

Assumption of the Holy Virgin Orthodox Church

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Mailing Address: PO Box 20083 * Point Breeze Station | Philadelphia PA 19145-0383

Sunday, March 31, 2019

Tone 3 – Third Sunday of Great Lent | Veneration of the Holy Cross
+Repose of St Innocent of Alaska, Metropolitan of Moscow, Apostle to the Americas and
Enlightener of the Aleuts (*transferred to April 1*)

V. Rev. Mark W Koczak, Rector

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Parish President - Matthew Andrews

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Weekly Schedule

Today: Parish Council Meeting after Divine Liturgy.

Today: Mission Service at 4:00PM at St George's Antiochian Orthodox Church
8210 West Chester Pike – Upper Darby, PA

*Service Schedule for the Fourth Week of Great Lent is
noted under Calendar of Events (page 7) of this bulletin!*

Saturday: April 6 – Church Cleaning beginning at **10:00AM!**

Saturday: April 6 – Great Vespers at **4:00PM!** *Note Time Change!*

Sunday: April 7 – Fourth Sunday of Great Lent! St John Climacus!
Reading of Hours – 9:30am
Divine Liturgy – 10:00am
Fellowship & coffee hour to follow the Divine Liturgy

Sunday: April 7 – Mission Service at 4:00PM **AT OUR PARISH!**

Texts for the Liturgical Service

Troparion (Tone 3)

Let the heavens rejoice! / Let the earth be glad! / For the Lord has shown strength with His arm. / He has trampled down death by death. / He has become the first born of the dead. / He has delivered us from the depths of hell, / and has granted to the world // great mercy.

Troparion (Tone 1 – 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 7 – Cross)

Now the flaming sword no longer guards the gates of Eden; / it has been mysteriously quenched by the wood of the Cross. / The sting of death and the victory of hell have been vanquished; / for Thou, O my Savior, hast come and cried to those in hell: // Enter again into Paradise!

(In Place of the Trisagion, we sing:)

Before Thy Cross / we bow down in worship, O Master / and Thy holy Resurrection // we glorify.
(3x's)

Prokeimenon (Tone 6)

O Lord, save thy people / and bless Thine inheritance!
v. To Thee, O Lord, will I call. O my God, be not silent to me!

Epistle Reading: Hebrews 4:14-5:6

Seeing then that 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 do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness. Because of this he is required as for the people, so also for himself, to offer sacrifices for sins. And no man takes this honor to himself, but he who is called by God, just as Aaron was. So also Christ did not glorify Himself to become High Priest, but it was He who said to Him: "You are My Son, Today I have begotten You." As He also says in another place: "You are a priest forever According to the order of Melchizedek" Alleluia (3x's) (Tone 8)

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

Gospel Reading: Mark 8:34-9:1

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 the following

All of creation rejoices in thee, O Full of Grace: / the assembly of Angels and the race of men. / O sanctified temple and spiritual paradise, / the glory of virgins, from whom God was incarnate and became a Child: / our God before the ages. / He made thy body into a throne, / and thy womb He made more spacious than the heavens. / All of creation rejoices in thee, O Full of Grace. // Glory to thee!

Communion Hymn:

The light of Thy countenance is signed upon us, O Lord. Alleluia (3x's)

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

40 Days For Life – Philadelphia Campaign – Spring Season:

The 40 Days for Life Spring Campaign has arrived (Mar 6 to Sunday, April 14). This campaign of peaceful vigils will occur in ALL 50 states at the same time!

Information:

- * Contacts: Monique Ruberu or Pat Stanton at 469.231.9084
- * Email: roobearoo@hotmail.com
- * Website: <https://40daysforlife.com/local-campaigns/philadelphia/>
- * Prayer vigil located at 12th & Locust St, Philadelphia – Planned Parenthood
- * Prayer vigil located at 777 Appletree Street, Philadelphia – Phila. Women Center
- * Vigils open Monday-Saturday from 8am-5pm.

The 40 Days For Life is not a political organization or a protest group. They stand and pray as a peaceful physical presence and witness for the lives of the unborn, who cannot speak for themselves.

Other peaceful vigils located in the surrounding areas include:

New Jersey – Cherry Hill Delaware - Dover
Pennsylvania – Northeast Philadelphia, Bryn Mawr, Norristown, and West Chester

Parish Day of Giving at Nanna's Attic – Saturday, April 13, 2019

Volunteer from 10:00AM to 2:00PM on that Saturday. **Deadline for registering to volunteer is Today (March 31).** Please see Dr. Janine McCartney for more details on this service project. Nanna's Attic is located next to the Dollar Tree at the Lawrence Park Shopping Center * 1991 Spoul Road * Broomall, PA 19008. Thank you!

Domestic Abuse Project – Deadline donation is April 7, 2019

As part of its Lenten charity appeal, the parish will be accepting charity donations to obtain gift baskets for the Domestic Abuse Project. The baskets will consist of laundry basket, laundry pods, dishwashing detergent, sponges, Clorox wipes, dustpan, kitchen towels, paper plates, reusable plastic cups, reusable silverware (4 pc.), toilet paper, tissues, and one new pillow. For more information, please see Dr. Janine McCartney for more details on this project! Thank you!

Attendance: Second Week of Great Lent Services

Sunday (3/24) – Mission Service, Elkins Park, PA = 4 parishioners attended
Monday (3/25) – Divine Liturgy for the Annunciation = 3
Wednesday (3/27) – Presanctified Liturgy = 9
Friday (3/29) – Akathist Service = 9
Saturday (3/30) – Great Vespers = 9

The Parish is now accepting either actual donations of wool or monetary donations to purchase wool to knit blankets and hats. Please see Dr. Janine McCartney for more details on this project!

Announcements (cont.)

Candles and Prayers for the Faithful and Departed

Health for the Living:

Greg Lindsay offered by Nina Patterson
Catherine and Albert Kavalkovich offered by M/M Ken Kavalkovich
Kavalkovich Family offered by Pellack Family
Kavalkovich Family, Ronald Kavalkovich, M/M Herbert, Margaret Pellack, Barbara Andrews,
Anastasia Kavalkovich offered by M/M Ken Kavalkovich

May God Grant Them Many Blessed Years!

Memory for the Departed:

Family and Parishioners offered by Pellack Family
Helen Wanenchak offered by Margaret Klutchka
Helen Wanenchak offered by M/M Ken Kavalkovich

May Their Memories Be Eternal

Vigil Cross Candles – Today 3/31/19:

Memory of John and Julia Jugan offered by Pellack Family

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Please remember in your prayers:

+ Newly Departed handmaiden of God Helen Wanenchak (March 2)
Grace Corba; Catherine Kavalkovich; Ronald Kavalkovich; Margaret Pellack; Father John Bohush
(retired); and all those who are serving in our Armed Forces!

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Choir Rehearsal schedule for Lent and Pascha

Please keep in contact with Choir Director Nina Patterson as to the schedule for choir rehearsals
over the next month. She will inform you when and where rehearsals will take place.

MONDAY, APRIL 1 – THE HISTORY CHANNEL – JESUS: HIS LIFE
8:00PM TO 10:00PM. PARTS 3 & 4. THIS SERIES IS A 4-WEEK TELEVISION EVENT AIRING
EVERY MONDAY UNTIL APRIL 15.

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

Announcements (cont.)

Coffee Hour / Cleaning and Epistle / Hours Reading Schedule.

We now have an established full rotating schedule for the Coffee Hour & Cleaning, and the Hours & Epistle Readings. The Reading schedule sheets will be posted quarterly on the bulletin board in the church basement. The Coffee Hour/Cleaning schedule is in a binder located on the display case.

*****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 – Youth Fund (*reactivated July 2018*)
- 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 (March)

	<u>Week of March 18 to March 24</u>	<u>March Month-to-Date</u>
Attendance:	35	38 (average)
Funds In:	\$ 4,007.00	\$ 9,347.00
Funds Out:	\$ 1,616.27	\$ 7,971.39
Net Surplus/(Deficit):	\$ 2,390.73	\$ 1,375.61

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.

Today – Mission Service at 4:00pm.

Saint George Antiochian Orthodox Church
8210 West Chester Pike
Upper Darby, PA 19082 Phone #610.853.1171
Website: <http://www.saintgeorgeupperdarby.org>

Fourth Week of Great Lent Service Schedule – April 1st to 7th

Wednesday, April 3 – The Liturgy of Presanctified Gifts beginning at 6:00PM
Friday, April 5 – The Liturgy of Presanctified Gifts beginning at 6:00PM
Saturday, April 6 – Church Cleaning for Mission Service beginning at 10:00AM
Saturday, April 6 – Great Vespers beginning at 4:00PM
Sunday, April 7 – Divine Liturgy (St John Climacus) beginning at 10:00AM
Sunday, April 7 – Mission Vespers Service at 4:00PM – **Our Parish is hosting!**

Any changes in the schedule or time will be announced in our parish media outlets (church bulletin, the parish website and parish FaceBook page).

Saturday, April, 6 - Lenten Retreat - Holy Cross in Medford, NJ

Topic: How to Be a Sinner – Finding Yourself in the Language of Repentance
Speaker: Dr Peter Bouteneff **Time:** 10AM to 3PM with Lunch Break
Please see Flyer posted on our bulletin boards in the church and church basement

Sunday, April 7, - Mission Service - At Our Parish

Our parish will be hosting a Mission Vespers Service on Sunday, April 7 (the 4th of Great Lent – St. John Climacus) beginning at 4:00PM. As a result of hosting this service during the Lenten Season, a church cleaning is scheduled the day before **on Saturday, April 6 beginning at 10:00AM!**

Cleaning Teams: Today (Mar 31): Saint Bridget of Ireland
(Catherine & Albert Kavalkovich, Emily Gerasimoff, Simon Herbert).
Next Week (Apr 7): Saint Raphael of Brooklyn
(Mark Klus, Tish Berchtold, Barbara Andrews, Sheeba Patton).



Third Sunday of Great Lent: Veneration of the Cross [March 31st]

Through the Cross, joy has come into all the world.

At the midpoint of Great Lent, Orthodox Christians are invited to the Veneration of the Cross of Christ. In the Lenten journey, we are taught to be mindful of the importance of repentance, fasting, prayer, almsgiving, and forgiveness.

Without these, our spiritual pilgrimage is lacking in meaning. We cannot be disciples of Christ without these marks of Christian life and practice.

After an enthusiastic beginning of Great Lent, little by little we show signs of being tired, our attention begins to flag, our love for God and neighbor begins to wear out. In other words, our own comfort again becomes the priority.

The veneration of the Cross renews and refocuses our Lenten journey by bringing our attention back to Christ, back to the love of God for us. This love is given as a gift to us in the form of the Cross, the symbol both of Christ's suffering and of the resurrection. We are taught by Jesus Christ to take up our own cross and follow Him. To venerate the Cross of Christ is to be inspired, strengthened, and enabled to carry our cross.

All of the above is true. Yet it is incomplete. An important dimension is missing – the dimension of joy. “Through the Cross joy has come into all the world.” These words in a hymn of the Resurrection reveal the dimension of joy as central and essential. Where there is faith without joy, faith is deficient. Where there is almsgiving without joy, charity is deficient. Where there is love, there is joy. Where there is Christ, there is joy.

As we walk the pilgrimage of Great Lent, let it be full of joy, and therefore full of Christ.

[Source: Father Leonid Kishkovsky from *Weekly Spiritual Reflections for Great Lent – Journey to Pascha* booklet by the IOCC (2016)]