

3585 North 12th Street, Grand Junction, CO 81506

Office Phone: (970) 242-9590

www.saintnicholasgj.org

Rev. Fr. Jeremy Troy, *Proistamenos*

frjeremytroy@gmail.com

Sunday, March 15, 2026

Third Sunday of Lent: Sunday of the Holy Cross

8:30am: Orthros

10am: Divine Liturgy of St. Basil the Great

Hymns of the Day

Resurrectional Apolytikion in the Grave Mode

By means of Your Cross, O Lord, You abolished death. * To the robber You opened Paradise. * The lamentation of the myrrhbearing women You transformed, * and You gave Your Apostles the order to proclaim to all * that You had risen, O Christ our God, * and granted the world Your 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 suff'rings, 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 Σταυρὸν σου προσκυνοῦμεν, Δέσποτα, καὶ τὴν ἁγίαν σου ἀνάστασιν δοξάζομεν.

Hymn to the Theotokos in the Plagal Fourth Mode

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.

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

Gospel and Epistle Readings

Epistle Reading

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, "You are my Son, today I have begotten you"; as he says also in another place, "You are a priest forever, according to 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."

Saints and Feasts

Third Sunday of Lent: Sunday 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.

Agapios the Martyr and His Companions

The holy Martyrs contested for piety's sake during the reign of Diocletian (284–305), when Urban was Governor of Caesarea of Palestine. When Urban had commanded that together with a heathen festival, certain condemned Christians be publicly cast to wild beasts, Timolaus, a native of Pontus, Dionysius of Tripolis in Phoenicia, Romulus of Diospolis, Plesius and Alexander from Egypt, and another Alexander from Gaza, tied their own hands and presented themselves to Urban when the exhibition was about to begin, professing their faith in Christ; they were immediately cast into prison. A few days later Agapios and Dionysius also presented themselves. All were beheaded together at Caesarea.

Wisdom of the Fathers

“He, the Life of all, our Lord and Saviour, did not arrange the manner of his own death lest He should seem to be afraid of some other kind. No. He accepted and bore upon the cross a death inflicted by others. . . a death which to them was supremely terrible and by no means to be faced; and He did this in order that, by destroying even this death, He might Himself be believed to be the Life, and the power of death be recognised as finally annulled. A marvelous and mighty paradox has thus occurred, for the death which they thought to inflict on Him as dishonour and disgrace has become the

glorious monument to death's defeat.”

- St. Athanasios of Alexandria, *On the Incarnation* §24

“When you are unoppressed, do not rejoice; and when tribulations come upon you, do not be sullen, accounting them as foreign to God's way. . . . The path of God is a daily cross. No one has ascended into Heaven by means of ease, for we know where the way of ease leads, and how it ends.”

- St. Isaac the Syrian, Homily 59 *On love of the world*

Parish Prayer List

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

Robert Tewis; Robert (Tikhon) Foster; Lance (Stylianos) Schmitt; Karen (Marie) Eagle; John Raftopoulos; Bonnie (Catherine) Butler; Carol (Abigail) Sherman; John Mason

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.

On Behalf of All

Funded through the Lilly Endowment, OBOA is a program aimed at ensuring that children with disabilities are able to participate fully in our parish life. We are a pilot parish in this program, and are looking for volunteers from the parish to help coordinate our participation in this ministry. If you are interested in learning more, please talk to Fr. Jeremy or Pres. Allison.

Byzantine Chant Classes

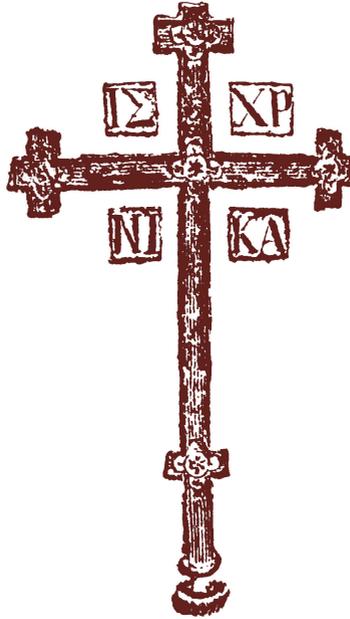
Byzantine chant classes take place on **Saturdays at 4pm**. If you are interested in learning and helping out, please feel free to attend!

Men's Breakfast

Our next Men's Breakfast will take place on Saturday, **May 2 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, April 16** at 12pm.



This Week at St. Nicholas

- Monday, March 16: 6pm Great Compline
- Wednesday, March 18: 6pm Divine Liturgy of the Pre-sanctified Gifts
- Friday, March 20: 6pm Akathist to the Theotokos (*Fourth Stasis*)
- Saturday, March 21: 4pm Byzantine Chant Class, 5pm Great Vespers