

GREEK ORTHODOX CHURCH OF THE ASSUMPTION

SUNDAY, MARCH 15, 2015

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



Sunday of the Holy Cross

Priests:
Rev. Fr. Dean
Kouldukis

Rev. Fr. Michael
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Saturday Evening:
Vespers: 5:00 pm

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

3rd Sunday in Lent, Veneration of the Holy Cross; Agapios, Plesios, Romylos, and Timolas, Martyrs (+303); Aristoboulos of the 70 Apostles, Bishop of Britannia (+1st c.); Manouel of Crete and Parthenios, Neomartyrs; Nikandros of Egypt (+284).

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 Theotokos, 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· Ἄλληλουῖα.

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

**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 Ἄλληλούϊα.

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 Χριστέ ὁ Θεὸς, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

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

By your cross, O Lord, you destroyed death; to the thief you opened paradise. The myrrh bearers' sorrow you transformed into joy, and you sent your apostles forth to proclaim that you had risen from the dead, Christ our God, bestowing on all the world your great mercy.

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, ἀναγράφω σοι ἡ Πόλις
σου, Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ
κράτος ἀπροσμάχητον, ἐκ παντοίων με
κινδύνων ἐλευθέρωσον, ἵνα κράζω 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

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 Melchiz'edek."

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)...

✠✠✠ ✠✠✠ ✠✠✠ ✠✠✠ ✠✠✠ ✠✠✠ ✠✠✠ ✠✠✠ ✠✠✠

THANK YOU FOR SERVING OUR COMMUNITY

READER TODAY: Stephanie Pulakis Stafford

ASSUMPTION BOOKSTORE NEWS

Great Lent offers us an annual opportunity to deepen our faith, in preparation for the joyous Resurrection of our Lord which we celebrate on Pascha. While many people decide to take steps to improve their physical health or other areas of their life on January 1st with New Year's Resolutions – and there is nothing wrong with this! – Christians also have the opportunity to “improve their spiritual health” during this period before Pascha. This “improvement” includes a greater understanding of our faith.

For example, have you ever wondered why there are no weekday Divine Liturgies during Lent (except for the Annunciation on March 25th, if it happens to fall on a day other than Sunday)? Or what the evening Presanctified Liturgies are? Or why the different Sundays of Lent focus on icons, St. Mary of Egypt, and other central topics or individuals? Or why the Lenten services contain the prayer of St. Ephraim the Syrian (“Oh Lord and master of my life, take from me the spirit of sloth...”) Or how to think of fasting beyond just a “diet” of not eating meat? Like me, you may be struck by the tension of trying to focus on Lent while the “ordinary world” around us goes on as usual during this time. These and many other questions are addressed by Alexander Schmemmann in his classic book Great Lent.

The Year of Grace of the Lord (by Lev Gillet, aka A Monk of the Eastern Church) is a wonderful resource for understanding our liturgical year and its cycles, including Great Lent, Holy Week, and Pascha. The author focuses on the spiritual meaning of the Gospel reading of the day for each Sunday of the year. He also describes the history of the Church's decisions to set the timing of our feasts, including Pascha. Thus, this book is a devotional and intellectual resource for anyone who wants to know more about Orthodox worship related to Great Lent/Pascha (or any other time of our liturgical year).

Holy Week Books are here! The services of Holy Week are unique, and in order to follow them you will need this book, which contains the prayers, petitions, readings and hymns in Greek and English. We have a limited number of these this year, so don't delay purchasing your copy.

OPPORTUNITIES THIS WEEK...

TODAY

- Church School (on Procession Schedule)
- Please join us for the Philoptochos sponsored "Veneration of the Holy Cross Luncheon" today during Fellowship Hour!
- Pan-Orthodox Vespers at St. Katherine OCA in Kirkland: 5:00 pm
- 🎵 Happy Birthday today to Sofia Smetheram. Χρόνια Πολλά!

MONDAY the 16th

- Great Compline: 7:00 pm

TUESDAY the 17th

- Prayers at the 3rd Hour: 10:30 am
 - Bible Study: 11:00 am

WEDNESDAY the 18th

- Pre-Sanctified Divine Liturgy at St. Demetrios GOC: 6:30 pm
(Lenten Potluck following Liturgy - Please bring a dish to share with others)

THURSDAY the 19th

- Byzantine Chant Classes: 7:00 pm
 - AA Meeting: 7:30 pm

FRIDAY the 20th

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

SATURDAY the 21st

- Greek Independence Day Celebration (at St. Demetrios GOC) : 5:00 pm
 - Great Vespers: 6:00 pm

GOYA REGISTRATION FORMS DUE TOMORROW!



None of our kids in grades 7-12 should miss the big "Be Yourself" retreat at our own beautiful camp on Raft Island. It's coming up in less than two weeks, Friday-Sunday, March 27-29. Lots of fun and fellowship, plus friendships too, with GOYA kids from Greek Orthodox parishes throughout the area. Many of our kids are planning on going, but remember, your registration forms and \$100 fee *must* be at St. Demetrios no later than tomorrow, March 16th. *This is a GOYA event you won't want to miss!* Got questions? Talk to Father Michael (john2402@serv.net) or Leteris (lsitaras@saintdemetrios.com).

PHILOPTOCHOS NEWS

EPITAPHIO: Donations for flowers to adorn the Epitaphio are being collected in the Narthex. Thank you.

TSOUREKIA: Order forms for Easter Tsourekia are available in the Hall – Order Now – Pick up on Palm Sunday.

BAKING: Monday, March 30th: Baking starts at 10:00 AM - Helping hands are welcome and needed!

YOUNG ADULT LEAGUE (YAL)

An organization for Orthodox college students and young adults, ages 18-35. Our mission is to promote the four keys of YAL: worship, witness, service, and fellowship.

UPCOMING EVENTS

Wednesday, March 18: Pre-Sanctified Liturgy for Lent and Orthodoxy on Tap

This event is a chance for us to meet and talk about our faith in a social environment. We will meet for Pre-Sanctified Divine Liturgy on Wednesday, March 18th at 6:30 pm at St. Demetrios. There is a potluck meal served after Liturgy which everyone is invited to attend. Please RSVP if you can make it. Contact Leteris Sitaras at lsitaras@saintdemetrios.com or Cristina Pappas at cpappas19@gmail.com.

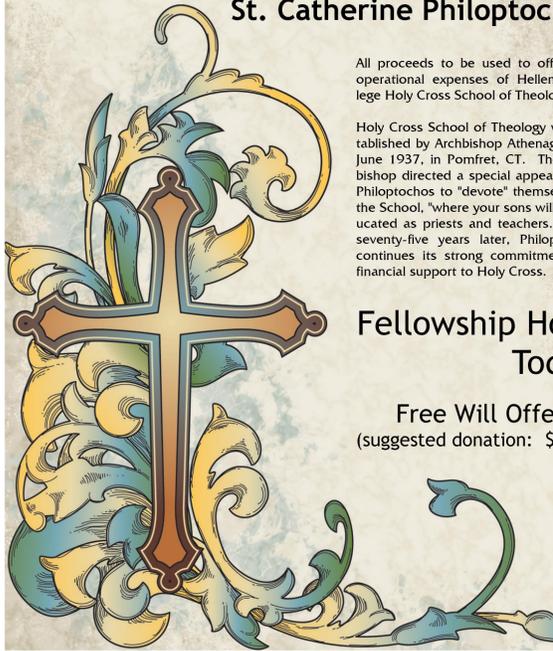
Saturday, April 4th: To be determined

Friday, April 17-Sunday, April 19: Retreat and reunion at All Saints Camp in Gig Harbor! Feel free to arrive anytime on Friday night or Sunday morning. We will officially begin the retreat at noon on Saturday with lunch, followed by a discussion, camp activities, and a fun evening together. We will celebrate Divine Liturgy on Sunday morning and will conclude the retreat after lunch. Please contact Leteris Sitaras for more information

To be kept up to date on future events, please send us an email or join our Facebook group ("Seattle YAL")!

Veneration of the Holy Cross Luncheon

St. Catherine Philoptochos



All proceeds to be used to offset the operational expenses of Hellenic College Holy Cross School of Theology.

Holy Cross School of Theology was established by Archbishop Athenagoras in June 1937, in Pomfret, CT. The Archbishop directed a special appeal to the Philoptochos to "devote" themselves to the School, "where your sons will be educated as priests and teachers." Over seventy-five years later, Philoptochos continues its strong commitment and financial support to Holy Cross.

Fellowship Hour Today

Free Will Offering
(suggested donation: \$8.00)

A Place at the Table



Over 100 years of Greek restaurants, culture and the entrepreneurial spirit

NOW through May 31, 2015
MUSEUM OF HISTORY & INDUSTRY –
South Lake Union, Seattle, WA
(see www.mohai.org for directions, hours, parking, etc.).



ALL SAINTS CAMP

2015 SESSIONS

High School Camp: July 5-11
For teens entering grade 10 to 12 and grads

Advanced Camp: July 12-18
For youth entering grades 6 to 9

Elementary Camp: July 5-11
For children entering grades 3 to 5

Find us on Facebook or visit
www.allsaintscamp.com



**ADMISSION
is
FREE!**

A Celebration of the GREEK INDEPENDENCE DAY

Saturday, March 21 2015
5:00 PM
St. Demetrios Community Center

Live Music
Dancing & Dinner for all!

Presentations By:
The GREEK SCHOOL Program and DANCE GROUPS

For Reservations: Parties of 8-10 per table, call or email Chris Economou
206.940.9455 or ceconomou81@yahoo.com

The Seattle AHEPA Family