

SUNDAY OF THE VENERATION OF THE HOLY CROSS

Resurrectional Dismissal Hymn

By means of Your Cross O Lord You abolished death, To the robber You opened Paradise, The lamentation of the myrrh-bearing women You transformed and You gave Your Apostles the order to proclaim to all, That You had risen O Christ our God and granted the world Your great mercy.

Dismissal Hymn of the Holy Cross

Save O Lord, O Lord Your people and bless Your inheritance. Grant victory to the faithful against the adversaries of the faith, and protect Your people through Your Holy Cross, Your Holy Cross.

Dismissal Hymn for Sts. Constantine & Helen

The form of Your Cross was seen in the sky by Your Apostle among the kings, O Lord. He received his calling, like Paul, not from man, and placed his imperial city in your hands. Ever guard it in peace, O Loving God, through the intercessions of the Theotokos.

Kontakion

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. But since you have the dominion unassailable, from all kinds of perils free me so that unto you, I may cry aloud: rejoice, O Bride unwedded.

Epistle of the Day – Hebrews 4:14-16 - Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

From the Holy Fathers – Believe and always steadfastly remember that in whatever place you appear with the Lord's cross—either at a thanksgiving service or upon any other occasion—it always sanctifies the air and all who touch it.

-St. John of Kronstadt

Κυριακή τῆς Σταυροπροσκυνήσεως

Ἀναστάσιμον Ἀπολυτίκιον

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

Ἀπολυτίκιον τοῦ Σταυροῦ

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.

Ἀπολυτίκιον Ἁγίου Κωνσταντίνου

Τοῦ Σταυροῦ σου τὸν τύπον ἐν οὐρανῷ θεασάμενος, καὶ ὡς ὁ Παῦλος τὴν κλήσιν οὐκ ἐξ ἀνθρώπων δεξάμενος, ὁ ἐν βασιλεῦσιν, Ἀπόστολός σου Κύριε, Βασιλεύουσιν πόλιν τῆ χειρὶ σου παρέθετο ἦν περίσωζε διὰ παντὸς ἐν εἰρήνῃ, πρεσβείαις τῆς Θεοτόκου, μόνη Φιλάνθρωπε.

Κοντάκιον

Τῆ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοὶ ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, ἵνα κράζω σοὶ· Χαῖρε νύμφη ἀνύμφευτε.

Weekly Calendar

All of our daily services are now available to be watched through our live feed on our Facebook page!

Sunday, March 22 - Sunday of the Veneration of the Holy Cross

8:30 AM Orthros, 9:45 AM Divine Liturgy

Epistle: Hebrews 4:14-16

Gospel: Mark 8:34-38, 9:1

1 PM **GOYA Meeting** **ONLINE**

(Look for the email from Dino to join the meeting.)

11 AM **Veneration of the Cross**

Tuesday, March 24

9 AM Lenten Orthros

4 PM **Great Vespers for The Annunciation**

Wednesday, March 25 – ANNUNCIATION, Greek Independence Day

8:30 AM Orthros 8:30 AM, 9:45 AM Divine Liturgy

6 PM Great Compline

7 PM **Our Life in Christ** **ONLINE VIA ZOOM**

♦ See details on our Facebook page.

Thursday, March 26

9 AM Lenten Orthros

12 PM 3rd/6th Hour

Friday, March 27

9 AM Pre-Sanctified Liturgy

7 PM 4th Salutations

Next Sunday, March 29 – Sunday of St. John Climacus

Other Announcements

- **Due to the Coronavirus, Philoptochos has made the difficult decision to discontinue all baking activities and have cancelled our Bake Sale scheduled for Saturday, April 4th. We are offering you two options:**
 - 1) **We will donate the money you paid to charity or**
 - 2) **We are happy to send you a refund check.****Please contact Marian Cheri at: 610-372-8285.**

● **Greek School is cancelled until further notice due to the Coronavirus.**

● Support Sts. Constantine & Helen by buying gift cards from us for your grocery shopping at Giant, Redner's, and Weis supermarkets. They will be on sale each week at Fellowship.



In the Hospital (Remember in Prayer)
Reading: Pavlos Kitixis

Sunday of the Veneration of the Holy Cross

The Sunday of the Holy Cross is commemorated with the Divine Liturgy of Saint Basil the Great, which is preceded by the Matins service. A Great Vespers is conducted on Saturday evening. The hymns of the Triodion for this day are added to the usual prayers and hymns of the weekly commemoration of the Resurrection of Christ.



Scripture readings for the Sunday of Orthodoxy are: At the Orthros (Matins): The prescribed weekly Gospel reading. At the Divine Liturgy: Hebrews 4:14-16; 5:1-6; Mark 8:34-38; 9:1.

At the conclusion of the Matins (the traditional practice in association with a vigil) or of the Divine Liturgy, a special service is held. The Cross is placed on a tray surrounded by basil or daffodils and is taken in solemn procession through the church to the chanting of the Thrice Holy Hymn. The tray is placed on a table before the people, and the hymn of the Feast of the Cross is chanted. As the priest venerates the Cross, the priest then the people chant, "We venerate Your Cross, O Christ, and Your holy

Resurrection we glorify." At the conclusion of the service, the people come and venerate the cross and receive the flowers or basil from the priest.

Carrying Our 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 labor 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 seeing it raised on high, we might receive strength and grace to complete the divine struggle of the Fast.

This divine struggle and fast is no longer just from food and from our passions but now--with the restrictions which our country and state authorities and our Church Hierarchs have placed upon us because of the Covid19 pandemic--we are forced to "fast" from Holy Communion, each others' company and our Christian fellowship here at our spiritual home, Sts. Constantine and Helen, as well. However, let us allow this "cross" resulting from this pandemic reminds us of the words of the Holy Apostle and Evangelist Matthew quoting Isaiah the prophet that: "He Himself took our infirmities and bore our sicknesses." [Matt.8:17] He will carry us through this if we let Him!

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