

## Assumption of the Holy Virgin Orthodox Church

2101 South 28th St. (corner of 28<sup>th</sup> 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

### Sunday, March 24, 2024

Tone 1 – First Sunday of Great Lent | Sunday of Orthodoxy  
Forefeast of the Annunciation | Venerable Zachariah the Recluse  
Saint Artemius (Artemon), Bishop of Seleucia (1<sup>st</sup> - 2<sup>nd</sup> c.)

### V. Rev. Mark W Koczak, Rector

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

### Weekly Schedule

Today: Mission Service at 4:00PM at Saint Stephen Cathedral  
located at 8598 Verree Road in Philadelphia, PA 19111  
Website: <https://www.ststephenscathedral.org>

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

Monday: March 25 – Vespers Divine Liturgy at **6:00PM** for the Annunciation  
of the Most Holy Theotokos, **[Note Time Change!!]**

Thursday: March 28 – Blessed Mother Olga Book Club at **6:30PM**  
on the ZOOM media platform **ONLY!!!**

Saturday: March 30 – Great Vespers at **4:00PM**

Sunday: March 31 – Second Sunday of Great Lent! St Gregory Palamas  
Reading of Hours – 9:30am  
Divine Liturgy – **10:00am**  
*Fellowship Coffee Hour to follow the Readers Service*

## Texts for the Liturgical Service

### **Troparion (Tone 1)**

When the stone had been sealed by the Jews, / while the soldiers were guarding Thy most pure body, / Thou didst rise on the third day, O Savior, / granting life to the world. / The powers of heaven therefore cried to Thee, O Giver of Life: / “Glory to Thy Resurrection, O Christ! / Glory to Thy Kingdom! // Glory to Thy dispensation, O thou who lovest of mankind!”

### **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.”

### **Troparion (Tone 4 – Forefeast)**

Today is the prelude of joy for the universe! / Let us anticipate the feast and celebrate with exultation: / Gabriel is on his way to announce the glad tidings to the Virgin; he is ready to cry out in fear and wonder: // “Rejoice, O Full of Grace, the Lord is with thee!”

### **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.

### **Kontakion (Tone 8 – Forefeast)**

Thou art the beginning of salvation for all of us on earth, Virgin Mother of God. / For the great Archangel Gabriel, God’s minister, was sent from heaven to stand before thee to bring thee joy: // Therefore, we all cry to thee: “Rejoice, O unwedded Bride!”

### **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

## **Mission Service Schedule for 2024 Lenten Season – All times at 4:00PM**

### **Sunday, March 31**

Holy Trinity Greek Orthodox Church (Greek Orthodox Archdiocese of America)  
808 North Broom Street \* Wilmington, DE 19806 \* Phone: 302.654.4446

### **Sunday, April 7**

Saint Vladimir's Orthodox Church \* 812 Grand Street  
Trenton, NJ 08610 \* Phone: 609.393.1234 (Rectory)

### **Sunday, April 14**

Holy Trinity Orthodox Church \* 1236 Juniper Street  
Pottstown, PA 19464 \* Phone: 484.949.9754 (Rectory)

### **Sunday, April 21**

St Nicholas Serbian Orthodox Church (Serbian Orthodox Diocese of Eastern America)  
506 Stahr Road \* Elkins Park, PA 19027 \* Phone: 440.864.7346 (It's a Mobile #)

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## **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 last night, the following dates and cross sizes have been reserved...

- \* Saint Gregory of Palamas (Sunday, March 31) = Both Crosses are Available
- \* Veneration of the Cross (Sunday, April 7) = Both Crosses are Available
- \* Saint John Climacus (The Ladder) (Sunday, April 14) = Both Crosses are Available
- \* Saint Mary of Egypt (Sunday, April 21) = Both Crosses are Available
- \* Palm Sunday (Sunday, April 28) = Both Crosses are Available
- \* Holy Thursday (Thursday, May 2) = **BOTH Large Crosses are Reserved!**
- \* Holy Friday (Friday, May 3) = Both Crosses are Available
- \* Holy Saturday (Saturday, May 4) = Both Crosses are Available
- \* PASCHA (Sunday, May 5) = **ONE Large Cross is Reserved!**
- \* Saint Thomas Sunday (Mother's Day) (May 12) = Both Crosses are Available

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## **Attendance during Lenten Services (1<sup>st</sup> Week of Lent)**

Monday, March 18 – Saint Andrew of Crete = **24!!** (10 Last Year)  
Tuesday, March 19 – Saint Andrew of Crete = 18 (15 Last Year)  
Wednesday, March 20 – Saint Andrew of Crete = 12 (18 Last Year)  
Thursday, March 21 – Saint Andrew of Crete = 19 (15 Last Year)  
Friday, March 22 – Liturgy of Presanctified Gifts = 21 (15 Last Year)  
Saturday, March 23 – Vespers = (No Vespers - Inclement Weather (Heavy Rain, Wind, and Potential Flooding))  
(15 Last Year)



**Announcements** (cont.)

**Candles and Prayers for the Faithful and Departed**

**Health for the Living:**

Grace and Alexandra Walker offered by Reader David Pellack  
Emily Gerasimoff offered by Catherine Kavalkovich  
Family and Parishioners offered by Catherine Kavalkovich  
Emily Gerasimoff offered by Nina Patterson  
Emily, Christina, Catherine, Patricia offered by M/M K Kavalkovich  
Kenneth, Robert, Levi, Anastasia, Selena offered by M/M K Kavalkovich  
Edward, Susan Deloris, John offered by M/M K Kavalkovich  
Sheba, Mercedes, Richard offered by M/M K Kavalkovich  
Barbara Andrews offered by Catherine Kavalkovich

**May God Grant Them Many Blessed Years!**

**Memory for the Departed:**

Mary S. Herbert offered by Herbert Family  
Vito, Marc Sr, Marc Jr, Marc, Albert offered by M/M K Kavalkovich  
Anne, Helen Alexander, Patricia, June offered by M/M K Kavalkovich

**May Their Memories Be Eternal!**

**Vigil Cross Candles – 3/17/24**

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**Please remember in your prayers:**

Ignatius Gabriel Parsells (newly born on March 21 \* 7lbs. 3oz. & 19 inches long), his siblings Luke, Theodore, Miriam Anastasia and his parents Peter and Heather Parsells. May God Grant Ignatius and his family Many Blessed Years!!

Emily Gerasimoff; Jane Kelly; Anne (Homa) Killoran; Justine McCann and her unborn child; Sheba Patton; 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 (March)

Week of Sun Mar 10 to Sat Mar 16

March Month to date

Attendance:	38	40 (average)
Funds In:	\$ 1,993.00	\$ 3,939.00
Funds Out:	(\$ 445.80) reimbursement	\$ 3,846.70
Net Surplus/(Deficit):	\$ 2,438.80	\$ 92.30

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

## **2024 Monthly/Quarterly Schedule**

- 1<sup>st</sup> Sunday of each month** – Monthly Panikhida immediately after Divine Liturgy.
- 2<sup>nd</sup> Tuesday of each month** – Bible Study at 6:30pm on ZOOM media platform.
- 4<sup>th</sup> Thursday of each month** – Book Club at 6:30pm on ZOOM media platform.
- 5<sup>th</sup> Sunday of each quarter** – Quarterly Parish Council Meeting after Liturgy.

### **Readers Schedule:**

Today (Mar 24)  
3<sup>rd</sup> Hour: Dr. David Albrecht  
6<sup>th</sup> Hour: Simon Herbert  
Epistle: Simon Herbert

Next Week (Mar 31)  
Reader David Pellack  
Reader Mark  
Sbdcn Daniel Kavalkovich  
and Reader David Pellack

### **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.

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**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 & April 2024.**

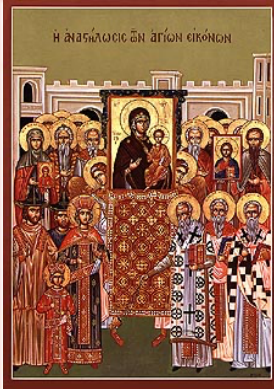
**Monday, March 25 – Vespers Divine Liturgy at 6:00PM for The Annunciation of our Most Holy Lady Theotokos and Ever-Virgin Mary [PLEASE NOTE THE CHANGE IN TIME TO 6:00PM!!!]**

### **Second Week of Lent - Lenten Services here at the Parish!**

Wednesday, March 27 – Liturgy of the Presanctified Gifts at 6:00PM  
Friday, March 29 – Akathist at 6:00PM  
**Saturday, March 30 – Memorial Saturday Divine Liturgy at 10:00AM**

### **Sunday, March 31 – Vesper Mission Service – 4:00PM**

Holy Trinity Greek Orthodox Church (Greek Orthodox Archdiocese of America)  
808 North Broom Street | Wilmington, DE 19806  
Phone: 302.654.4446      Website: <https://holytrinitywilmington.org>



## **First Sunday of Great Lent | Sunday of Orthodoxy** [March 24<sup>th</sup>]

The first Sunday of Great Lent is called the Sunday of Orthodoxy because it commemorates the restoration of the Holy Icons and the triumph of the Orthodox Faith against the terrible heresy of the Iconoclasts, i.e. those heretics who refused to honor the Holy Icons. For more than a hundred years the Church was disturbed by the evil doctrine of iconoclasm.

The first Emperor to persecute the Church was Leo the Isaurian, and the last was Theophilos, the spouse of Saint Theodora (February 11), who reigned after her husband's death and re-established Orthodoxy in the time of Patriarch Methodios (June 14). Empress Theodora proclaimed publicly that we do not kiss the Icons as a sign of worship, nor do we honor them as "gods," but as images of their prototypes.

In the year 843, on the first Sunday of the Fast, Saint Theodora and her son, Emperor Michael, venerated the Holy Icons together with the clergy and the people. Since that time this event has been commemorated every year, because it was definitively determined that we do not worship the Icons, but we honor and glorify all the Saints who are depicted on them. We worship only the Triune God: the Father, the Son and the Holy Spirit, and no one else, neither a Saint, nor an Angel.

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

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

Yesterday, we remembered 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.