

Assumption of the Holy Virgin Orthodox Church

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Sunday, September 17, 2017 | 15th Sunday After Pentecost

Tone 6 – Sunday After the Elevation of the Cross.

Afterfeast of the Elevation of the Cross

Martyr Sophia and her 3 daughters Faith, Hope, & Love (ca. 137)

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Weekly Schedule

Saturday: September 23 – Great Vespers at 5:00PM!

Sunday: September 24 – Holy New Martyrs of Alaska:
Hieromonk Juvenaly and Peter the Aleut.

Reading of Hours – 9:30am

Divine Liturgy – 10:00am

Fellowship & coffee hour to follow the Divine Liturgy

Sunday: September 24 - Church Life Discussion Class after Divine Liturgy.
The Topic: Icons, Iconography, and Iconostas. Its history and the stories displayed on them.

Texts for the Liturgical Service

Troparion (Tone 6)

The Angelic Powers were at Thy tomb; / the guards became as dead men. Mary stood by Thy grave, / seeking Thy most pure body. / Thou didst capture hell / not being tempted by it. / Thou didst come to the Virgin, granting life. // O Lord, Who didst rise from the dead, glory to Thee.

Troparion (Tone 1 – Elevation of the Cross)

O Lord, save Thy people / and bless Thine inheritance! / Grant victories to the Orthodox Christians / over their adversaries; / and by virtue of Thy Cross, // preserve Thy habitation!

Kontakion (Tone 6)

When Christ God the Giver of Life, / raised all of the dead from the valleys of misery with His mighty hand, / He bestowed resurrection on the human race. // He is the Savior of all, the Resurrection, the Life, and the God of all.

Kontakion (Tone 4 – Elevation of the Cross)

As Thou wast voluntarily raised upon the Cross for our sake, / grant mercy to those who are called by Thy Name, O Christ God; / make all Orthodox Christians glad by thy pow'r, / granting them victories over their adversaries // by bestowing on them the invincible trophy, Thy weapon of peace!

Prokeimenon (Tone 7 – Sunday After Elevation of the Cross)

Extol the Lord our God: / worship at His footstool for He is Holy!
v. The Lord reigns, let the people tremble!

Epistle Reading: Galatians 2:16-20 (Sunday After)

Knowing that a man is not justified by the works of the law but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law; for by the works of the law no flesh shall be justified. But if, while we seek to be justified by Christ, we ourselves also are found sinners, is Christ therefore a minister of sin? Certainly not! For if I build again those things which I destroyed, I make myself a transgressor. For I through the law died to the law that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

Alleluia (3x's) (Tone 1)

- v. Remember Thy congregation, which Thou hast gotten of old! Alleluia (3x's)
- v. God is our King before the ages; He has worked salvation in the midst of the earth. Alleluia (3x's)

Gospel Reading: Mark 8:34-9:1 (Sunday After)

When He had called the people to Himself, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels." And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power."

Instead of "It is truly meet ...," we sing Irmos of Ode 9:

Magnify, O my soul, / the most precious Cross of the Lord! / Thou art a mystical paradise, O Theotokos / who, though untilled, hast brought forth Christ; / through Him the life-bearing wood of the Cross was planted on earth. / Now at its Exaltation, // as we bow in worship before it, we magnify thee.

Communion Hymn:

Praise the Lord from the heavens, praise Him in the highest!
The light of Thy countenance is signed upon us, O Lord. Alleluia (3x's)

*[Note: Today's readings for this Sunday are as follows:
Epistle – 2 Corinthians 4:6-15 and Gospel – Matthew 22:35-46]*

Announcements

A Warm Welcome to all of our visitors & guests who worshiped with us today and who have joined us in celebrating the Divine Liturgy. Please join us in the church basement for our Fellowship and Coffee Hour.

Announcements

Troparion and Kontakion for Martyr Sophia and her three daughters: Faith, Hope, and Love

Troparion (Tone 5)

Thou didst blossom in the courts of the Lord / as a fruitful olive tree, / holy martyr Sophia; / in thy contest thou didst offer to Christ the Sweet fruit of thy womb, / thy daughters Faith, Hope, and Love. // Together with them intercede for us all!

Kontakion (Tone 1)

The holy branches of noble Sophia, / Faith, Hope, and Love / confounded Greek sophistry through Grace. / They struggled and won the victory // and have been granted an incorruptible crown by Christ the Master of all.

From the book: *A Guide To Church Etiquette...In The Orthodox Church*

Preparing and Receiving Communion

In our lives as Orthodox Christians there is no greater gift from God than to receive the body and blood of Christ in the Eucharist. This gift should be treasured and by no means partaken of casually, without proper preparation and attention. It is a tradition of the Orthodox Church that in order for us to receive Communion we should be at peace with God and with each other, regularly (at least once a month) have examination of our consciousness in the sacrament of Confession and to make an effort of starting to prepare for this gift by coming to Vespers service on the evening before the Liturgy. It is important to read Pre-Communion prayers either the night before, or in the morning before coming to Church and to observe absolute fast (no food or drink) after you wake up and before you receive the Eucharist. If you have medical condition that requires you to eat something or to take medicine, discuss your circumstances with your parish priest to agree on an acceptable rule of fasting before Communion.

As you approach the Chalice, cross your arms on your chest in the sign of humility. Don't kiss icons right before or right after you receive and don't make the sign of the cross near the Chalice.

After you receive Communion, go back to your place in the church. Please remain standing while Communion is being distributed. At this time it is important not to relax but to meditate on Lord's love towards us and to thank Him for the gifts we have just received. It would be best to read Post-Communion prayers of Thanksgiving (found in most Orthodox Prayer Books) as you wait for the rest of the congregation to receive the Eucharist.

Receiving the Antidoron, Holy Bread

When receiving the antidoron after Holy Communion or after venerating the cross at the end of Divine Liturgy, do not allow the crumbs to drop, since this is blessed bread. Children will need assistance so that they do not take too many pieces, and so they are not careless in handling the bread. After returning to your seat, you may eat the holy bread as you say the prayers after Holy Communion silently while others are communing.

Announcements (cont.)

Candles and Prayers for the Faithful and Departed

Health for the Living:

Family and Parishioners offered by Nina Patterson

May God Grant Them Many Blessed Years!

Memory for the Departed:

May Their Memories Be Eternal

The Flowers decorating the cross on the Tetrapod (for the Elevation of the Cross Holy Day this past week) are in the memory of Michael and Mary Spack donated by the Herbert Family.

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Please remember in your prayers:

Emelie Albrecht; Cantrell Family; Grace Corba; Robert Corba; Paul Filanowski (recovering); Infant child Natasha Gerty; Katherine Gerty; Ronald Kavalkovich (on his continuous recovery); Margaret Pellack; Helen Wanenchak; Father Vincent Saverino; Father John Bohush and the parishioners of Saint Nicholas Eastern Orthodox Church in Philadelphia; and all those who are serving in our Armed Forces!

Also all those who are struggling and seeking relief in addition to all those first responders assisting them as a result of the damaging affects of Hurricane Harvey along the Texas and Louisiana Gulf Coast and Hurricane Irma along the Caribbean Islands, Florida, and South Carolina.

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Please ensure that your Mobile Phone is set to Silent (or at least set on vibrate) during the Divine Liturgy! Thank You!!!

Announcements (cont.)

Sign up sheets for Coffee Hour, Cleaning and Epistle & Hours Reading. Sign up sheets for the above items are posted on the bulletin board in the church basement. Please be considerate and volunteer to assist with some of the parish responsibilities. Your time is very much appreciated!

Special weekly collections taken after Gospel or Sermon. In addition to our general collection, the parish takes a special collection each week to fund certain parish projects. Please be generous with your offering. Every little bit counts. The special collections are as follows:

- First Sunday of every month – Kitchen Fund Project
- Second Sunday of every month – Icon Fund (2016-17)
- Third Sunday of every month - Restoration/Maintenance Fund
- Fourth Sunday of every month – Charity Giving

Note: if there is a Fifth Sunday during a month, the special collection is earmarked for the Kitchen Fund Project, unless otherwise noted and stated by the Parish Council.

Cash Flow Activity (September)

	<u>Week of Sep 4 to Sep 10</u>	<u>September Month-To-Date</u>
Attendance:	38	38 (average)
<i>Vespertal Liturgy (9/13)</i>	12	
Funds In:	\$ 1,268.00	\$ 4,152.00
Funds Out:	\$ 0.00	\$ 4,984.17
Net Surplus/(Deficit):	\$ 1,268.00	(\$ 832.17)

Thank you all for your continuous offerings to maintain the parish!

Shop Rite Gift Cards: If you need to purchase Shop Rite Gift Cards, please see David Pellack to secure them. Your purchase of a Shop Rite Gift Card is an additional fundraising project that helps support the church at no additional expense to the purchaser.

Calendar of Events

1st Sunday of each month – Monthly Panikhida immediately after Divine Liturgy.
2nd Tuesday of each month – Bible Study at 6:30pm in church basement.
2nd Sunday of each month – Property Committee Meeting after Divine Liturgy.
3rd Sunday of each month – Currently no permanent event is scheduled.
4th Sunday of each month – Church Life Discussion Class after Divine Liturgy.

Sunday, September 24 - Church Life Discussion classes resumes.
(The 4th Sunday of the month)

The Topic – Icons, Iconography, and Iconostas. It's history and the stories displayed on them.

St. Michael Russian Orthodox Church 41st Annual Russian Festival
4th St & Fairmount Avenue – Philadelphia, PA October 6 to 8 2017.

The parish's popular and festive event will be held the first full weekend of October (this year from Friday, October 6 to Sunday, October 8). The weekend will feature a range of Russian food delights for lunch through dinner, live accordion music, the Sunday School's Russian Dancers, and specialty shops from Russian made artifacts, books of interest, handmade decorations, drawing opportunities, and a variety of collectibles and treasures for ones enjoyment.

St. Nicholas Eastern Orthodox Church of Philadelphia, PA is celebrating its 100th Anniversary on – Sunday, October 15 2017.

The parish will be celebrating with a Divine Liturgy at 10am and then afterwards a Gala Luncheon in their Church Hall. Tickets (\$50) are available and a RSVP to the Gala Committee is required ASAP. Flyers are posted on the bulletin boards down in the basement for more information.

Saturday, November 4 from 9AM to 1PM – Harvest Fest Luncheon and Fall Outside Church and Hall Clean Up.

With the beauty of Autumn comes the falling of the leaves, so the Property Committee is asking everyone to join them on November 4 to help clean up the church hall yard and outside property. In addition, Father Mark will bless the newly planted pussy willow tree in the yard. Afterwards, we will enjoy a lunch filled with Fall themed goodies! Yummmmm!



Martyr Sophia and her three daughters: Faith, Hope, and Love [Sep 17th]

The Holy Martyrs Saint Sophia and her Daughters Faith, Hope and Love were born in Italy. Their mother was a pious Christian widow who named her daughters for the three Christian virtues. Faith was twelve, Hope was ten, and Love was nine. Saint Sophia raised them in the love of the Lord Jesus Christ. Saint Sophia and her daughters did not hide their faith in Christ, but openly confessed it before everyone.

An official named Antiochus denounced them to the emperor Hadrian (117-138), who ordered that they be brought to Rome. Realizing that they would be taken before the emperor, the holy virgins prayed fervently to the Lord Jesus Christ, asking that He give them the strength not to fear torture and death. When the holy virgins and their mother came before the emperor, everyone present was amazed at their composure. They looked as though they had been brought to some happy festival, rather than to torture. Summoning each of the sisters in turn, Hadrian urged them to offer sacrifice to the goddess Artemis. The young girls remained unyielding.

Then the emperor ordered them to be tortured. They burned the holy virgins over an iron grating, then threw them into a red-hot oven, and finally into a cauldron with boiling tar, but the Lord preserved them.

The youngest child, Love, was tied to a wheel and they beat her with rods until her body was covered all over with bloody welts. After undergoing unspeakable torments, the holy virgins glorified their Heavenly Bridegroom and remained steadfast in the Faith.

They subjected Saint Sophia to another grievous torture: the mother was forced to watch the suffering of her daughters. She displayed adamant courage, and urged her daughters to endure their torments for the sake of the Heavenly Bridegroom. All three maidens were beheaded, and joyfully bent their necks beneath the sword.

In order to intensify Saint Sophia's inner suffering, the emperor permitted her to take the bodies of her daughters. She placed their remains in coffins and loaded them on a wagon. She drove beyond the city limits and reverently buried them on a high hill. Saint Sophia sat there by the graves of her daughters for three days, and finally she gave up her soul to the Lord. Even though she did not suffer for Christ in the flesh, she was not deprived of a martyr's crown. Instead, she suffered in her heart. Believers buried her body there beside her daughters.

The relics of the holy martyrs have rested at El'zasa, in the church of Esho since the year 777.