

Assumption of the Holy Virgin Orthodox Church

2101 South 28th St. (corner of 28th St. & Snyder Ave.)
Philadelphia, PA 19145 * Church Phone: (215) 468-3535
Website: <https://www.holyassumptionphilly.org>



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

** Serving the Orthodox Community in South Philadelphia for 110 years! **

Sunday, March 5, 2023

Tone 5 – First Sunday of Great Lent | Sunday of Orthodoxy
Martyr Conon of Isauria (1st c.) | Martyr Onesimus of Isauria (1st c.)
Martyr Conon the Gardener, of Pamphylia (3rd c.)

V. Rev. Mark W Koczak, Rector

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Deacon – Michael McCartney Choir Director – Nina Patterson
Subdeacon – Daniel (Ken) Kavalkovich Reader – Mark Klus
Parish President - Matthew Andrews [Phone: 856.217.8075]

Weekly Schedule

Today: Mission Service at 4:00PM at Saint John Chrysostom Albanian Orthodox Church
located at 237 North 17th Street in Philadelphia, PA 19103-1292
Phone: 215.563.0979 Website: <https://stjcaoc.org>

The second week Lenten schedule at the parish is on page 7 of this Bulletin

Saturday: March 11 – Great Vespers at **4:00PM!**

Sunday: March 12 – Second Sunday of Great Lent | St Gregory Palamas
Reading of Hours – 9:30am
Divine Liturgy – **10:00am**
Fellowship Coffee Hour to follow the Divine Liturgy

Sunday: March 12 – Mission Service at 4:00PM at Saint Vladimir Ukrainian Orthodox
Cathedral located at 6740 North 5th Street in Philadelphia, PA 19126
Phone: 215.927.2287 Website: <https://www.stvladimirspfila.org>

Texts for the Liturgical Service

Troparion (Tone 5)

Let us, the faithful, praise and worship the Word, / co-eternal with the Father and the Spirit, / born for our salvation from the Virgin; / for He willed to be lifted up on the Cross in the flesh, / to endure death, / and to raise the dead // by His glorious Resurrection.

Troparion (Tone 2 – Sunday of Orthodoxy)

We venerate Thy most pure image, O Good One; / and ask forgiveness of our transgressions, O Christ our God. / Of Thy good will Thou wast pleased to ascend the Cross in the flesh / and deliver Thy creatures from bondage to the Enemy. / Therefore with thankfulness we cry aloud to Thee: / “Thou hast filled all with joy, O our Savior, // for Thou alone hast come to save the world.”

Kontakion (Tone 8 – Lenten Triodion)

No one could describe the Word of the Father; / but when He took flesh from thee, O Theotokos, He accepted to be described, / and restored the fallen image to its former state by uniting it to divine beauty // We confess and proclaim our salvation in words and images.

Prokeimenon (Tone 4 - Song of the Fathers)

Blessed art Thou, O Lord God of our Fathers / and praised and glorified is Thy Name forever!
v. For Thou art just in all that Thou hast done for us!

Epistle Reading: Hebrews 11:24-26, 32-12:2

By faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward. And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets: who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they might obtain a better resurrection. Still others had trial of mockings and scourgings, yes, and of chains and imprisonment. They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented – of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth. And all these, having obtained a good testimony through faith, did not receive the promise, God having provided something better for us, that they should not be made perfect apart from us. Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Alleluia (3x's) (Tone 4)

- v. Moses and Aaron were among His priest; Samuel also was among those who called on His Name. Alleluia (3x's)
- v. They called to the Lord and he answered them. Alleluia (3x's)

Gospel Reading: John 1:43-51

The following day Jesus wanted to go to Galilee, and He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, "We have found Him of whom Moses in the law, and also the prophets, wrote – Jesus of Nazareth, the son of Joseph." And Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming toward Him, and said of him, "Behold, an Israelite indeed, in whom is no deceit!" Nathanael said to Him, "How do You know me?" Jesus answered and said to him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered and said to Him, "Rabbi, You are the Son of God! You are the King of Israel!" Jesus answered and said to him, "Because I said to you, 'I saw you under the fig tree,' do you believe? You will see greater things than these." And He said to him, "Most assuredly, I say to you, hereafter you shall see heaven open, and the angels of God ascending and descending upon the Son of Man."

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:

Praise the Lord from the heavens! Praise Him in the highest!
Rejoice in the Lord, O you righteous! Praise befits the upright! Alleluia (3x's)

Prayer during the Service of The Sunday of Orthodoxy Vespers

+ The Triumph of Orthodoxy +
This is the Faith of the Apostles, this is the Faith of the Fathers,
this is the Faith of the Orthodox, this is the Faith which has established the whole Universe!

Prayer of St Ephraim the Syrian

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power and idle talk. But rather grant unto me the spirit of humility, chastity, patience, and love to Thy servant. Yea, O Lord and King, grant me to see my own sins and not to judge my brother; for Thou art blessed unto ages of ages. Amen.

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 Spring Vigil – February 22 to April 2

The campaign is a peaceful vigil. They are 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. Please visit their website: <https://www.40daysforlife.com> for a campaign location near your area.

Votive Vigil Cross Candles Scheduling

We are scheduling to have the votive vigil cross candles lit for services during the Lenten season. There is a sign-up sheet located at the candle desk in the Vestibule.

Either 1 Large or 2 Small candles per each votive vigil cross candles can be reserved

As of this morning, the following dates and cross sizes have been reserved...

* Sunday of Orthodoxy (March 5) = Both Crosses reserved

2023 Parish Community Projects – Food Drive Donations

Throughout the 2023 calendar year, one of the parish community projects will be accepting donations of both Shop Rite gift cards and food items for our very own Mother Catherine and the nuns at Saint Mary Magdelene Monastery in upstate Pennsylvania. We all go food shopping and throughout the year if you can remember to pick up one or two items each trip for this food drive, it will be much appreciated. Deacon Michael and Matushka Janine will be delivering the food to Mother Catherine once a month. They will also be taking her shopping. Food collection bins will be made available for your donations. Please consider purchasing Shop Rite gift cards from David Pellack and then give them to Matushka Janine so they can be provided to Saint Mary Magdelene Monastery. Please consider a special emphasis on donating protein-based items such as peanut butter, cans of tuna, cans of fruits and vegetables and gluten free.

Attendance during Lenten Services (1st Week of Lent)

Monday, February 27 – Saint Andrew of Crete = 10	(18 Last Year)
Tuesday, February 28 – Saint Andrew of Crete = 15	(15 Last Year)
Wednesday, March 1 – Saint Andrew of Crete = 18	(15 Last Year)
Thursday, March 2 – Saint Andrew of Crete = 15	(17 Last Year)
Friday, March 3 – Liturgy of Presanctified Gifts = 15	(12 Last Year)
Saturday, March 4 – Vespers = 15	(No Vespers Last Year- Inclement weather)

Announcements (cont.)

Candles and Prayers for the Faithful and Departed

Health for the Living:

Matesy Herbert, Justine McCann offered by MM Herbert
Family, Friends, and Parishioners offered by Nina Patterson
Christopher Andrews on his birthday offered by Catherine Kavalkovich
Kavalkovich, Andrews Gerasimoff Families offered by Catherine Kavalkovich
Family and Parishioners offered by David Pellack
Catherine, Patricia, Barbara, Elton, Gabriel, Lucas, Scarlett, Christopher, Levi, Sheba, Sharon, Edward
offered by MM K Kavalkovich

May God Grant Them Many Blessed Years!

Memory for the Departed:

Reader Leonty Macalush, Helen Herbert offered by MM Herbert
Marc Sr., Marc Jr., Albert, Ronald Sr. offered by MM K Kavalkovich

May Their Memories Be Eternal!

Vigil Cross Candles – 2/26/23

One Large Vigil Cross – Memory of the Wyshosky Family offered by Julia Forte

One Large Vigil Cross – Health of Julia Forte offered by Julia Forte

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Please remember in your prayers:

Justine & John McCann; Elton Andrews; Catherine Kavalkovich; Jane Kelly; Anne (Homa) Killoran; Sheba
Patton (Birthday March 1); Dr. Gale Rutan; Joseph Rabik; Peter Witiak; and all those who are serving in
our Armed Forces!

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Announcements (cont.)

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

*******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. By the action taken at the Fall General Parish Meeting held back on Sunday, October 10, 2021, the parish body approved that the special collection for the first three Sundays of the month be earmarked towards the repairing/fixing/replacing of the roofs of both houses that the parish owns (now known as the Row House Fund).

The fourth Sunday (and fifth, when it occurs) the special collection will be earmarked towards Charity.

This new collection schedule began back on Sunday, October 17, 2021.
Please be generous with your offering. Every little bit counts. Thank You!

Cash Flow Activity (February)

Week of Sun Feb 19 to Sat Feb 25

February Month to Date

Attendance:	40	40 (average)
Funds In:	\$ 1,637.00	\$ 7,793.29
Funds Out:	\$ 0.00	\$ 7,196.76
Net Surplus/(Deficit):	\$ 1,637.00	\$ 596.53

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 either David Pellack or Ken Kavalkovich 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 on ZOOM media platform.
- 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** – Currently no permanent event is scheduled.
- Last Thursday of each month** – Book Club at 6:30pm on ZOOM media platform.
- 5th Sunday of each quarter** – Quarterly Parish Council Meeting after Liturgy.

Readers Schedule:

	<u>Today (Mar 5)</u>	<u>Next Week (Mar 12)</u>
3 rd Hour:	David Pellack	Dr. David Albrecht
6 th Hour:	Reader Mark Klus	Daniel Herbert
Epistle:	David Pellack	Sbdcn Daniel Kavalkovich
		Dr. David Albrecht

Fellowship Coffee Hour & Cleaning Teams:

If you have volunteered to host coffee hour, please check which Team you are on and when your Team is hosting coffee hour on the calendar printout which is located in the white/clear 3-ring binder located on the display case outside of the office room.

Please continue to check our parish website, social media pages, and your emails regularly for updated information on the parish regarding parish services & events in March 2023.

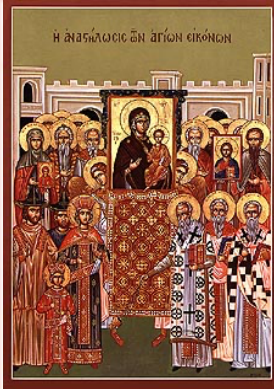
Sunday, March 5 – Vesper Mission Service – Sunday of Orthodoxy
Saint John Chrysostom Albanian Orthodox Church * 237 North 17th Street
Philadelphia, PA 19103-1292 * Phone: 215.563.0979 * Vesper Service begins at **4PM**

Second Week of Lent - Lenten Services here at the Parish!
Wednesday, March 8 – Liturgy of the Presanctified Gifts at 6:00PM
Friday, March 10 – Akathist at 6:00PM
Saturday, March 11 – Memorial Saturday Divine Liturgy at 10:00AM

Sunday, March 12 – Vesper Mission Service – 4:00PM
Saint Vladimir Ukrainian Orthodox Cathedral * 6740 North 5th Street
Philadelphia, PA 19126 * Phone: 215.927.2287

Tuesday, March 14 – Bible Study at 6:30PM on ZOOM media platform.

Thursday, March 23 – Blessed Mother Olga Book Club at 6:30PM on ZOOM media platform.



First Sunday of Great Lent: Sunday of Orthodoxy

[March 5th]

Originally, the Prophets Moses, Aaron, and Samuel were commemorated on this Sunday. The Alleluia verses appointed for today's Liturgy reflect this older usage.

Today we commemorate the "Triumph of Orthodoxy," the restoration of the holy icons in the reign of the holy Empress Theodora (February 11).

First Saturday of Great Lent: The Miracle of the Boiled Wheat

Yesterday, we remember the miracle of Saint Theodore and the boiled wheat. Fifty years after the death of Saint Theodore, the emperor Julian the Apostate (361-363), wanting to commit an outrage upon the Christians during the first week of Great Lent, commanded the city-commander of Constantinople to sprinkle all the food provisions in the marketplaces with the blood offered to idols. Saint Theodore appeared in a dream to Archbishop Eudoxius, ordering him to inform all the Christians that no one should buy anything at the marketplaces, but rather to eat cooked wheat with honey (kolyva).

In memory of this occurrence, the Orthodox Church annually celebrates the holy Great Martyr Theodore the Recruit on the first Saturday of Great Lent. On Friday evening, at the Divine Liturgy of the Presanctified Gifts following the prayer at the ambo, the Canon to the holy Great Martyr Theodore, composed by Saint John of Damascus, is sung. After this, kolyva is blessed and distributed to the faithful. The celebration of the Great Martyr Theodore on the first Saturday of Great Lent was set by the Patriarch Nectarius of Constantinople (381-397).

The Troparion to Saint Theodore is quite similar to the Troparion for the Prophet Daniel and the Three Holy Youths (December 17, Sunday Before Nativity). The Kontakion to Saint Theodore, who suffered martyrdom by fire, reminds us that he also had faith as his breastplate (see I Thessalonians 5:8).

Saint Theodore the Recruit is also commemorated on February 17.