERT TO SHARE**

The Feast is being catered by North Star Bakery.  
**Please see Kim Meals with your payment.**  
Credit cards will be accepted on Sunday's at coffee hour.

# Paschal Greetings

<i>Language</i>	<i>Greeting</i>	<i>Response</i>
English	Christ is Risen!	Indeed He is Risen!
Greek	Christos anesti!	Alithos Anesti!
Arabic	El Messieh kahm!	Hakken kahm!
Russian	Khristos voskrese!	Voistinu voskrese!
Yupik	Chris-toosaq Ung-oiktuq!	Iloomun Ung-oiktuq!
Spanish	<u>C</u> risto ha resucitado!	En berdad ha resucitado!
Romanian	Hristos a in <sup>u</sup> viat!	Adevărat a în <sup>u</sup> viat!

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THE DIOCESE OF SITKA AND ALASKA PRESENTS  
2016 ORTHODOX CLERGY WIVES AND  
FAMILY LIFE RETREAT

FEATURING



DR. DAVID FORD

PROFESSOR OF CHURCH HISTORY  
AT ST. TIKHON'S SEMINARY

*Theme: Help for Marriage and Family Life  
from the Married Saints*

&

DR. MARY FORD

PROFESSOR OF NEW TESTAMENT  
AT ST. TIKHON'S SEMINARY

*Theme: Family Life and Spiritual Life*

*The retreat is hosted by*

ST. INNOCENT ORTHODOX CATHEDRAL, ANCHORAGE

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FRIDAY, MAY 20  
For clergy wives

2p – Molieben  
2:30-4:30p – 1<sup>st</sup> Session  
5p – Evening Meal  
6:30-8:30p – 2<sup>nd</sup> Session

SATURDAY, MAY 21  
Open to all

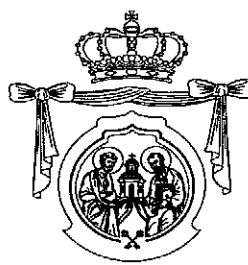
9a – Divine Liturgy  
11a – Brunch  
12:30-2:30p – 3<sup>rd</sup> Session  
2:30-3p – Break  
3-5p – 4<sup>th</sup> Session  
6p – Great Vespers

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Friday's sessions are for clergy wives only – Saturday's sessions are open to all

ST. INNOCENT CATHEDRAL, 401 TURPIN STREET, ANCHORAGE, AK 99504

His Eminence  
The Most Reverend  
Metropolitan JOSEPH



Archbishop of New York and  
Metropolitan of  
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE**  
OF NORTH AMERICA

St. Herman Church  
Rev. Fr. Matthew Howell  
6988 N En Dove Rd.  
Wasilla, AK 99654-9030

Palm Sunday 2016

Beloved in the Lord,

We wish you all of God's blessings as we celebrate our Lord's triumphant and glorious entry into Jerusalem. Let us also pray that we may be made worthy to enter the heavenly Jerusalem as a result of our Lenten journey over the past 40 days and our spiritual struggle throughout our entire lives.

As has been the custom in our Archdiocese for decades, we take this opportunity on this holy feast to remember our father in Christ, His Beatitude JOHN X, and our Mother Church, the Patriarchate of Antioch and all the East. During these difficult and trying times for our Mother Church, we continue to strive in every way possible to sooth the wounds and ease the pain of our suffering people in Syria and those affected in the surrounding countries of our Patriarchate. While we read of the atrocities in the papers and hear about them on the news, too many of our faithful right here in our own Archdiocese have been directly impacted through the loss of relatives, displacement of family and friends, and worrying about the well-being of the same.

Today we remember and pray, however we also ask you, the faithful of our God-protected Archdiocese, for an offering of love to send to His Beatitude from his spiritual children here in North America. This offering is but a token of the prayers and concern we all share for him and for the suffering people of our Mother Church. In a small, but caring way, we pray that what we collect throughout our Archdiocese on this day will alleviate ever so slightly the great burden on his shoulders.

Wishing you in advance a prayerful Passion Week and a most joyous Pascha, I remain,

Your Father in Christ,

A handwritten signature in black ink, appearing to be 'Joseph'.

+JOSEPH

Archbishop of New York and Metropolitan of all North Americas

**Note: Please make your check payable to the "Antiochian Archdiocese" and earmark it "Palm Sunday Tray". St. Herman Church-Wasilla - Minimum Contribution is \$As Collected**

*"The disciples were first called Christians in Antioch" (Acts 11: 26)*

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