



Saint Mary Orthodox Christian Church

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Rev. Father Peter Smith, Pastor

Website Address: www.stmarywichita.org

Tone 3

Sunday, March 30, 2008

Eothinon 11

THE THIRD SUNDAY OF GREAT LENT The Adoration of the Precious and Life-Giving Cross

Apolytikion of the Resurrection ~ Tone 3

Let the heavens rejoice and the earth be glad; for the Lord hath done a mighty act with His own arm. He hath trampled down death by death and become the First-born from the dead. He hath delivered us from the depth of Hades, granting the world the great mercy.

Apolytikion of the 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 Kingdom.

Apolytikion of the Nativity of the Theotokos ~ Tone 4

Thy nativity, O Theotokos, hath proclaimed joy to the whole universe; for from thee shone forth the Sun of Justice, Christ our God; annulling the curse and bestowing the blessing, abolishing death and granting us life everlasting!

Kontakion of Great Lent ~ Tone 8 AUTOMELON (Original Melody)

To thee the champion leader, I thy servant offer thanks of victory, O Theotokos, thou who hast delivered me from terror. As thou hast power invincible, free me from every danger that I may cry unto thee: Rejoice, O bride without bridegroom.

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**THE READING IS FROM THE EPISTLE OF ST PAUL TO THE HEBREWS
(4:14-16; 5:1-6)**

The Prokeimenon: *Save, O Lord, Thy people and bless Thine inheritance. (Verse) Unto Thee, O Lord, will I cry; O my God.*

BRETHREN, seeing that we have a great High Priest, that is passed into the Heavens, Jesus the Son of God, let us hold fast our profession. For we have not an high priest which cannot be touched with the feeling of our infirmities, but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the Throne of Grace, that we may obtain mercy and find Grace to help in time of need. For every high priest taken from among men is ordained for men in things pertaining to God, that he may offer both gifts and sacrifices for sins; who can have compassion on the ignorant and on them that are out of the way; for that he himself also is compassed with infirmity. And by reason hereof he ought, as for the people, so also for himself, to offer for sins. And no man taketh this honor unto himself, but he that is called of God, as was Aaron. So also Christ glorified not Himself to be made an High Priest, but He said unto Him, "Thou art My Son, today have I begotten Thee." As He saith also in another place, "Thou art a Priest forever, after the order of Melchizedek."

The Alleluarion: *Remember Thy congregation which Thou hast purchased from the beginning. (Verse) God is our king before the ages, He hath wrought salvation in the midst of the earth.*

Presanctified Potluck Meals and Greeter Schedules

Wednesday, April 2nd	<i>Humanitarian / Greeters in charge of set-up and clean-up Greeter: Helen Stitt</i>
Thursday, April 10th	<i>Scroll / Sunday School Teachers in charge of set-up and clean-up Greeter: Michelle Shaheen</i>
Wednesday, April 16th St.	<i>Joint Presanctified Liturgy at St. George ~ No services at Mary</i>

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THE HOLY GOSPEL ACCORDING TO ST. MARK
(8:34 TO 9:1)

At that time, the Lord saith: “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 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.”

A WARM WELCOME TO OUR VISITORS

Welcome to Saint Mary Orthodox Christian Church! We thank you for worshipping with us today and pray that your visit has been a blessing. Please fill out the Visitors Card, give it to one of the ushers before the end of today's Divine Liturgy, and tell us how we may serve you further. While we rejoice that you have chosen to worship with us, we must point out that the Orthodox Church does not practice “Open Communion,” but rather follows the ancient Christian practice of offering Holy Communion only to Orthodox Christians who have prepared themselves with prayer, fasting, and a recent confession of sins. Please join us for coffee and fellowship in our parish hall next door so that we may offer you hospitality and have the joy of greeting you properly. If you would like to learn more about the Orthodox Faith, please let us know – we'll be happy to share our Faith with you.

ST. MARY SPRING GRADUATES ~ if you are a member of St. Mary Church and will be graduating from high school or college in Spring of 2008, please let us hear from you. Send your name, home phone no., and e-mail address to: thescrollnews@yahoo.com You will be sent a Graduate Information form later this Spring. We will be featuring our St. Mary graduates in a future issue of The Scroll. Thank you!

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HOLY BREAD (PROSPHORA) OFFERINGS

Holy Bread (Prospora) & Coffee Hour offered by: Mary Ann Khoury and Jad Allah Wolf – for their family and the clergy and faithful of the Orthodox Diocese of Alaska.

The Orthodox servants of God, that they may have mercy, life, peace, health, salvation and visitation: Faithful of the Orthodox Diocese of Alaska Staff and students of St. Herman Theological Seminary, Mother Capetolina, Mother Cassiana, Louise, Mary Ann, Michael, Jad, Jad Albert, Gabriel, Diana, Kandace, Robin, her unborn children – Michael and “Photini”, Makena, Judy, Gary

ANNOUNCEMENTS.....

Confessions: Each of us, to be spiritually healthy, should have a regular habit of confession. However, the frequency of your confessions should be discussed with your priest. As a minimum, the Church asks that we confess during the four canonical fasts (the Nativity fast, the Apostle's fast, the Dormition fast & the Great Fast of Lent.). For your convenience, Fr. Peter will hear confession each Saturday evening after Great Vespers & by appointment.

The Lenten Fasting Disciple – Beginning Monday, March 10th Orthodox Christians follow the Lenten fasting discipline. This means that in addition to reducing the *amount of food* we eat each day (in Lent, about one and a half meals per day) we also change the *kinds of foods* we eat, abstaining from all meat, poultry, fish, eggs, dairy products of all kinds, wine (alcohol) and oil. Wine and oil are allowed on the weekends of the Great Fast and fish, wine and oil is permitted on the great feast of Palm Sunday. May God grant you a blessed fast.

Donations for flowers to adorn our Church on Holy Pascha will be gratefully accepted by our treasurer Mrs. Judith Shippy. Kindly make your donation before Palm Sunday so we will be able to plan.

2008 Parish Life Conference The 2008 Diocese of Wichita and Mid-America (DOWAMA) Parish Life Conference (June 18 – 22) is rapidly approaching. Believe it or not, now is the time to begin thinking about registration and making those hotel reservations. This year's conference is being hosted by Ss. Constantine and Helen Orthodox Church of Dallas, TX and will introduce something new. This year, the conference will end on Saturday, allowing all of the clergy to return to their parishes in time for services on Sunday. Look for additional hotel and registration information in the foyer or go to www.DOWAMAPLC.org to download forms or register online. Also, St. Mary will be hosting the Parish Life Conference in 2009, so attending this year's conference will help us see how they work these days and plan for next year.

FFHP – Today you may again pick up your *Food For Hungry People* boxes and canisters in the foyer of the Church. Please make use of this simple but very effective way to help those who regularly go without the most basic of needs, food.

The Belles: will have a short meeting immediately following Liturgy today in the Library.

LOOKING AHEAD AT SAINT MARY

April Item of the Month for the Food Panty is canned fruit. The Humanitarian Ministry Team would like to take this opportunity to thank you for the donations made to the Food Pantry this month. We were able to serve 20 people by giving out 77 pounds of food in March. We thank you for your continuing support.

The Scroll: The April/May issue will be distributed today following the Divine Liturgy. Be sure to get your copy!

Wednesday, April 2nd

*Life Line Health Screening at St. Mary 8:00 a.m. till 5:00 p.m.
6:00 p.m. 9th Hour & Typika
6:30 p.m. Presanctified Liturgy*

Thursday, April 3rd

NO Bible Study today

Friday, April 4th

6:30 p.m. Little Compline & Akathist

Saturday, April 5th

5:00 p.m. 9th Hour, Great Vespers & Confession

Sunday, April 6th

Holy Bread & Coffee Hour: Marie Patterson
Greeters: Roy & Susan Clark
*9:15 a.m. Orthros
9:30 a.m. Church School
10:30 a.m. Liturgy of St. Basil.*

***NOTE: April 5th & 6th St. Mary Lenten Retreat with V. Rev. Dr. Josiah Trenham. See insert in today's bulletin.**

IMPORTANT ANNOUCEMENT~ As we have announced the past few Sundays, Saint Mary's Orthodox Christian Church will be hosting a community health screening, on April 2nd. Life Line Screening will be screening for stroke, abdominal aneurysm, peripheral arterial disease, and osteoporosis risks, diseases that often progress asymptotically over time. Statistically, half the people who suffer a stroke have no warning signs before a stroke occurs. So this is a very effective and non-invasive way to take an active part in your own health. Appointment slots are filling quickly so I encourage you to call the toll-free 800 # on the flyer to schedule an appointment if you haven't already. Please see the flyer in today's bulletin for more details.