

## CHURCH CALENDAR

**Friday, March 20th:** 7:00 P.M.- Akathyst Hymn at St. Mary Church

**Sunday, March 22nd:** Sunday of the Holy Cross

**Tuesday, March 24th:** 7:00 P.M.-Liturgy for the Annunciation

**Wednesday, March 25th:** 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

**Friday, March 27th:** 7:00 P.M.- Akathyst Hymn at St. Mary Church

**Sunday, March 29th:** Fourth Sunday of Lent (John Climacus)

**Wednesday, April 1st:** 7:00 P.M.- Pre-Sanctified Liturgy at St. Mary Church

**Friday, April 3rd:** 7:00 P.M.- Akathyst Hymn at St. Mary Church

**Sunday, April 5th:** 5th Sunday of Lent (Mary of Egypt)

**Sunday, April 12th:** Palm Sunday

**Tuesday, April 14th:** 7:00 P.M.- Parish Council Meeting

**Sunday, April 19th:** Great & Holy PASCHA



### Orthodox Vocabulary

#### Hexapsalmos

The sequence of six psalms read after the opening prayers of Orthros. They are Septuagint Psalms 3,37,62,87,102 and 142. During the reading of the Six Psalms the officiating priest recites the twelve Matins prayers and the congregation maintains a strict silence.



*All our life is like a day of celebration for us; we are convinced, in fact, that God is always everywhere. We work while singing, we sail while reciting hymns, we accomplish all other occupations of life while praying.*

*~Clement of Alexandria*



## SAINT MARY ANTIOCHIAN ORTHODOX CHURCH

BEFORE THY CROSS WE BOW DOWN IN WORSHIP,  
O MASTER,  
AND THY HOLY RESURRECTION WE GLORIFY!



#### VENERATION OF THE CROSS - SESSIONAL HYMN

No sooner had the wood of Thy Cross been set up, O Christ our Lord, than the foundations of death were shaken. Hell swallowed Thee eagerly, but it led Thee go with trembling. Thou hast shown us Thy salvation, O Holy One, and we glorify Thee, O Son of God; have mercy on us!

*Sunday, March 22, 2020*

*Third Sunday of Lent:*

*Veneration of the Holy Cross*

***Saint Mary Antiochian Orthodox Church***  
***"A parish of the Antiochian Orthodox Christian Archdiocese of North America"***

249 High Street, Pawtucket, RI 02860  
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Email: [office@stmarypawtucket.org](mailto:office@stmarypawtucket.org)

**His Eminence Metropolitan JOSEPH, Archbishop of New York  
& Metropolitan of all North America**

**His Grace Bishop JOHN, Auxiliary and Bishop of the  
Diocese of Worcester and New England**

**V. Rev. Father Elie Estephan**  
Cell- 1-(240) 205-9079

**Sub-Deacon Emad Amirhom**  
**Sub-Deacon Elijah Vollendorf**

**Schedule of Services**

<i>Sunday: Orthros (Matins)</i>	<i>9:00 a.m.</i>
<i>Church School</i>	<i>11:15 a.m.</i>
<i>Sunday: Divine Liturgy</i>	<i>10:00 a.m.</i>

*Enter in Quietness, Rest in Prayer,  
Worship in Reverence, Depart in Peace to Serve*

**We welcome our Visitors & Guests:** Please take a moment to fill out a Visitor Card.  
We invite you to join us for coffee hour at the Parish Center following Liturgy.

**Receiving Communion:** Only those Orthodox Christians who have prepared themselves may approach the chalice for Holy Communion. Everyone is welcome to partake of the Holy Bread after the Liturgy.



**Prayer Line**

St. Mary ~ Internet Prayer Line  
Prayer requests can be sent to us via the internet at  
**[office@stmarypawtucket.org](mailto:office@stmarypawtucket.org)**

All requests must be received by Wednesday noon to be included in that week's bulletin.  
Any requests received after that time will be included in the following week's bulletin.

**St. Mary Antiochian Orthodox Church, Pawtucket**  
**Schedule of Services: Great Lent 2020**



The Liturgy of the Pre-sanctified Gifts will be held on Wednesday evenings at 7:00 pm. Those wishing to partake of Holy Communion ought to be fasting from 12:00 noon on.

The service of the Akathyst Hymn or Madeeh (The Salutations to the Virgin Mary) will be held on the first five Friday evenings of Great Lent at 7:00 pm.

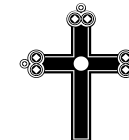
The Divine Liturgy on Lazarus Saturday, April 11th, will be celebrated at 9:00 a.m.

Palm Sunday is on April 12th. Holy Week starts on Sunday evening April 12th with the Bridegroom Service at 7:00 p.m.

Great and Holy Week: Monday, April 13th - Saturday, April 18th.

Great and Holy PASCHA (Easter) is April 19th.

*May the Living God, the Fountain of Wisdom, enlighten our minds, strengthen our bodies, and nourish our souls in the blessing of this holy season, the Lenten Spring.*



## The Third Sunday of Lent Sunday of the Adoration of the Holy Cross


In the middle of lent, the Church sets before us the Cross of Christ. On two other occasions during the year, September 14th and August 1st, the Cross is presented for our remembrance and veneration. Both these feasts link the adoration of the Cross to historic events. However, the remembrance of the Cross on the third Sunday of Lent speaks only to our faith and reverence. It is to proclaim the part played by the cross in the history of salvation and to prepare us for the vision, still far-off, of the Cross which, on Holy Friday, will be erected on Golgotha.

The priest places a cross on a tray covered with flowers and, carrying the cross over his head, he leaves the sanctuary and the iconostasion. He is preceded by lighted candles and censers: Having reached the middle of the Church, he places the cross on a table. He censes it. The choir sings: "We venerate thy Cross, O Master, and we glorify thy Holy Resurrection." The meaning of the feast is well expressed by this chant for matins:

"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 worthy of adoring his most precious Cross so that, free from all defilement, we may attain the day of Resurrection."

The Year of Grace of the Lord





**Making  
The Sign of the  
Cross**

This is how  
your right hand  
will look.

**What the sign means:**  
Thumb and first 2 fingers:  
The Holy Trinity  
Little finger and ring finger:  
Two natures of Christ  
(human and divine)

**Guidelines:**  
Only sign yourself with your right hand.  
Sign yourself with Father, Son, &  
Holy Spirit.

Forehead ⇨  
breastbone ⇨  
right shoulder ⇨  
left shoulder

## *Third Sunday of Lent*

**Tone: 7 / Eothinon: 7**

### **RESURRECTIONAL APOLYTIKION: Tone 7**

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

### **APOLYTIKION FOR THE HOLY CROSS: Tone 1**

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

### **TROPARION OF THE DORMITION: Tone 1**

In giving birth, Thou didst keep Thy virginity and in thy repose, Thou didst not forsake the world, O Theotokos, for Thou art the mother of life, and Thou didst pass over into life; and through thy intercession from death Thou dost redeem our souls.

### **KONTAKION FOR SUNDAYS IN GREAT LENT: Tone 8**

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

### **Arabic Liturgy**

Arabic Liturgy is being offered the first Saturday of each month at 6:00 P.M. All are welcome and encouraged to attend.

**Epistle**

Hebrews 4:14-5:6

*Prokeimenon: O Lord, save your people and bless your inheritance.*

*Verse: To you, O Lord, have I cried, O my God.*

*The reading is from Saint Paul's Letter o the Hebrews.*

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 like 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."

**The Gospel**

Mark 8:34-9:1

The Lord said, "If any man would 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 soul? For what can a man give in return for his soul? For whoever is ashamed of me and of 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 Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see that the kingdom of God has come with power."



**PRAYERS ARE BEING OFFERED FOR  
GOOD HEALTH AND BLESSING OF:**

Kevin Hashway  
Mark Hashway  
Offered by: Elaine Wilbur



Elizabeth Votruba  
Offered by: Sandra Matook

Fr. Isaac & Kh. Dolly Crow  
Simon Karam  
Edward Betor  
Josephine Karam  
Offered by: Elie, Julia & Naji Karam

Paula Hallal  
Mary Massiwer & Family  
Offered by: Holly Lazieh & Sons & Bob Dessaint

Nabil & Salwa Khoury  
Anita Chamoun & Family  
All Parishioners  
Offered by: Nabil & Salwa Khoury

**IN LOVING MEMORY OF:**

Fred Hashway Jr.  
Offered by: Elaine Wilbur

Lillian Betor  
Georges Karam  
Offered by: Elie, Julia & Naji Karam

Leon Matook  
Offered by: Sandra Matook & Family

**Coffee Hour**

No Coffee Hour Today.



**THE SYNAXARION (Plain Reading)**

On March 22 in the Holy Orthodox Church, we commemorate the Hieromartyr Basil of Ancyra; Martyr Kallinika of Rome; and Venerable-martyr Euthymios of Prodromou Skete on Athos.

On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross.

***Verses***

*Let the whole world entire worship the Cross  
through Which it truly knew to worship Thee, O Word.*

Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.

By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen.