

ON CARRYING YOUR CROSS

Beloved brothers and sisters! Bowing down bodily to worship the precious Cross of the Lord today according to the rule of the Holy Church, we bow down also in spirit! We venerate the precious Cross of Christ—our weapon of victory and banner of Christ's glory—each confessing from his own cross, "I have received the due reward of my deeds! Remember me, O Lord, when Thou comest into Thy Kingdom!"

By recognizing our sinfulness with thankfulness to God and submission to His will, we make our cross—that instrument of execution and mark of dishonor—an instrument of victory and sign of glory, like unto the Cross of the Lord. Through the cross we open paradise to ourselves. Let us not allow ourselves any evil murmuring, and especially not any soul-destroying blasphemy, which is often heard from the lips of the blind and hardened sinner, who writhes and thrashes upon his cross, vainly endeavoring to escape from it. With murmuring and blasphemy the cross becomes unbearably heavy, dragging to hell the one crucified upon it.

"What have I done?" cries the sinner in denial of his sinfulness, accusing the just and merciful God of injustice and mercilessness, blaming and rejecting God's Providence. The one who saw the Son of God crucified, mockingly and evilly demanded of him, *If thou be Christ, save thyself and us* (Luke 23:39),—*let him now come down from the cross* (Matthew 27:42). But our Lord Jesus Christ was pleased to ascend the Cross in the flesh and to endure death in order by the cross to reconcile God and man, and to save mankind by death from eternal death.

Having prepared the holy Apostles for this great event – the incarnate God's sufferings and shameful death – the Lord informed the Apostles in good time that He must be given over into the hands of sinners, must suffer much, be killed, and resurrected. This forewarning seemed strange and unlikely to certain of the holy Apostles. Then the Lord called unto Him his disciples and said to them: *Whosoever will come after me, let him deny himself, and take up his cross, and follow me. Amen.*

+Saint Ignatius (Brianchaninov)



Saint Mary Orthodox Church of West Palm Beach

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*A Parish of the Diocese of Miami and the Southeast,
Antiochian Orthodox Archdiocese of North America*

Worship Guide and Bulletin – April 7, 2024



"If God suffers in the flesh when He is made man, should we not rejoice when we suffer, for we have God to share our sufferings? This shared suffering confers the kingdom on us. For he spoke truly who said, 'If we suffer with Him, then we shall also be glorified with Him'" (Romans 8:17).

+Saint Maximus the Confessor

Welcome!

Whether you are a parishioner or a visitor, we are glad you have chosen to pray with us at Saint Mary's. As a friendly reminder, please observe the following upon entering the church for prayer.

- If you arrive after the services begin, try to enter the Church quietly and observe what is happening. Try not to interrupt the service by your entrance.
- Please silence your cellular telephones.
- Please place your offerings in the basket on the counter in the Church Narthex (Entrance), or the Offering Tray when passed.
- You are invited join us in the Banquet Hall for coffee and refreshments following the Sunday Divine Liturgy.

Divine Liturgy Variables for the Third Sunday of Great Lent Veneration of the Precious and Life-Giving Cross

The Divine Liturgy of St. Basil the Great is celebrated on this day. The service text may be found beginning on page 91 in the Red Service Book in the pews. The 'Anaphora Prayers' usually found on pages 111–119 in the Red Service Book, can be found on pages 134-143.

The First Antiphon

The light of Thy countenance, O Lord, has been signed upon us. Thou hast given to those that fear thee a sign, to flee from the bow.

Refrain: Through the intercessions of the Theotokos, O Savior, save us.

Thou hast ascended on high, Thou hast led captivity captive. Thou hast given an inheritance to those that fear Thy Name, O Lord. (**Refrain**)

Glory... Both now... (Refrain)

The Second Antiphon

All the ends of the earth have seen the salvation of our God. Let us worship at the place where His feet have stood.

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

God is our King before the ages; He has wrought salvation in the midst of the earth. (**Refrain**)



During Great Lent the regular schedule of weekly services will include:

Great Compline - (Great) "Compline" means "at the end of the day," and is a service of Psalms, prayers and supplications that reflect on the day and asking God's guidance and blessing on the night ahead.

Presanctified Liturgy - Is the solemn Lenten Vespers and Prayers with Holy Communion. There is no consecration of the eucharistic gifts at the Presanctified Liturgy. Holy Communion is given from the eucharistic gifts sanctified during the Divine Liturgy of the previous Sunday.

Akathist Hymn - The "Akathist Hymn to the Mother of God" is so named because "the word '*akathistos*,' or in Arabic '*Madayeh*,' literally means 'not sitting,' i.e., standing; The hymns, poetic in nature, are an inspired means of expressing gratitude and praise to the Mother of God for what she has accomplished for our salvation."

In addition to the above services, **Saturday Great Vespers** and **Sunday Matins and Divine Liturgy** will be prayed.

Great Lent Service Schedule

Sunday, April 7th

Third Sunday of Lent

'Veneration of the Cross'

- ♦ *Matins - 8:50 PM*
- ♦ *Hierarchal Divine Liturgy - 10:00 AM, with the Procession of the Cross at the end of the Liturgy.*

Monday, April 8th

- ♦ *Great Compline Service - 6:30 PM*

Wednesday, April 10th

- ♦ *Presanctified Liturgy - 6:30 PM*

Friday, April 12th

- ♦ *Little Compline and 4th Akathist Hymn (Madayah) - 6:30 PM*

Saturday, April 13th

- ♦ *Great Vespers Service - 6:30 PM*

Sunday, April 14th

Fourth Sunday of Lent

'John Climacus'

- ♦ *Matins - 8:50 PM*
- ♦ *Divine Liturgy - 10:00 AM*

During Great Lent, Fr. Peter will be available for Confession 30 minutes prior to the start of the evening services, or by appointment.

Great Lent & Holy Week Needs

Donations are needed to help offset the cost of the following needs for Great Lent and Holy Week:

- Flowers to decorate the Cross and distributed on the 3rd Sunday of Lent: \$150.00 **DONATED!**
- Palms & Pussy Willows for Palm Sunday: \$150.00 **DONATED!**
- Flowers for Tomb for Great and Holy Friday: \$750.00
- Donations towards Potted Plants for Holy Friday and Pascha (Easter Lilies, Orchids, Peace Lilies, etc)
- Olive Oil for Holy Wednesday Unction Service: **DONATED!**
- Altar Wine: \$200.00 **DONATED!**

All donations may be offered for the good health of, or memory of loved ones, and will be acknowledged in the Pascha Bulletin. Please see Fr. Peter or Sam Pasley to donate.

DIOCESE OF MIAMI AND THE SOUTHEAST
PRESENTS
PARISH LIFE CONFERENCE + 2024
JUNE 12TH-15TH
FAMILY AS ICON
HOSTED BY ST. STEPHEN CHURCH
HIRAM, GEORGIA
GUEST SPEAKERS INCLUDE:
KEYNOTE SPEAKER: DR. PHILIP MAMALAKIS
SPEAKER: FR. JOHN OLIVER
SPEAKER: FR. JAMES GUIRGUIS

I will be exalted among the nations; I will be exalted in the earth. (***Refrain***)
Glory... Both now... O, only begotten Son and Word of God...

The Third Antiphon

Exalt ye the Lord our God, and worship at His footstool. O Lord, save Thy people and bless Thine inheritance. Feed them, and lift them up forever.

- *During the Little Entrance, after the verses of the Third Antiphon, the **Apolytikion of the Holy Cross** is sung. After the Little Entrance, these hymns are sung in the following order:*

Apolytikon for the Resurrection in Tone 3

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

Apolytikon for the Holy Cross in Tone 1

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

Apolytikion of the Church (Dormition) in Tone 1

In thy birth-giving, O Theotokos, thou didst keep and preserve virginity; and in thy falling-asleep thou hast not forsaken the world; for thou wast translated into life, being the Mother of Life. Wherefore, by thine intercessions, deliver our souls from death.

Kontakion for the Sundays of Great Lent in Tone 8

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.



The Hierarchical Anti-Trisagion Hymn (sung instead of 'Holy God...')

With the presence of the bishop and the celebration of the Hierarchical Divine Liturgy, the (Anti) Trisagion Hymn differs from the usual Divine Liturgy as follows:

Before Thy Cross we bow down in worship, O Master, and Thy Holy Resurrection we glorify. *(Sung alternatively by the Choir and Clergy)*

Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.

(Choir) Before Thy Cross...

(Bishop) O Lord, O Lord: Look down from heaven and behold, and visit this vine, and perfect that which thy right hand hath planted.

(Choir) Eis polla ete despota. [Many years, Master!]
We bow down in worship, O Master

(Bishop) O Lord, O Lord: Look down from heaven and behold, and visit this vine, and perfect that which thy right hand hath planted.

(Choir) Eis polla ete despota. [Many years, Master!]
O Master, and Thy Holy Resurrection

(Bishop) O Lord, O Lord: Look down from heaven and behold, and visit this vine, and perfect that which thy right hand hath planted.

(Choir) Eis polla ete despota. [Many years, Master!]
We glorify.

(Clergy) Dynamis! [With strength!]

(Choir) Dynamis! [With strength!]

Before Thy Cross we bow down in worship, O Master, and Thy Holy Resurrection we glorify.

(Clergy) O Lord, save the faithful!

(Choir) O Lord, save the faithful!

(Clergy) O Lord, save those of true worship!

(Choir) O Lord, save those of true worship!

(Clergy) And hear us!

(Choir) And hear us!



Winter / Spring Catechism Classes

Catechism Classes will be offered each Tuesday for inquirers, catechumens and those interested in learning more about the Orthodox Faith. Each class will be 1 hour in duration. Classes will be from 7:00 to 8:00 PM, in the Conference

Tuesday, March 5th

- ◇ Life as an Orthodox Christian; Salvation: "What must I do to be saved?"

Tuesday, March 12th

- ◇ We pray what we believe: The Nicene Creed; The Bible

Tuesday, March 19th

- ◇ The role of the Virgin Mary and the Saints.

Tuesday, March 26th

- ◇ Overview of the Ecumenical Councils; The 1054 Schism until today.

Tuesday, April 2nd

- ◇ Sacraments of Baptism, Chrismation and Unction.

Tuesday, April 9th

- ◇ Sacraments of Confession (and Spiritual Guidance), Communion Ordination and Marriage.

Tuesday, April 16th

- ◇ Liturgical Worship and Daily Prayers.

Tuesday, April 23rd

- ◇ Orthodox Praxis; Prayer, Fasting, Almsgiving; Traditions.

Online Donations

In addition to making your donations to Saint Mary's by using the Sunday Offering Envelopes, mail, or Paypal, the church offers 'Zelle' as an online means of fulfilling your 2024 Annual Giving. To use Zelle, please access it through your online bank to: stmarywpbfinance@gmail.com.

Your Prayers Are Requested

For the Living

"Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord." James 5: 14

For the Good Health of the Servants of God: Archpriest Michael & Matushka Annette Zaparyniuk, Michael, Priest Andrew Short, Sub-Deacon William Hall, Jodet Rae, Leon & Judy Chalhub, Johnny & Joyce Chalhub, Raouf & Hooda Saballeil, Sabah Shalhoub, Alice Kelly, Anne-Marie Gargoura, Eugenia, Joseph Matouk, George Matouk, Nadine Smith, Yulieth Vasquez, Elena Sora.

For the Shut-ins of our Church Community: Gloria Yedlinsky, Zakia Salloum.

For peace in the Middle East; the Ukraine and throughout the world.

For all Christians and people suffering from violence, war, persecution, captivity, hunger, and homelessness throughout this world.

For those serving in our armed forces here and abroad: Christopher Smith, Jonathan Shportun, Alexios Gavrilos.

For the Departed

"With the spirits of the righteous made perfect, give rest O Lord to the souls of Thy servants..."

Panagiotis (Peter) Ziros (1/5/24), Florence Esper (12/8/23), Roy Samra (9/13/23), Gail Camileri (6/26/23), Angie Smith (6/23/23).

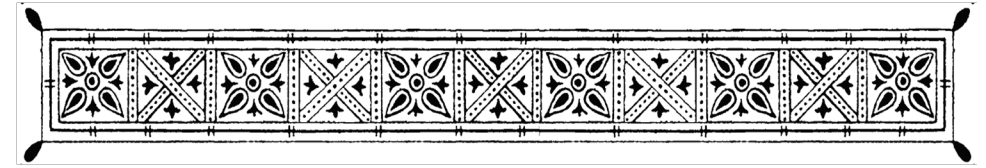
Seven Day Prayer Candles

- ◇ Leon & Judy Chalhub for health, safety and salvation of our families
- ◇ For the restoration of good health of Yulieth Vasquez.

***When offering a Seven Day Prayer Candle, please list only the names that you are praying for, and are asking the church community to pray for. Please do not include greetings, birthday and anniversary wishes, etc.*



"Behold, God is my salvation; I will trust, and will not be afraid; for the LORD GOD is my strength and my song, and he has become my salvation." Isaiah 12:2



THE EPISTLE AND GOSPEL READINGS

The Epistle (For the Third Sunday of Great Lent)

Verse: O Lord, save Thy people and bless Thine inheritance. Unto Thee, O Lord, will I cry, O my God!

The Reading from the Epistle of St. Paul to the Hebrews. (4:14-5:6)

Brethren, since we have a great High Priest, Who has passed through the heavens, Jesus the Son of God, let us hold fast the confession. For we do not have a High Priest Who is unable to sympathize with our infirmities, but one Who has been in all points tempted like as we are, yet without sin. Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace to help in time of need. For every high priest, being taken from among the people, is appointed on behalf of the people in things pertaining to God, that he may offer up both gifts and sacrifices for sins; who can have compassion on the ignorant and on those who are erring, since he himself also is encompassed with infirmity. Because of this he is bound, as for the people so also for himself, to offer up for sins. And no one takes the honor upon himself, but as being called by God, as was Aaron. So Christ also did not glorify Himself to become a High Priest, but it was by the One saying to Him, "Thou art My Son, today I have begotten Thee." As He says also in another place, "Thou art a Priest forever, according to 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."

- *The Divine Liturgy of St. Basil the Great continues as usual with the following variables.*

Saint Basil Divine Liturgy Megalynarion (sung instead of 'It is truly meet...')

All creation rejoices in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoices in thee, O thou who art full of grace. Glory to thee.

Communion Hymn for the Third Sunday of Great Lent

The light of Thy countenance, O Lord, hath been signed upon us. Alleluia.

After receiving Communion, please read the 'Prayers of Thanksgiving After Holy Communion' on pages 128-131 in the Red Service Book in the pews.

- *Post-Communion Hymn: Instead of "We have seen the true light," the Apolytikion of the Holy Cross is sung.*

Procession of the Holy Cross

Following "Blessed be the Name of the Lord" in Divine Liturgy, the Procession of the Cross, with the altar servers, clergy and children will be held. The procession will take place around the church as the choir sings 'Holy God...' Following the procession, the Cross adorned with flowers is placed on the table on the Solea. 'Before Thy Cross...' is sung three times then the dismissal.

Welcome Bishop Nicholas!



Today we welcome His Grace, Bishop Nicholas, Auxiliary Bishop, and Bishop of the Diocese of Miami and the Southeast, who is visiting presiding over the Hierarchical Divine Liturgy. Many Years, Master!

Offerings for April 7th

Weekly Altar Candle

◇ In glory of the Most Holy Trinity: Father, Son, and Holy Spirit.

***If you would like to offer a Weekly Altar Candle, or Holy Bread for a Divine Liturgy, please speak with Fr. Peter. (A minimum donation of \$10.00 (Altar Candle), and \$30.00 (Holy Bread) is requested.)*

Flowers for the Veneration of the Cross

Thank you to Mark Samra for his generous donation towards the flowers that adorn the Cross and are distributed following today's services.



A beautiful way to celebrate an occasion, honor a loved one's memory or simply show your love for Saint Mary's is to host a Sunday Coffee Hour. It is also a great way to contribute to our parish fellowship. Please speak with Jane Pasley of Khouryia Myriam for more details and to host a Coffee Hour.

Coffee Hour today is offered in honor of the visit of Bishop Nicholas.

Food For Hungry People Boxes

"A poor man when he reaches out to you does not beg, but offers you the Kingdom of God." Elder Arsenie Papacioc of Romania

As we prepare to enter the season of Great Lent, our archdiocese embarks upon the 50th Anniversary of the Food For Hungry People and Charitable Outreach Ministry. In addition to our fasting and prayer, almsgiving - remembering the poor - is part of our Lenten discipline. FFHP Alms Boxes have been placed in the Church Narthex to assist in your giving of alms. Please take one home with you.

