

THE MESSENGER

Weekly Worship Guide of The Greek Orthodox Cathedral of the Annunciation, Atlanta, Georgia

Sunday, March 31, 2019 - Κυριακή, 31 Μαρτίου 2019

**3rd Sunday of Lent (Veneration of the Holy Cross)
Κυριακή Γ' Νηστειών (της Σταυροπροσκυνήσεως)**

*Ypatios, Bishop of Gaggra, Akakios, Bishop of Melitene the Confessor,
the Hieromartyr Audas, Bishop of Persia, and the multitude of the Holy Martyrs of Persia,
Menendros the Martyr, the Righteous Father, Blasios,
The Thirty-Eight Martyrs, the Righteous Father Stephen the Wonderworker*

*We are Blessed to have serving the Divine Liturgy today,
our Hierarch and Spiritual Father,
His Eminence Metropolitan Alexios of Atlanta*



Students in PreKC (4 yr olds) thru 5th Grades will participate in the procession today. ALL other classes will observe the procession. Students participating will meet in the upstairs hallway, right outside the Narthex.

**Come during Holy Communion if you are not receiving, right after if you are receiving.
Immediately following the procession, ALL classes will be held for 30 minutes.*

St. Innocent of Alaska



Saint Innocent, Metropolitan of Moscow and Kolomensk, was glorified by the Russian Orthodox Church on October 6, 1977. He was born in the village of Anginsk in the Irkutsk diocese. The Apostle of America and Siberia proclaimed the Gospel “even to the ends of the earth”: in the Aleutian islands (from 1823), in the six dialects of the local tribes on the island of Sitka (from 1834), among the Kolosh (Tlingit); in the remotest settlements of the extensive Kamchatka diocese (from 1853); among the Koryak, Chukchei, Tungus in the Yakutsk region (from 1853) and North America (in 1857); in the Amur and the Usuriisk region (from 1860). Having spent a large part of his life in journeys, Saint Innocent translated a Catechism and the Gospel into the Aleut language. In 1833, he wrote in this language one of the finest works of Orthodox missionary activity “INDICATION OF THE WAY TO THE KINGDOM OF HEAVEN”. In 1859, the Yakut first heard the Word of God and divine services in their native language. Twice (in 1860 and 1861) Saint Innocent met with Saint Nicholas the Apostle to Japan (February 3), sharing with him his spiritual experience. A remarkable preacher, Saint Innocent said, “Whoever abounds in faith and love, can have mouth and wisdom, and the heart cannot resist their serving it.” Having begun his apostolic work as a parish priest, Saint Innocent completed it as Metropolitan of Moscow. He obeyed the will of God all his life, and he left behind a theme for the sermon to be preached at his funeral: “The steps of a man are rightly ordered by the Lord” (Ps 36/37:23).

(Adapted from the Website of the Orthodox Church of America)

ORDER OF HYMNS FOLLOWING THE SMALL ENTRANCE

Απολυτικά

Ἀναστάσιμον Ἀπολυτικίον. ᾠδὸς γ'

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ᾄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Ἀπολυτικίον τῆς Ἑορτῆς. ᾠδὸς α'

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

Ἀπολυτικίον τοῦ Ἁγίου Ἀλεξίου. ᾠδὸς δ'

Ἐκ ρίζης ἐβλάστησας, περιφανοῦς καὶ κλεινῆς, ἐκ πόλεως ἠνθησας, βασιλικῆς καὶ λαμπρᾶς, Ἀλέξιε πάνσοφε, πάντων δ' ὑπερφρονήσας, ὡς φθαρτῶν καὶ ρεόντων, ἔσπευσας συναφθῆναι, τῷ Χριστῷ καὶ Δεσπότῃ. Αὐτὸν οὖν ἐκδυσώπει ἀεὶ, ὑπὲρ τῶν ψυχῶν ἡμῶν.

Ἀπολυτικίον τοῦ Ναοῦ. ᾠδὸς δ'

Σήμερον τῆς σωτηρίας ἡμῶν τὸ Κεφάλαιον, καὶ τοῦ ἀπ' αἰῶνος Μυστηρίου ἢ φανέρωσις, ὁ Υἱὸς τοῦ Θεοῦ, Υἱὸς τῆς Παρθένου γίνεται, καὶ Γαβριὴλ τὴν χάριν εὐαγγελίζεται. Διὸ καὶ ἡμεῖς σὺν αὐτῷ τῇ Θεοτόκῳ βοήσωμεν· Χαῖρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

Κοντάκιον. ᾠδὸς πλ. δ'

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν, εὐχαριστήρια, ἀναγράφω σοι ἡ Πόλις σου, Θεοτόκε· ἀλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων με κινδύνων ἐλευθέρωσον ἵνα κράζω σοι· Χαῖρε, Νύμφη ἀνύμφευτε.

Apolytikia

Resurrectional Apolytikion. Mode 3

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 Feast. Mode 1

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 for St. Alexios. Mode 4

Though you did bud forth from a renowned and notable root, * and though you did blossom from a city famed for her great imperial dignity, * yet did you scorn all things as corruptible and fleeting, * striving to be joined to Christ Your Mater forever. * Entreat Him, O Alexios most wise, fervently for our souls.

Apolytikion of the Church. Mode 4

Today is the beginning of our salvation, and the revelation of the mystery which was hidden from eternity. The Son of God becomes the Virgin's Son, and Gabriel announces the grace of this Good News. Let us also join with him, calling to the Theotokos: Rejoice, O Woman full of grace; the Lord is with you.

Kontakion. Mode pl. 4

O Champion General, I your city now inscribe 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.



3rd Sunday of Lent (Veneration of the Holy Cross) Κυριακή Γ' Νηστειών (της Σταυροπροσκυνήσεως)

TODAY'S EPISTLE READING IS FROM:
ST. PAUL'S LETTER TO THE HEBREWS 4:14-16; 5:1-6
READER: CHRISTINA NASTOPOULOS

PROKEIMENON: O Lord, save Your people, and bless Your inheritance.
VERSE: To You, O Lord, I have cried, O my God.

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."

TODAY'S 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."

"Take up and read, take up and read." St. Augustine, *Confessions XII*

DIVINE LITURGY CONTINUES ON PAGE 51 OF THE DIVINE LITURGY BOOK





ACOLYTES METROPOLITAN'S GROUP

Athanasios Grivakis
Evangelos Katasoudas
Gus Karas
Jack McClure
Jerod Spetseris
John Xides
Matthew Davis
Niko Reynolds

Niko Skiouris
Pano Karatassos
Pete Constantinides
Peter Kessler
Platon Constantinides
Robby Keenan
Spears Vavalides
Teddy Gassert

HANDMAIDENS METROPOLITAN'S GROUP

Bella Reynolds
Elena Karas
Elli Moraitakis
Gabriella Pappas
Marcella Vlahos

Paulina Katsoudas
Penelope Melissas
Reece Hughes
Zoe Franklin

The following Parish Council members will be on duty today during the Service:

Group: **St. Basil the Great**

Sandy Papadopoulos
Al Galloway

Despina Lamas
Jerry Odenwelder

Ted Kipreos
Costa Panos

GUIDELINES FOR RECEIVING HOLY COMMUNION

Holy Communion is offered in the Orthodox Church only to those individuals baptized and chrismated (confirmed) in the Orthodox Faith. To participate in Holy Communion one must be in good standing with the Church spiritually (for example, married people must have had their marriage blessed in the Church; and, all must be without grave sin on their hearts). For all Orthodox Christians, the proper preparation for Holy Communion must be observed: that is, examination of conscience, confession, reading the prayers for Holy Communion, and the proper fasting. If you have any further questions about this, please speak with the clergy. Women should remove all lipstick when approaching for Holy Communion. Please let parents with their babies and the elderly approach first. Thank you.

WELCOME EVERYONE!

Welcome everyone! We extend a warm welcome to our visitors worshipping with us today in our Cathedral. You are invited to join us for our fellowship, following the conclusion of the Divine Liturgy, in Carlos Hall next to the Church. Thank you for your visit! Please stop by our hospitality table and sign the register in the Narthex.

*“Salvation is nearer to us now than when we first believed;
the night is far gone, the day is at hand.*

Let us then cast off the works of darkness and put on the armor of light”

Romans 13:11-12

Assistive
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Available
-Please Ask-



Rev. Fr. Paul A. Kaplanis, *Dean*
Rev. Fr. Christos P. Mars, *Presbyter*
Elias Lampropoulos, *Pastoral Assistant*

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