



## Saint Nicholas Greek Orthodox Church

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**Sunday, April 7th, 2024**

Third Sunday of Lent: Veneration of the Precious Cross

8:30am: Orthros, 10am: Divine of St. Basil the Great

12:30pm: Youth Church School & Adult Ed

## Hymns of the Day

### Resurrectional Apolytikion in the Third Mode

Let the heavens sing for joy, and let everything on earth be glad. \* For with His Arm the Lord has worked power. \* He trampled death under foot by means of death; \* and He became the firstborn from the dead. \* From the maw of Hades He delivered us; \* and He granted the world His great mercy.

### Apolytikion of the Holy Cross in the First Mode

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

## **Apolytikion of Saint Nicholas in the Fourth Mode**

An example of the faith and a life of humility: \* as a teacher of abstinence you did inspire and lead your flock, \* and through the truthfulness of your deeds \* were exalted to greatness through your humility, \* uplifting all, and by poverty gaining wealth. \* Father and hierarch Saint Nicholas, \* intercede with Christ our God \* that our souls may be saved.

## **Kontakion of Lent in the Plagal Fourth Mode**

To you, the champion commander, I your city \* inscribe victorious anthems of thanksgiving \* for deliverance from sufferings, O Theotokos. \* In as much as you have power unassailable, \* from all manner of dangers, O set me free; \* that I may cry out to you, \* rejoice O Bride Unwedded.

## **Instead of the Trisagion Hymn**

We venerate Your Cross, O Master, and we glorify Your Holy Resurrection.

Τὸν Σταυρόν σου προσκυνοῦμεν, Δέσποτα, καὶ τὴν ἁγίαν σου ἀνάστασιν δοξάζομεν.

## **Hymn to the Theotokos**

In you, O Lady full of grace, all creation rejoices, the hosts of Angels and the human race. O consecrated temple and allegorical Paradise, virgins boast of you. For God became incarnate from you, yes, our eternally existing God became a child from you. He made a throne of your womb, and He made your body wider than the heavens. In you, O Lady full of grace, all creation rejoices. Glory to you!

## Communion Verse

O Lord, the light of Your face was stamped upon us. Alleluia.



## Gospel and Epistle Readings

### Epistle Reading

#### **St. Pauls' Letter to the Hebrews 4:14-16; 5:1-6**

Brethren, since we have a 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 Melchizedek."

## Gospel Reading

### Mark 8:34-38; 9:1

The Lord said: "If anyone wishes to 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 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 the kingdom of God come with power."

## The Lord's Prayer

### Ελληνικά:

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, \* ἀγιασθήτω τὸ ὄνομά σου.  
\* ἐλθέτω ἡ βασιλεία σου. \* γεννηθήτω τὸ θέλημά σου \* ὡς  
ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς. \* τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον  
δὸς ἡμῖν σήμερον. \* καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ  
ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. \* καὶ μὴ εἰσενέγκῃς ἡμᾶς  
εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

### Español:

Padre Nuestro, que estás en el cielo, \* santificado sea tu nombre; \* venga tu reino; \* hágase tu voluntad, \* en la tierra como en el cielo. \* Danos hoy nuestro pan de cada día; \* perdona nuestras ofensas, como también nosotros perdonamos a

los que nos ofenden; \* no nos dejes caer en la tentación, y libranos del mal.

### **English:**

Our Father, who art in the heavens \* hallowed be Thy name; \* Thy Kingdom come; \* Thy will be done \* on earth as it is in heaven; \* give us this day our daily bread, \* and forgive us our trespasses, as we forgive those who trespass against us; \* and lead us not into temptation, but deliver us from the evil one.



## **Saints and Feasts**

### **Veneration of the Holy Cross**

With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labour set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.

The Cross stands in the midst of the church in the middle of the lenten season not merely to remind men of Christ's redemption and to keep before them the goal of their efforts, but also to be venerated as that reality by which man must live to be saved. *"He who does not take up his Cross and follow me is not worthy of me"* (Mt. 10:38). For in the Cross

of Christ Crucified lies both *“the power of God and the wisdom of God”* for those being saved (1 Cor. 1:24).

## **Kalliopios the Martyr**

The Holy Martyr Kalliopios was born in Perge, Pamphylia of the pious woman Theoklia, wife of a renowned senator. Theoklia was childless for a long time. She fervently prayed for a son, vowing to dedicate him to God.

Soon after the birth of her son Theoklia was widowed. When Saint Kalliopios reached adolescence, a fierce persecution against Christians began. Theoklia, learning that her son would be denounced as a Christian, sent him to Cilicia in Asia Minor.

When the saint arrived at Pompeiopolis, Paphlagonia there was a celebration in honor of the pagan gods. They invited the youth to take part in the proceedings, but he said he was a Christian and refused. They reported this to the prefect of the city Maximus. Saint Kalliopios was brought before him to be tried. At first, he attempted to persuade Kalliopios to worship the gods, promising to give him his own daughter in marriage. After the youth rejected this offer, Maximus subjected him to terrible tortures. After these tortures, they threw the martyr Kalliopios into prison.

When Theoklia heard about the sufferings of her son, she wrote her last will, freed her slaves, distributed her riches to the poor, and hastened to Saint Kalliopios. The brave mother gave money to the guard and got into the prison to see her son. There she encouraged him to endure suffering to the end for Christ.

When on the following day the saint refused to renounce Christ, Maximus gave orders to crucify the martyr. The day of execution happened to be Great Thursday, when the Savior’s last meal with His disciples is commemorated.

Theoklia begged the guard to crucify her son head downward, since she considered it unworthy for him to be crucified like the Lord. Her wish was granted. The holy martyr hung on the cross overnight and died on Great Friday in the year 304.

When the holy martyr was removed from the cross, Theoklia gave glory to the Savior. She embraced the lifeless body of her son and gave up her own spirit to God. Christians buried their bodies in a single grave.



## Parish Information

### Church School

Church School meets on Sundays following Divine Liturgy, at approximately noon. Our two Youth Church School classrooms meet downstairs.

### Orthodox Christianity 101

Our Orthodox Christianity 101 class meets in the Church hall following coffee hour. Anyone who is interested in learning the basic teachings and practices of the Orthodox Christian faith is welcome to attend! We will read and discuss the book *Welcome to the Orthodox Church* by Frederica Mathewes-Green.

### Men's Breakfast Group

The next Men's Breakfast will be on **Saturday, April 13** at 8am. Bring your favorite breakfast foods, and feel free to invite a friend!

## Ladies' Potluck Luncheon

Our Ladies' Potluck Luncheon group meets on the second Thursday of each month! The next luncheon will take place in the Church hall on **Thursday, April 11** at 12pm.

## Byzantine Chant Classes

Byzantine chant classes take place on **Saturdays at 4pm**. If you are interested in learning and helping out, please feel free to attend!



## This Week at Saint Nicholas

- Monday, April 8: 6pm Great Compline
- Wednesday, April 10: 6pm Presanctified Liturgy
- Thursday, April 11: 12pm Ladies' Luncheon
- Friday, April 12: 6pm Salutations to the Theotokos (4th Stasis)
- Saturday, April 13: 8am Men's Breakfast, 4pm Byzantine Chant Class, 5pm Great Vespers