

CALENDAR

Sunday 3/15: WINE/OIL ALLOWED

**Sunday of the Veneration
of the Holy Cross**

8:45a Orthros (Matins)
9:00a Church School
10:00a Ceremony of the
Cross & Divine Liturgy
4:00 Enquirers Class

Monday 3/16: STRICT FAST
Martyr Savvinos of Egypt

6:30p Great Compline & Bible Study

Tuesday 3/17: STRICT FAST
**Alexios the Man of God; Patrick,
Enlightener of Ireland**

Wednesday 3/18: STRICT FAST
Cyril, Abp. of Jerusalem

6:30p Presanctified Liturgy

Thursday 3/19: STRICT FAST
Martyrs Chrysanthos & Daria

Friday 3/20: STRICT FAST
**Holy Fathers Slain at St. Savvas
Monastery**

6:30p 4th Salutations to the Theotokos

Saturday 3/21: WINE/OIL ALLOWED
James, Bishop & Confessor

6:30p Great Vespers

Sunday 3/22: WINE/OIL ALLOWED
Sunday of John Klimakos

8:45a Orthros (Matins)
9:00a Church School
10:00a Divine Liturgy

When, on this day, we look at the precious Cross of Christ, in faith let us adore it, let us rejoice, and embrace it ardently, beseeching our Lord, who of His own choice gave Himself to be crucified on it, to make us worthy of adoring His most precious Cross so that, free from all defilement, we may attain the day of Resurrection.

Orthros for the Holy Cross

The key to knowledge is the humility of Christ. The door of the Kingdom of Heaven is open, not to those who only know in their learned minds the mysteries of faith and the commandments of their Creator, but to those who have progressed far enough to live by them.

St. Bede the Venerable
Unknown, 8th century

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.



HOLY CROSS GREEK ORTHODOX CHURCH



METROPOLIS OF
SAN FRANCISCO

3RD SUNDAY OF GREAT LENT: OF THE VENERATION OF THE CROSS

**Holy Martyr Agapios & Those with Him;
Holy New-Martyr Manuel of Sfakion.**

March 15, 2015

WELCOME VISITORS!

We are pleased that you have joined us today. In order to receive Holy Communion in the Greek Orthodox Church, one must be Baptized and/or Chrismated in the Christian Orthodox Faith. The Orthodox Church understands Holy Communion as a sign of unity. If you are interested in learning more about Christian Orthodoxy, please contact our priest, Father Andreas. Communicants should prepare themselves through fasting, prayer and confession. All Christians are invited to come forward at the dismissal of the Divine Liturgy to receive the holy bread, called *Antidoron*, which is offered to everyone as a blessing when they leave.

Rev. Presbyter Andreas Maclean Papayiannis, BA, MDiv, *Ieratikos Proistamenos* (Parish Priest)
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*Holy Cross Greek Orthodox Church is a parish of the Holy Metropolis of San Francisco, in the Greek Orthodox Archdiocese of America, an eparchy of the Ecumenical Patriarchate of Constantinople.
Our hierarch is His Eminence the Most Reverend GERASIMOS, Metropolitan of San Francisco.*

TROPARIA AND READINGS

Resurrectional Apolytikion Grave Mode

O Lord by Your sacred Cross You abolished death, and granted unto the thief blessed paradise. The Myrrh-bearers ceased lamenting and turned to joy. The apostles did preach the Good News at Your command, that You had risen from the dead O Christ Our God, bestowing Your mercy upon the world ever more.

Ἀπολυτίκιον Ἀναστάσιμον Ἦχος βαρύς

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἠνέωξας τῷ Ληστῇ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρήνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Apolytikion of our Temple 1st Mode

Save, O Lord Your people, and bless Your inheritance; grant victory to the faithful against the adversaries of the Faith, and protect Your people by the power of Your Cross.

Hymn of the Church in Greek & phonetics

Σῶσον, Κύριε, τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

SO-son KEE-ri-e ton la-ON soo, keh ev-LO-ye-e-son teen klee-ro-no-MEE-an soo, NEE-kas tees va-see-lef-SEE ka-TA var-VAR-on tho-ROO-me-nos, keh to son fee-LA-ton thi-A too stav-ROO soo po-LEE-tev-ma.

Seasonal Kontakion Plagal 4th Mode

O Champion General, I your City now ascribe to you * triumphant anthems as the tokens of my gratitude, * being rescued from the terrors, O Theotokos. * Inasmuch as you have power unassailable, * from all kinds of perils free me so that unto you * I may cry aloud: Rejoice, O unwedded Bride.

7th Orthros Reading: Gospel according to St. John 20:1-10

At that time, Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying, and the napkin, which had been on his head, not lying with the linen cloths but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the scripture, that he must rise from the dead. Then the disciples went back to their homes.

TROPARIA AND READINGS

Prokeimenon: Plagal 2nd Mode. Psalm 27

O Lord, save Your people, and bless Your inheritance; and shepherd them, and raise them up forever.

Στιχ: *To You, O Lord, I cry; O my God, may You not pass over me in silence; may You never be silent to me, else I would become like those who go down into the pit.*

Apostolic Reading: St. Paul's Letter to 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."

Alleluia: Plagal 2nd Mode. Psalm 73

Alleluia. Alleluia. Alleluia.

Στιχ 1: Remember Your congregation You acquired from the beginning.

Στιχ 2: But God is our King before the ages; He worked salvation in the midst of the earth.

Holy Gospel Reading: Gospel according to St. 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."