

CALENDAR

**Sunday 3/8: WINE/OIL ALLOWED
Sunday of Gregory Palamas**

8:45a Orthros (Matins)
9:00a Church School
10:00a Divine Liturgy
4:00 Enquirers Class

**Monday 3/9: WINE/OIL ALLOWED
40 Martyrs of Sevastia**

6:30p Great Compline & Bible Study

**Tuesday 3/10: STRICT FAST
Martyr Kodratos & Companions**

**Wednesday 3/11: STRICT FAST
Sophronios, Patriarch of Jerusalem**

6:30p Presanctified Liturgy

**Thursday 3/12: STRICT FAST
Theophanes the Confessor**

6:30p Parish Council

**Friday 3/13: STRICT FAST
Nikeforos, Patr. of Constantinople**

6:30p 3rd Salutations to the Theotokos

**Saturday 3/14: WINE/OIL ALLOWED
Benedict of Nursia**

6:30p Great Vespers

**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

ANNOUNCEMENTS

- ♦ We will be taking pictures for the **Parish Directory** on Mar. 27-28. Please sign up during Coffee Hour.
- ♦ Tomorrow, the **Presanctified Liturgy** will be offered at 9:00a in commemoration of the Holy 40 Martyrs of Sevastia. We will also have the usual Wednesday celebration of this Liturgy at 6:30p.
- ♦ In two weeks, **His Grace Bishop Apostolos of Medeia**, Chancellor of our Metropolis, will be here to meet with the Parish Council. He will also preside at one of the services that weekend.

For though in the beginning He Himself went about, and did not require so much faith of them that came unto Him; yet in this case they both approached Him, and had faith required on their part. For, "Seeing," it is said, "their faith;" that is, the faith of them that had let the man down.

St. John Chrysostom
Homily 29 on Matthew 9

**HOW MUCH DOES IT COST
TO OPERATE OUR PARISH?
\$58/FAMILY EVERY WEEK.**

**GLORY TO GOD, SOME OF OUR FAMILIES
HAVE ANSWERED THIS CALL!
BUT WE STILL HAVE NOT HEARD FROM
MANY OF YOU, PLEASE SUBMIT YOUR
PLEDGE CARD TODAY.**



HOLY CROSS GREEK ORTHODOX CHURCH



METROPOLIS OF
SAN FRANCISCO

**SECOND SUNDAY OF LENT:
OF OUR FATHER AMONG THE SAINTS
GREGORY PALAMAS,
ARCHBISHOP OF THESSALONIKI
Our Righteous Father Theopylaktos, Bishop of Nikomedia;
Apostle Hermas; & the Righteous Dometios.**

March 8, 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)
P.O. Box 2164, Flagstaff, AZ 86003
Church Location: 16 West Cherry Ave. (Nativity Chapel), Downtown Flagstaff
Office: 928.225.3814 Fax: 855.879.8690 Pastoral Emergency: 928.607.9005
Fr. Andreas's e-mail: priest@holycrossflagstaff.org
Web Site: www.holycrossflagstaff.org

*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 Plagal 2nd Mode

When the angelic powers appeared at your tomb and those who guarded You became as though dead, and standing by Your sepulchre was Mary seeking Your pure and sacred body. For You did vanquish Hades and uncorrupted by its touch You came unto the virgin woman, bestowing the gift of life O You who rose from the dead. Lord we give glory to You.

Ἀπολυτίκιον Ἀναστάσιμον Ἦχος πλ. β´

Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμᾳ σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντὸν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήνησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Apolytikion for the Hierarch Plagal 4th Mode

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

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-yee-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.

6th Orthros Reading: Gospel according to St. Luke 24:36-53

At that time, Jesus, having risen from the dead, stood in the midst of his disciples and said to them, "Peace to you." But they were startled and frightened, and supposed that they saw a spirit. And he said to them, "Why are you troubled, and why do questionings rise in your hearts? See my hands and feet, that it is I myself; handle me, and see; for a spirit has not flesh and bones as you see that I have." And when he said this, he showed them his hands and his feet. And while they still disbelieved for joy, and wondered, he said to them, "Have you anything here to eat?" They gave him a piece of broiled fish, and he took it and ate before them. Then he said to them, "These are my words which I spoke to you, while I was still with you, that everything written about me in the law of Moses and the prophets and the psalms must be fulfilled." Then he opened their minds to understand the scriptures, and said to them, "Thus it is written, that the Christ should suffer and on

TROPARIA AND READINGS

the third day rise from the dead, and that repentance and forgiveness of sins should be preached in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And behold, I send the promise of my Father upon you; but stay in the city, until you are clothed with power from on high." Then he led them out as far as Bethany, and lifting up his hands, he blessed them. While he blessed them, he parted from them, and was carried up into heaven. And they worshiped him, and they returned to Jerusalem with great joy, and were continually in the temple blessing God.

Prokeimenon: Plagal 2nd Mode. Psalm 27

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

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

Apostolic Reading: St. Paul's Letter to Hebrews 1:10-14. 2:1-3

"IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Alleluarion: Plagal 2nd Mode. Psalm 90 Alleluia. Alleluia. Alleluia.

Στιχ 1: He Who dwells in the help of the Most High Shall lodge in the shelter of the God of heaven.

Στιχ 2: He shall say to the Lord, "You are my protector and my refuge, my God; I will hope in Him."

Holy Gospel Reading: Gospel according to St. Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk?' But that you may know that the Son of man has authority on earth to forgive sins" - he said to the paralytic - "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"