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Sunday, September 21, 2025

Sunday After the Holy Cross

8:45am: Orthros

10am: Divine Liturgy of St. John Chrysostom

Hymns of the Day

Second Antiphon

Save us, O Son of God, who were crucified in the flesh. We sing to You, Alleluia.

Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ σαρκὶ σταυρωθεὶς, ψάλλοντάς σοι,
Ἀλληλούϊα.

Entrance Hymn

Exalt the Lord our God, and worship at the footstool of His feet; for He is holy. Save us, O Son of God, risen from the dead. We sing to You, Alleluia.

Resurrectional Apolytikion in the Plagal Second Mode

When the angelic powers appeared at Your tomb, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary, who was seeking Your immaculate body. Unassailed by Hades, You divested it of spoils. Then You met the Virgin. You granted life. O Lord, risen from the dead, glory to You!

Apolytikion for 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 the Cross in the Fourth Mode

You who were lifted on the cross voluntarily, * O Christ our God, bestow Your tender compassions * upon Your new community to which You gave Your name. * Cause our faithful

emperors to be glad in Your power, * granting them the victories against their adversaries. * And for an ally, Lord, may they have You, * peace as their armor, the trophy invincible.

Hymn to the Theotokos

Eating the tree's forbidden fruit once * in Paradise brought death to the human race. * But through the Cross, today death has no effect, * because the curse that fell on the entire human race through mother Eve * was undone by the Offspring of the all pure Mother of God, who now is by all the hosts of heaven magnified.

Communion Verse

Praise the Lord from the heavens. Alleluia.

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν. Ἀλληλούϊα.

And the following:

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

Ἐσημειώθη ἐφ' ἡμᾶς τὸ φῶς τοῦ προσώπου σου, Κύριε. Ἀλληλούϊα.

Gospel and Epistle Readings

Epistle Reading

Galatians 2:16 – 20

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in

Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove 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 who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

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.”

Saints and Feasts

Sunday After the Holy Cross

Saint Helen, the mother of Saint Constantine the Great, when she was already advanced in years, undertook, in her great

piety, the hardships of a journey to Jerusalem in search of the cross, about the year 325.

A temple to Aphrodite had been raised up by the Emperor Hadrian upon Golgotha, to defile and cover with oblivion the place where the saving Passion had been suffered. The venerable Helen had the statue of Aphrodite destroyed, and the earth removed, revealing the Tomb of our Lord, and three crosses. Of these, it was believed that one must be that of our Lord, the other two of the thieves crucified with Him; but Saint Helen was at a loss which one might be the Wood of our salvation.

At the inspiration of Saint Macarius, Archbishop of Jerusalem, a lady of Jerusalem, who was already at the point of death from a certain disease, was brought to touch the crosses, and as soon as she came near to the Cross of our Lord, she was made perfectly whole. Consequently, the precious Cross was lifted on high by Archbishop Macarius of Jerusalem; as he stood on the ambo, and when the people beheld it, they cried out, "Lord, have mercy."

It should be noted that after its discovery, a portion of the venerable Cross was taken to Constantinople as a blessing. The rest was left in Jerusalem in the magnificent church built by Saint Helen, until the year 614. At that time, the Persians plundered Palestine and took the Cross to their own country. Late, in the year 628, Emperor Heraclius set out on a military campaign, retrieved the Cross, and after bringing it to Constantinople, himself escorted it back to Jerusalem, where he restored it to its place.

Prophet Jonah

The Prophet Jonah, the son of Amathi, of the town of Gethhopher, was of the tribe of Zabulon; he prophesied during the years 838-810 before Christ. God commanded him to go

to Nineveh, the great city of the Assyrians, and to proclaim that its destruction was nigh at hand because of the sins of its people. But he, as a Prophet who knew the great compassion of God, feared that at his preaching the Ninevites would repent; that God, accepting their repentance in His love for man, would not fulfill Jonah's threats; and that he would be branded a false prophet. So he disobeyed the divine command, and boarded a ship and departed elsewhere.

Yet, a sudden and fearful sea-storm and the revelation of Jonah's disobedience caused the sailors to cast him into the sea. A great sea-monster appeared straightway by divine providence, and swallowed him up. For three days and nights he was found in its belly and he prayed, saying the words, "I cried aloud in my affliction unto the Lord my God...". The sea-monster then vomited him up on dry land and he again heard God's command. Wherefore, he went and preached, saying, "In three days, Nineveh shall be destroyed." The people became terrified and all repented. The great, the small, babes at the breast, and even the irrational beasts themselves fasted, and thus, having found mercy from God, they were spared His wrath.

Jonah's book of prophecy is divided into four chapters, and is placed fifth in order among the twelve minor Prophets. His three-day sojourn in the sea-monster's belly is an image of our Saviour's three-day burial and His life-bringing Resurrection. His name means "dove."

Wisdom of the Fathers

"Christ says in His precepts, 'Whosoever is ashamed of me, of him will the Son of man be ashamed.' And does he think that he is a Christian, who is either ashamed or afraid to be a Christian? How can he be one with Christ, who either blushes

or fears to belong to Christ?”

- St. Cyprian of Carthage, *Treatise* 3, “On the Lapsed,” §28.

Parish Prayer List

Please remember in your God-pleasing prayers the servants of God:

Connie (Constantina) Joufflas; Robert Tewis; Olivia
Coe; Robert (Tikhon) Foster

If you would like for yourself or a loved one to be added to the prayer list, please contact Fr. Jeremy.

Parish Information

Church School

Church School for our children begins following Holy Communion. We have two classrooms: one for elementary-school ages, and one for middle school and up. Please allow our Church School kids and their teachers to come up for Communion first.

Introduction to Orthodox Christianity

Our Adult Ed class meets on Sundays following coffee hour. We meet in the classrooms downstairs. Any who would like to learn more about our Orthodox Faith, whether a newcomer or a life-long member, are welcome to attend. Please contact Fr. Jeremy to be added to the distribution list for readings.

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!

Men's Breakfast

Our next Men's Breakfast will take place on Saturday, **October 4 at 8am**. 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, October 9** at 12pm.



This Week at St. Nicholas

- Wednesday, September 24: 6pm Small Paraklesis
- Friday, September 26 **Rest of John the Theologian**: 8:30am Orthros, 9:30am Divine Liturgy
- Saturday, September 27: 4pm Byzantine Chant Class, 5pm Great Vespers