

SUNDAY OF ST. MARY OF EGYPT

Resurrectional Dismissal Hymn

The stone had been secured with a seal by the Judeans and a guard of soldiers was watching Your immaculate body. You rose on the third day O Lord and Savior granting life unto the world. For this reason were the powers of heaven crying out to You O Life giver. Glory to Your resurrection O Christ, Glory to Your kingdom, Glory to Your dispensation only One who loves mankind.

Dismissal Hymn of St. Mary of Egypt

In thee the image was preserved with exactness, O Mother. For taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to overlook the flesh. For it passeth away, but to attend to the soul since it is immortal. Wherefore, O righteous Mary, thy spirit rejoiceth with the Angels.

Dismissal Hymn for Sts. Constantine and 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 Protection of Christians that never fails, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.

From the Holy Fathers –

“Your accumulated offences do not surpass the multitude of God’s mercies: your wounds do not surpass the great Physician’s skills.” – St. Cyril of Jerusalem

Κυριακή τῆς Ὁσίας Μαρίας τῆς Αἰγυτίας

Ἀναστάσιμον Ἀπολυτίκιον

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου Σῶμα, ἀνέστης τριήμερος Σωτήρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν· διὰ τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοι ζωοδότα. Δόξα τῇ Ἀναστάσει σου Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνε φιλόνηρωπε.

Ἀπολυτίκιον τῆς Ὁσίας Μαρίας τῆς Αἰγυτίας

Ἐν σοὶ Μῆτερ ἀκριβῶς διεσώθη τὸ κατ’ εἰκόνα· λαβοῦσα γὰρ τὸν σταυρόν, ἠκολούθησας τῷ Χριστῷ, καὶ πράπτουσα ἐδίδασκες ὑπερορᾶν μὲν σαρκὸς παρέρχεται γάρ, ἐπιμελεῖσθαι δὲ ψυχῆς, πράγματος ἀθανάτου· διὸ καὶ μετὰ Ἀγγέλων συναγάλλεται Ὁσία Μαρία τὸ πνεῦμά σου.

Ἀπολυτίκιον Ἀγίου Κωνσταντίνου

Τοῦ Σταυροῦ σου τὸν τύπον ἐν οὐρανῷ θεασάμενος, καὶ ὡς ὁ Παῦλος τὴν κλῆσιν οὐκ ἐξ ἀνθρώπων δεξάμενος, ὁ ἐν βασιλεῦσιν, Ἀπόστολός σου Κύριε, Βασιλεύουσαν πόλιν τῇ χειρὶ σου παρέθετο ἦν περισώζε διὰ παντὸς ἐν εἰρήνῃ, πρεσβείαις τῆς Θεοτόκου, μόνε Φιλάνθρωπε.

Κοντάκιον

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἰκεσίαν, ἢ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

Weekly Calendar

Sunday, April 5 - Sunday of St. Mary of Egypt

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

Epistle: Hebrews 9:11-14

Gospel: Mark 10:32-45

Tuesday, April 7

Orthros 9 AM, 3rd/6th Hour 12 PM

Wednesday, April 8

Orthros 9 AM, Presanctified Liturgy 5 PM

“Our Life in Christ” 7 PM

Thursday, April 9

3rd/6th Hour 12 PM, Great Compline 6 PM

Friday, April 10

Presanctified Liturgy 9 AM

Saturday April 11 - Lazarus Saturday

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

Great Vespers 6 PM

Join us for a livestream of each service by liking our Facebook page at *Sts. Constantine & Helen Greek Orthodox Church, Reading.*

Other Announcements

- Greek School is cancelled until further notice.
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- All youth events are cancelled until further notice.
- Look for zoom calls on Mondays, Wednesdays and Fridays with Dino and Fr. Theodore as they discuss Lent and other spiritually enriching topics. The links to the calls can be found in weekly emails.
- If anyone would like to order gift cards to Giant, Redner’s or Weis supermarkets you may send a check with a stamped, self-addressed envelope to the home of Tony Phyrillas and he will mail the gift cards back to you.

Tony Phyrillas
2609 Cumberland Ave.
Reading, PA 19606

Please remember in prayer the families of Pavlos Kitixis and Douglas Weidner with their passing. May their memories be eternal.

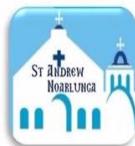


St. Mary of Egypt (April 1)

The primary source of information regarding St. Mary of Egypt can be found in her *'Life'*, authored by St. Sophronius, the Patriarch of Jerusalem (634-638). Her spiritual transformation serves as one of the greatest stories of repentance and self-emptying for those leading a Christian life. Whereas many might be born into unfortunate circumstances, Mary fled her home at the age of 12 and sought out a life of prostitution, often for free, to

satisfy her insatiable and bodily passions. One may describe her conversion to Christianity as "sudden." It wasn't until she was prohibited from entering the Church of Resurrection to venerate the Holy Cross did she decide to embark on a journey of true repentance for her sins. According to her *'Life'*, St. Mary speaks of herself struggling in vain to enter the church until she "began to weep and lament and beat her breast, and to sigh from the depths of her heart. And so she stood weeping when she saw above her the icon of the most holy Mother of God." She fervently prayed and promised to the Theotokos that as soon as she may see the Tree of the Cross, she will renounce all earthly temptations and never again defile her body by the impurities of fornication. For 17 years as a desert dweller, St. Mary found herself in a spiritual warfare until "a calm and sweet light descended and enlightened her and chased away the thoughts that possessed her." For the next 30 years, St. Mary often looked to the Theotokos as her Helper and Acceptance of her repentance. But for all of that victory, she still recognized her weaknesses. When the Priest Zosimas questioned her about her life she said: "You remind me, Zosimas, of what I dare not speak of. For when I recall all the dangers which I overcame, and all the violent thoughts which confused me, I am again afraid that they will take possession of me." Among many things, St. Mary of Egypt can teach Orthodox Christians that repentance is not a one-time event, but a lifestyle, a constant mode of existence. Moreover, repentance is not a journey we take alone, but one in which we make God the center of our lives. May St. Mary of Egypt intercede for us all.

Excerpts taken from Fr. Stephen Freeman.



A Practical Guide

For participating in church services that are livestreamed

When physical church participation is not possible, the faithful in addition to the daily cycle of prayer, are encouraged to participate in livestreamed church services from their own homes.

Participating in church services at home may pose challenges. Here are some simple tips to get you started.

Find a part of the home with limited distractions and setup the following items:

- A vigil lamp (καντήλι)
- An incense burner (θυμιατό)
- An icon/s
- A prayer rope (κομποσκοίνι)
- Flowers and/or adornments
- Books to follow the service
- A chair if necessary.

Complete tasks and prayers you usually would before attending church.

Before

This includes all your preparatory pre-communion prayers if you will be viewing a Divine Liturgy. Remember, the clergy are offering the liturgy on your behalf, even though you are not physically present.

Dress respectfully, be clothed as if you have a visitor in your home.

Tell family, and members of the household that the service will be starting.

Get the technology ready. Close apps, or notifications that may interrupt viewing.

Decide on which church livestream you will be tuning into. Switching between churches opens you up to distractions.

During

Stand when possible, at least as you would if you were at church.

Listen, and follow the words of the clergy and chanters. You may find new meanings as you pray in this context.

Direct your prayer to God that he may liberate us from the threat of this pandemic, and for those who are afflicted by it.

If the technology fails, do not become impatient or angry. Resort to books and prayer.

After

Give thanks to God that you have been given this means to worship him in these times. Give thanks for the priests who are able to offer divine services on your behalf.

After a Divine Liturgy, complete post-communion prayers.

You may want to contact family or friends. In these circumstances, it is valuable to have verbal interactions and to encourage and give strength to one another. Greet and interact as you usually would after a service.

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The Weekly Church Bulletin

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Sunday, April 5
Sunday of St. Mary of Egypt

