

GREEK ORTHODOX CHURCH OF THE ASSUMPTION

SUNDAY, MARCH 11, 2018

THE DIVINE LITURGY OF ST. BASIL THE GREAT WILL BE CELEBRATED TODAY



Sunday of the Holy Cross

Priests:
Rev. Fr. Dean
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Saturday Vespers:
4:00 pm

Sunday Morning:
Orthros: 8:45 am
Divine Liturgy:
10:00 am

3rd Sunday of Lent, Veneration of the Holy Cross;
Sophronios, Patriarch of Jerusalem (+669); Thalles and Trophimos, Martyrs;
Righteous George the Sinaite (+6th c.); Righteous Theodora, Empress of Arta (Serbia Cozanis);
Pionios, Presbyter of Smyrna (+250).

Tone: 7th Ηχος: Βαρύς ~ Antiphonal Verses: Festal ~ 7th Orthros Gospel: John 20:1-10

ΤΟ ΠΡΩΤΟΝ ΑΝΤΙΦΩΝΟΝ

α' Ἐσημειώθη ἐφ' ἡμᾶς τὸ φῶς
τοῦ προσώπου Σου, Κύριε.

β' Ἐδωκας τοῖς φοβουμένοις Σε
σημείωσιν τοῦ φυγεῖν ἀπὸ
προσώπου τόξου.

γ' Ἀνέβης εἰς ὕψος, ἢ
χαλωτεύσας αἰχμαλωσίαν.

THE FIRST ANTIPHON

v.1 *Let the light of Your face shine on
us O Lord.*

v.2 *You have given a token to them
that fear You, that they might flee
from the bow.*

v.3 *Having gone up on high, You have
taken captivity captive.*

REFRAIN (after each stichera):

Ταῖς πρεσβείαις τῆς Θεοτόκου, Σῶτερ,
σῶσον ἡμᾶς.

Through the intercessions of the Theoto-
kos, Savior, save us.

ΤΟ ΔΕΥΤ. ΑΝΤΙΦΩΝΟΝ

α' Εἶδοσαν πάντα τὰ πέρατα
τῆς γῆς τὸ σωτήριον τοῦ
Θεοῦ ἡμῶν.

β' Προσκυνήσωμεν εἰς τὸν
τόπον, οὗ ἔστησαν οἱ πόδες
Αὐτοῦ.

γ' Ὁ δὲ Θεός, βασιλεὺς ἡμῶν,
πρὸ αἰώνων, εἰργάσατο
σωτηρίαν ἐν μέσῳ τῆς γῆς.

THE SECOND ANTIPHON

v.1 *All the ends of the earth have seen
the salvation of our God.*

v.2 *Let us worship in the place where
His feet stood.*

v.3 *But God, our King before the ages,
wrought salvation in the midst of
the earth.*

REFRAIN:

Σῶσον ἡμᾶς, Υἱὲ Θεοῦ, ὁ ἀναστὰς
ἐκ νεκρῶν, ψάλλοντάς σοι· Ἄλλ-
ηλούϊα.

Save us, O Son of God, Who arose from
the dead, save us who sing to You: Allelu-
ia.

**ΤΟ ΤΡΙΤΟΝ ΑΝΤΙΦΩΝΟΝ
ΣΤΑΥΡΟΠΡΟΣΚΥΝΗΣΕΩΣ
(Απολυτικιον Της Εορτης)**

Σῶσον, Κύριε τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς Βασιλευσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων, διὰ τοῦ Σταυροῦ σου πολίτευμα.

**THE THIRD ANTIPHON
THE HOLY CROSS APOLYTIKION
(The Hymn of the Feast)**

O Lord, save Your people and bless Your inheritance. Give victory to those who battle evil and protect us all by Your Holy Cross.

ΕΙΣΟΔΙΚΟΝ

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι Ἀλληλοῦϊα.

SMALL ENTRANCE HYMN

Come, let us bow down to Christ, as we worship him, the Son of God. Save us, O Son of God (who arose from the dead), we sing to Thee: Alleluia.

**ΤΟ ΤΡΙΤΟΝ ΑΝΤΙΦΩΝΟΝ
ΤΟ ΑΝΑΣΤΑΣΙΜΟΝ ΑΠΟΛΥΤΙΚΙΟΝ
(Ἦχος Βαρύς)**

Κατέλυσας τῷ σταυρῷ Σου τὸν θάνατον· ἠνέωξας τῷ ληστῇ τὸν παράδεισον· τῶν μυροφόρων τὸν θρήνον μετέβαλες καὶ τοῖς Σοῖς ἀποστόλοις κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστὲ ὁ Θεὸς, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

**THE THIRD ANTIPHON
THE RESURRECTIONAL APOLYTIKION
(7th Tone)**

By Your Cross You abolished death; to the thief You opened Paradise; You transformed the myrrhbearers' lamentation, and commanded Your Apostles to preach that you are risen, O Christ our God, bestowing great mercy upon the world.

ΥΜΝΟΣ ΤΟΥ ΝΑΟΥ

Ἐν τῇ Γεννήσει τὴν παρθενίαν ἐφύλαξας, ἐν τῇ Κοιμήσει τὸν κόσμον οὐ κατέλιπες Θεοτόκε. Μετέστης πρὸς τὴν ζωὴν, μήτηρ ὑπάρχουσα τῆς ζωῆς· καὶ ταῖς πρεσβείαις ταῖς σαῖς λυτρομένη, ἐκ θανάτου τὰς ψυχὰς ἡμῶν.

HYMN OF THE TEMPLE

You preserved your virginity in birthgiving; you did not forsake the world in your falling asleep, O Theotokos. You have passed to life being the mother of Life, and through your intercessions, deliver our souls from death.

KONTAKION

Τῆ Ὑπερμάχῳ Στρατηγῷ τὰ νικητήρια,
ὡς λυτρωθεῖσα τῶν δεινῶν
εὐχαριστήρια, ἀναγράφῳ σοι ἡ Πόλις
σου, Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ
κράτος ἀπροσμάχητον, ἐκ παντοίων με
κινδύνων ἐλευθέρωσον, ἵνα κράζῳ σοι·
Χαῖρε, Νύμφη ἀνύμφευτε.

KONTAKION

Unto you, O Theotokos, invincible Champi-
on, your City, in thanksgiving ascribes the
victory for the deliverance from sufferings.
And having your might unassailable, free me
from all dangers, so that I may cry unto you:
Hail! O Bride Ever-Virgin.

Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

Ἐναντὶ τοῦ σταυροῦ σου προσκυνοῦμεν
Δέσποτα καὶ τὴν ἁγίαν Σου ἀνάστασιν
δοξάζομεν. (3x)...

THE TRISAGION HYMN

Before Your Cross we bow down, O
Master, and we glorify Your holy
Resurrection. (3x)...

THE EPISTLE READING

Prokeimenon. Plagal Second Mode. Psalm 27.9, 1.
O Lord, save your people and bless your inheritance.
Verse: To you, O Lord, I have cried, O my God.

The Reading is from St. Paul's Letter to the Hebrews 4:14-16; 5:1-6

Brethren, since then we have a great 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 for ever, after the order of Melchizedek.*"

THE GOSPEL READING

Mark 8:34-38; 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 life? For what can a man give in return for his life? For whoever is ashamed of me and of 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 he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see that the kingdom of God has come with power."

ΤΟ ΣΥΜΒΟΛΟΝ ΤΗΣ ΠΙΣΤΕΩΣ THE CONFESSION OF FAITH

ΜΕΓΑΛΥΝΑΡΙΟΝ

Ἐπί σοι χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις, Ἄγγέλων τὸ σύστημα καὶ ἀνθρώπων τὸ γένος, ἡγιασμένε Ναὲ καὶ Παράδεισε λογικέ, παρθενικὸν καύχημα· ἐξ ἧς Θεὸς ἐσαρκώθη, καὶ παιδίον γέγονεν ὁ πρὸ αἰώνων ὑπάρχων Θεὸς ἡμῶν. Τὴν γὰρ σὴν μήτραν θρόνον ἐποίησε, καὶ τὴν σὴν γαστέρα πλατυτέραν οὐρανῶν ἀπειγάσατο. Ἐπί σοι χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις, δόξα σοι.

HYMN TO THE THEOTOKOS

All of creation, the assembly of angels, and the race of humanity rejoice in you who are full of Grace, O Sanctified Temple, Paradise endowed with reason and Virginal Pride. God became incarnate of you; our God who exists from before all ages has become a babe. He has made your womb become a throne, and the recess of your body more spacious than the heavens. All of creation rejoices in you, who are full of Grace. Glory to you.

ΚΟΙΝΩΝΙΚΟΣ ΥΜΝΟΣ

Ἐσημειώθη ἐφ' ἡμᾶς τὸ φῶς τοῦ προσώπου σου, Κύριε.

COMMUNION HYMN

Let the light of Your face shine on us O Lord. (Repeat)...

MEMORIAL

A Memorial will be celebrated today in loving memory of JOANN WEST (6 mos).

MAY HER MEMORY BE ETERNAL

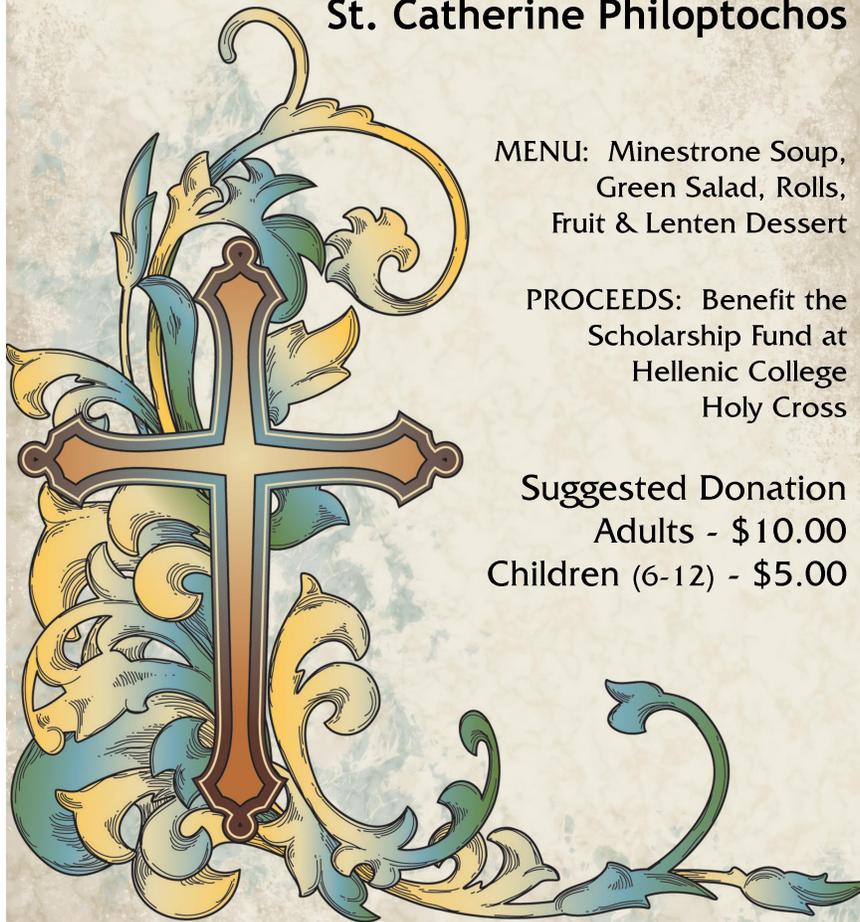
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THANK YOU FOR SERVING OUR COMMUNITY

READER TODAY: George Bariames

Veneration of the Holy Cross Luncheon

St. Catherine Philoptochos



MENU: Minestrone Soup,
Green Salad, Rolls,
Fruit & Lenten Dessert

PROCEEDS: Benefit the
Scholarship Fund at
Hellenic College
Holy Cross

Suggested Donation
Adults - \$10.00
Children (6-12) - \$5.00

OPPORTUNITIES THIS WEEK ...

TODAY

- Church School (on procession schedule)
- A Philoptochos Luncheon will be offered today during Fellowship Hour to benefit the Scholarship Fund at Hellenic College Holy Cross. Please join us!
 - Studies in the Faith - Adult Catechism (Library): 12:00 PM
 - Greek School for Kids: 12:15 PM
- Pan-Orthodox Vespers at St. Katherine OCA in Kirkland: 5:00 pm
- 🎵 Happy Birthday today to Nikolas Touras. Χρόνια Πολλά!

MONDAY the 12th

- Prayers at the 3rd Hour: 10:40 am
 - Bible Study: 11:00 am
 - Great Compline: 4:00 pm
 - Parish Council Meeting: 6:00 pm

TUESDAY the 13th

- Camp Agape NW Board Meeting (at St. Nicholas GOC in Tacoma): 6:30 pm

WEDNESDAY the 14th

- Pre-Sanctified Divine Liturgy: 6:30 pm
(followed by a Lenten Potluck - Please bring a dish to share with others)

THURSDAY the 15th

- 2018 Bite of Greece planning meeting: 5:30 pm

FRIDAY the 16th

- Pre-Sanctified Divine Liturgy: 10:00 am
- Salutations to the Theotokos: 7:00 pm

SATURDAY the 17th

- Great Vespers: 4:00 pm

TSOUREKIA BAKING

We'll be baking Tsourekia on **Monday, March 26th** from 10:30am - 4pm and packaging on **Tuesday, March 27th** from 11:00 am until it's done (it usually takes about 3 hours). Please join us for baking and packaging. Don't forget to place your order with the Philoptochos so you can celebrate Pascha with this traditional sweet bread!! Bread orders will be available for pick up on **Palm Sunday, April 1st**. If you have questions please contact Joanne Zarkades at jzarkades@q.com or via phone at (206) 473-7351.

SPANAKOPITA & TIROPITA FOR SALE

We have Spanakopita (\$20) and Tiropita (\$18) for sale.

Please see Joanne Zarkades if you would like to pick up a pan or two.

NOT JUST FOR KIDS. . .



The OCMC Coin Boxes invite our parish to participate in the work of making "disciples of all nations" and represent a church-wide Lenten almsgiving effort in support of the Orthodox Christian Missions Center. Almsgiving is an important aspect of our Lenten experience, so please contribute your loving offerings when you can. Coin Boxes will be passed out after Liturgy during Lent and are all available in the Missions Corner outside the atrium.

To learn more about the effort, contact OCMC Ambassador Carolyn Evangeline

As you prepare for Pascha, remember those people who are preparing to become missionaries. Each day, pray for them. As you fill up your coin box, think about how the money that you collect will help people to become missionaries through the Orthodox Christian Mission Center.



St. Catherine Philoptochos

Sunday, April 1st

Salad ~ Rolls ~ Sorbet Dessert ~ Wine
Adults: \$15 ~ Children (under 12): \$10

St. Catherine Philoptochos Thanks You for Your Support!



Red Egg Dye

Donation \$6 per package
100% of sale goes to
OCMC missionaries

Purchase anytime in Bookstore
or see Carolyn Evangeline
through Kokkinopempti - Holy Thursday

1 package dyes 2 dozen eggs. Although some reviews say that 2 packages make them very dark red. Remember to add 1/2 teaspoon vinegar for every 1 cup water used. Let eggs soak in the dye for about 1 hour.

GREEK INDEPENDENCE DAY CELEBRATION

Sponsored by the
Seattle AHEPA Family

Sat., March 24, 5:00 PM at St.
Demetrios Community Center

LAZARUS SATURDAY EVENTS FOR FAMILIES & GOYA KIDS!



You never know who or what [?!?] you might meet at the Living Computer Museum!

On March 31st, our families will have a chance to attend Lazarus Saturday Liturgy to help prepare them for Holy Week. They will then enjoy a Lenten lunch and tie palm crosses for the following day. There will also be a chance to go to Confession.



Each year we also take a trip in the early afternoon to a place where both kids and parents can enjoy a fun and educational experience. Last year it was a simulated flight from the Seattle waterfront and a chance to ride in the “Great Wheel.” This year we’ll take a look at the cyber world, at the **Living Computers Museum** in SODO!

Being Greek Orthodox, we have no qualms about modern science and technology. After all, the science of today is rooted in the Greek thinkers of long ago. In the computer museum we’ll meet robots! We’ll also check out vintage computers as big as a whole room, that have far less memory than today’s cell phones. And we’ll see video games that the kids’ parents or even grandparents, might have played as youngsters.

Finally, Lazarus Saturday evening, **all our GOYA kids (in grades 6-12)** are invited to an evening session at church to share Lenten pizza and learn more about their faith. The kids will also have a chance **to spend the night in the church Fellowship Hall**. Their parents can pick them up after Palm Sunday Liturgy.

For questions about Lazarus Saturday events, talk to Fr. Michael (john2402@serv.net).