

THIRD SUNDAY OF THE GREAT FAST
SUNDAY OF THE HOLY CROSS



Icon of the Sunday of the Holy Cross

St. Mary Antiochian Orthodox Christian Church

A Parish of the Self-Ruled Antiochian Orthodox Christian Archdiocese (antiochian.org) ... and ...
The Diocese of Charleston, Oakland & The Mid-Atlantic (antiochian.org/east)
(“...the Disciples were called Christians first in Antioch!” [Acts 11:26](#))



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Most Rev. Metropolitan SABA – Archbishop & Primate
Right Rev. Bishop THOMAS – Auxiliary Bishop
Very Rev. Fr. Donald E. Shadid, M.Div. & D.Min. – Archpriest & Pastor
Sub-Deacon Timothy (Cade) Scott, MAT
Edward Makdad, Jr. – Parish Council Chairperson

“The World is Evil... Weep for your Sins... Have a Piece of Chocolate!” (Advice from Staretz in Russia to Fr. T. Hopko+)

Fr. Don – Cell: 814-242-0084 – abeenad1@gmail.com – Office: 814-255-2148

+ **ADORATION OF THE PRECIOUS & LIFE-GIVING CROSS** +
(The Third Sunday of Great Lent)

Sunday, April 07, 2024

Glory be to Jesus Christ! Glory be to Him Forever!

Martyr KALLIOPIOS of Cilicia / Repose of TIKHON,
Patriarch of Moscow & Enlightener of North America

We welcome all of you, our Faithful and our Visitors, to St. Mary Antiochian Orthodox Christian Church! It is a pleasure to have you with us as we glorify and praise the Name of our God: Father, Son, and Holy Spirit. Please sing along with our Choir during the Liturgy.

Please note, as has been the practice of the Church since the Feast of Pentecost, that the Sacrament of Holy Communion can only be given to Orthodox Christians who have prepared themselves by prayer, fasting, regular Confession (at least twice per year ... 7 Yrs. old & up), who attend Liturgy regularly & on time (at least 3 times a month) ... and ... are at peace with all people.

When receiving Holy Communion, please fold your arms over your chest, open your mouth wide, tip your head back slightly, and allow the priest to place the elements in your mouth.

For our non-Orthodox brethren, we welcome you to sing and pray with us, venerate the Cross, and receive the Blessed Holy Bread at the end of the Divine Liturgy. Please join us again soon. May God Bless You Always!

HOLY OBLATION: Offered by: **(1)** *Lisa Catanese* for the health of brother, *Mitchell & aunt, Sara* as they celebrate their Birthdays ... **and ... (2)** *Edward & Nancy Makdad* for the health of grandson, *Mason Makdad*, as he celebrates his 8th Birthday on April 8.

PASCHAL CANDLES: Offered: in beloved memory of: **(1)** *Jesse George* by his mother, *Christine Asfar ... and ... (2)* sister, *Adele (Sayegh) Audi* by *Huda Martin & Family*.

PROSKAMEDIA CANDLE: Offered for the health of Maria's Godparents, *Drew & Dena*, as they celebrate their wedding anniversary; and for *Steven, Lais, Michael, Fr. Don, Cade, Preston, Toula, Miranda, George, Leon, Susan, John, Gary, Margarita & Sotere* by The McClatchey Family.

SEVEN-BRANCHED CANDLE: Offered in beloved memory of aunts, *Rosemary Andrews & Catherine Adamese*; and sister-in-law, *Frances Skala* by *Gene & Barbara (Spada) Skala*.

PRAYERS OF LITURGICAL REMEMBRANCE: Offered in beloved memory of *Nancy Joseph (+37 Yrs. – 04/11)* by The Joseph Family.

MEMORY ETERNAL!: Today, we will remember the following from our Parish Family who have "Fallen-Asleep in the Lord" during the month of April, praying that they have been transferred from the "Church Militant" to the "Church Triumphant": *Foteen Abraham, Yamma Assad, James Audey, Adele Audi, Deewan Azar, Lottie (Corey) Bertino, Adella Curry, George R. Curry, James S. Curry, Nicholas Curry, Mary Deeb, Anna George, Jacob George, Marcus George Heider, Nancy Lee Joseph, Badia Kennan, Ann (Salem) (Yanko) Karwowski, Adele N. Milkie, Carroll Jean Rhelos, Albert Salem, Sadie A. Salem, Elizabeth Shahade, Robert E. Shahade and Annie Zack*. Please pray for them and their Families. ***May Their Memory Be Ever Eternal!***

***For The Living – "God Grant Them Many Years!"...and...
For The Departed – "May Their Memory Be Ever Eternal!"***

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- VARIATIONS & NOTES ON THE LITURGY -

PLEASE NOTE: *During the Sundays of Great Lent, we celebrate the "Liturgy of St. Basil the Great" (Archbishop of Caesarea in Cappadocia), in which the priest's prayers for the Faithful are longer and more penitential, and the Anaphora Prayers (the offering of the Liturgical Gifts for consecration) are more detailed regarding our Salvation History. Also, today, Fr. Don has to prepare the Lamb for this week's Pre-Sanctified Liturgy. Please be attentive during these prayers and quiet moments so that you may truly join your prayer to that of the Church. We have Service Books on the Front Pews for this Liturgy so that you may more easily & fully participate in our Worship. Thank You!*

FIRST ANTIPHON: (*Refrain - "Through the intercessions of the Theotokos..."*)
"The light of Thy countenance, O Lord, has been signed upon us. Thou hast

given to those that fear Thee a sign, to flee from the bow." / *Refrain.* / "Thou hast ascended on high, Thou hast led captivity captive. Thou hast given an inheritance to those that fear Thy Name, O Lord." / *Refrain.* / "Glory & Now" ... and ... *Refrain.*

SECOND ANTIPHON: (*Refrain – "Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia!"*)

"All the ends of the earth have seen the salvation of our God. Let us worship at the place where His feet have stood." / *Refrain.* / "God is our King before the ages; He has wrought salvation in the midst of the earth." / *Refrain.* / "I will be exalted among the nations; I will be exalted in the earth." / *Refrain.* / "Glory & Now" ... and ... "O Only-begotten Son & Word of God ...".

THIRD ANTIPHON: (*Troparion During The Little Entrance – Tone One*)

Verses: "Exalt ye the Lord our God, and worship at His footstool. O Lord, save Thy people and bless Thine inheritance. Feed them, and lift them up forever."

<p><i>Troparion:</i> See "Troparion of the Holy Cross" Below.</p>

TROPARION OF THE RESURRECTION: (*Tone Three*)

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 became the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

TROPARION OF THE HOLY CROSS: (*Tone One*)

O Lord, save Thy people and bless Thine inheritance; and to Thy faithful people grant victory over their enemies. And by the power of Thy Cross, protect all those who follow Thee.

TROPARION OF THE DORMITION: (*Patron Feast Day - Tone One*)

In thy birth-giving, O Theotokos, thou didst keep and preserve virginity; and in thy falling-asleep thou hast not forsaken the world for thou wast translated into life, being the Mother of Life. Wherefore, by thine intercessions, deliver our souls from death.

KONTAKION OF THE ANNUNCIATION, GREAT LENT & AKATHIST SAT.: (*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."

THE ANTI-TRISAGION HYMN (*Instead of "Holy God, Holy Mighty..."*):

"Before Thy Cross, we bow down in worship, Master, and Thy Holy Resurrection we glorify". (3X) // "Glory & Now." // "And Thy Holy Resurrection we glorify."

// "Dynamis!" ("With Strength!") // "Before Thy Cross, we bow down in worship, Master, and Thy Holy Resurrection we glorify."

EPISTLE: Hebrews 4:14-5:6 (3rd Sunday of Lent – Adoration of The Cross)

HOLY GOSPEL: Mark 8:34-9:1 (3rd Sunday of Lent – Adoration of The Cross)

Concerning the "Kiss of Peace," prior to the Nicene Creed, we encourage you to greet those around you with a handshake, saying: "**Christ is in Our Midst!**" ... the response being: **He is And Always Shall Be!**" In this way, we express: (1) our Joy that God has acted to restore our Communion with Him ... and ... (2) our Hope in the Resurrection from the Dead that is offered to us by our Lord's own "trampling down death by death!" **God is With Us ("Emmanuel")!**

MEGALYNARION (Instead of "It Is Truly Meet..." – for St. Basil's Liturgy):

In thee rejoiceth, O full of grace, all creation: the angelic hosts, and the race of men, O hallowed Temple and noetic paradise, glory of Virgins, of whom God was incarnate and became a little child, even our God Who is before all the ages; for He made thy womb a throne, and thy body He made more spacious than the heavens. In thee rejoiceth, O full of grace, all creation; and it glorifieth thee.

KOINONIKON (Communion Hymn):

"The light of Thy countenance, O Lord, hath been signed upon us, Alleluia!"

INSTEAD OF "We Have Seen The True Light ... ":

See "Troparion of the Holy Cross" Above.

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- THIS WEEK'S EVENTS & ANNOUNCEMENTS -

(Church Office: Tuesday – Friday ... 9 AM – 2 PM)

+ Monday, April 08 – GREAT COMPLINE – 6 PM.

+ Wednesday, April 10 – NINTH HOUR & TYPIKA – 5:15 PM ... Followed by the PRE-SANCTIFIED LITURGY – 6 PM – Please abstain from food & drink from your Noon Meal onward if you will be partaking of the Holy Eucharist at this Vespereal Liturgy ... also, please note that since our Parish Organizations consist of many of the same parishioners, all within our Parish Family are asked to help with the set-up & clean-up of the Lenten Suppers ... if you can bring a non-meat and/or non-dairy Casserole / Dish / Lenten Dessert, please do so ... and ... everyone, please join us after the Service as we break our fast together.

+ Friday, April 12 – LITTLE COMPLINE WITH THE AKATHIST HYMN (Madayeh Service) – Stasis 4 – 6 PM.

+ Saturday, April 13 – GREAT VESPERS – 5 PM.

+ Sunday, April 14 – FOURTH SUNDAY OF GREAT LENT – COMMEMORATION OF ST. JOHN OF THE LADDER (CLIMACUS) – MATINS @ 8:30 AM & DIVINE LITURGY @ 9:30 AM ... Followed By Agape Fellowship.

Please Note: according to the Tradition of our Holy Orthodox Church, we are called during the Great Lent to place special emphasis on the Spiritual Disciplines of Prayer, Fasting & Almsgiving.

We have now entered into the whole fasting period of the Great Lent. Thus, we are called to Fast from all Meat, Dairy Products, Fish (excluding shellfish), Wine & Olive Oil. The most important thing to remember about our Fasting is that we are also called to approach this Discipline in the Spirit of the Law, not the Letter of the Law. Try to do the best you can; if necessary, begin with small steps and pray for the strength to take bigger steps as you are able.

Let us also avail ourselves of the opportunities during these next few weeks for extra prayer, Liturgically in Church and from within the Closet of our Hearts; and for the sharing of our Alms, our Mercies, with our Neighbor, anyone who is in need.

+++ FLOWERS FOR THE ADORATION OF THE CROSS +++

The Beautiful Flowers for this Third Sunday of Great Lent, "The Adoration of The Precious & Holy Cross," are offered in beloved memory of parents, *Dr. Lawrence & Lottie (Corey) Bertino* and dear friends, *Edward & Marjorie Hamaty* by *Lawrence Bertino*.

May Their Memory Be Eternal!



THOSE IN SPECIAL NEED OF OUR PRAYERS: AMBER HILLS @ CAMBRIA CARE CENTER (Ebensburg, PA): *Mary Ann Unis-Asfar (#606)*; LAURELVIEW VILLAGE: *George Zdravecky (Health Care #302) & Rhoda (Nasser) Zdravecky (Vista – 913)*; HILLTOP HEIGHTS CARE CENTER (formerly "Laurelwood Care Ctr."): *Suzanne George (#37-W)*; HERITAGE RIDGE SENIOR LIVING (formerly "Lutheran Home"): *Elaine Heider (#34)*; QUALITY LIFE SERVICES – WESTMONT WOODS (formerly "Presbyterian Home"): *Emma (Nasser) Audey (#115-W) ... and ... IN TREATMENT, RECOVERING AND / OR "SHUT-IN AT HOME":* *Becky Azar; Larry Bertino; Carolyn Clark; Renee D'Etorre; Michael & Patty Devich; Joanne George; John & Dalal George; Olga Hodge; Denise Khorey-Harriman; Matthew Makdad; Huda Martin, Donald McMillan; Anna Marie (Abraham) Rovansek and Sara Shahade.* ***May God Be With All of Them & All of Those Who Are Ill and/or in Need!***

MEMORY ETERNAL!: It is with a “bright sadness” that we announce that our Beloved **George Haidar** has “Fallen-Asleep in the Lord.” We pray that our Lord will grant him Rest in His Heavenly Kingdom where all of His Blessed Saints do Repose; and we ask Him to grant His Mercy & Peace (John 14:27) to the Haidar Families and us as we all mourn his Passing with the Hope of Christ in our Hearts (1 Thessalonians 4:13). **May His Memory Be Ever Eternal & Christ is Risen!**

101 THINGS GOD CAN'T DO

What You Must Know to Win . . . by Maisie Sparks (04/07)

38. God can't be late.

*“Then said Martha unto Jesus, Lord, if Thou hadst been here, my brother had not died.”
(JOHN 11:23)*

We want to express our gratitude for your unwavering support and generosity towards our church. Your contributions are essential to our ability to continue carrying out our mission and serving the needs of our community.

We want to take this opportunity to thank the parishioners who use the online giving platform, Vanco. **This platform provides a secure and user-friendly way to give to our church online**, and we are confident that it will make giving more convenient for many members of our congregation.

You can give now at this link: <https://secure.myvanco.com/L-ZKAC/home>

The link is available on our website as well as in the weekly email.

Whether you choose to give online or in person, your support is vital to the continued success of our church community. We are so grateful for your generosity and commitment to our shared mission.

Epistle

(For the Third Sunday of Great Lent)

*O Lord, save Thy people and bless Thine inheritance.
Unto Thee, O Lord, will I cry, O my God!*

The Reading from the Epistle of St. Paul to the Hebrews. (4:14-5:6)

Brethren, since we have a great High Priest, Who has passed through the heavens, Jesus the Son of God, let us hold fast the confession. For we do not have a High Priest Who is unable to sympathize with our infirmities, but one Who has been in all points tempted like as we are, yet without sin. Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace to help in time of need. For every high priest, being taken from among the people, is appointed on behalf of the people in things pertaining to God, that he may offer up both gifts and sacrifices for sins; who can have compassion on the ignorant and on those who are erring, since he himself also is encompassed with infirmity. Because of this he is bound, as for the people so also for himself, to offer up for sins. And no one takes the honor upon himself, but as being called by God, as was Aaron. So Christ also did not glorify Himself to become a High Priest, but it was by the One saying to Him, "Thou art My Son, today I have begotten Thee." As He says also in another place, "Thou art a Priest forever, according to the order of Melchizedek."

Gospel

(For the Third Sunday of Great Lent)

The Reading from the Holy Gospel according to St. 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 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 the kingdom of God come with power."

May God Be With You!

+++ CONFESSIO N SCHEDULE +++

By Appointment ... Please Call or Text Fr. Don @ 814-242-0084.

Due to Fr.'s Commitment to Matins, Confession Will Not Be Offered On Sun. Mornings.

Saint of the Day – April 7, 2024

THE HOLY MARTYR CALLIOPUS

Calliopius was an only son, granted by God to a senator from Perga in Pamphylia, after the senator had shed many tears in prayer. From his early youth, he was taught by his devout mother, Theoclea, to honor God and to live a chaste life. Calliopius was still a youth when a terrible persecution began during the reign of Emperor Maximian. To spare him from death, his mother put him in a ship, gave him an ample amount of money, and saw him off to the city of Pompeiopolis. However, God, in His divine providence, planned otherwise. Landing in Pompeiopolis, he fell into the midst of a tumultuous polytheistic celebration. When Calliopius refused to participate in this senseless feast, he was brought by the crazed mob to Maximus, the commander, before whom Calliopius confessed that he was a Christian. The commander ordered that Calliopius be beaten with lead rods and burned by fire. Wounded all over, he was cast into prison. Learning of the tortures of her son, Theoclea distributed her entire estate to the poor and needy and, with a paltry sum of money, hurried to her son in prison. Upon entering the prison, Theoclea bowed down before her son and dressed his wounds. Finally, the commander pronounced the ultimate sentence: Calliopius was to be crucified on a cross. Joy and pain intermingled in the heart of his mother. When they brought her son to the place of execution, she slipped five pieces of gold to the executioners to have her son crucified, not as the Lord had been, but rather upside down. Theoclea did this out of humility before the Lord. Calliopius was crucified upside down on Holy Thursday. His mother stood beneath the cross giving thanks to God. On the second day, when they removed his lifeless body from the cross, she fell upon her son and she herself died. Thus, these two went before the throne of the King of Glory together. They suffered honorably in the year 304 A.D.

To God be the Glory and Praise Always!

+++ LENTEN & PASCHAL OFFERINGS +++

We have now begun our 2024 Lenten Journey! There are many items that the Church needs for all of our special services, and we ask for your participation and support. ***If you would like to offer a donation to our St. Mary Parish Family “for the health of” or “in memory of” a loved one, please fill out the form below and leave it in the Prayer Request Box in the Hallway, marked for Fr. Don’s attention.*** We thank you and pray that your Lenten Journey and Pascha will be a most Fruitful, Joyful, & Peaceful one. (John 14:27)!

Dear Fr. Don:

It would be a great joy for me (us) to offer a donation:

Wine	\$
Agape Meal	
Incense	
Candles for Procession	
Holy Week Service Books for Parishioners	
Help the Needy (Pastor’s Discretionary Fund)	

the Health of: _____

and/or –

Beloved Memory of: _____

Offered by: _____

ST. MARY CHURCH PROJECT FOR GREAT LENT

National Orthodox Baby Shower - Sponsored by
St. Mary Antiochian Orthodox Church and
Orthodox Christians for Life



UPDATE: *Birthright is currently most in need of
4-oz baby bottles for newborns*

Did you know that pregnancy resource centers across the country provide free material resources to help women in crisis pregnancies? Our Church is joining with Orthodox parishes across the country to hold a "**baby shower**" to support mothers who choose life for their unborn children! Join us in collecting:

- 4-oz baby bottles
- diaper bags
- diaper wipes
- monetary donations
- diapers (sizes 4 & 6)

These items will be donated to Birthright of Johnstown, our local pregnancy resource center.

Please bring donations on 3/31, 4/7, and 4/14, and drop them off in the collection baskets set up in the back of the church hall.

For any questions, contact Laura Slifko at laura.slifko@gmail.com / 814-242-9435.

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***** 2024 CONFESSION SCHEDULE FOR GREAT LENT *****

Monday: 5:00 PM – 5:45 PM

Tuesday & Thursday: By Appointment

Friday: 5:00 PM – 5:45 PM

Saturday: 4:00 PM – 4:45 PM if Great Vespers Scheduled

Please Note: No Confessions on Wednesdays.

If you are not able to come for Confession during the times listed above, please call Fr. Don at 814-242-0084 and he will set up an appointment for you. Also, if you come for Confession right before a Divine Service, please join us for our corporate prayer if you are able. Thank You.

**Due To Fr.'s Commitment to Matins,
Confession Will Not Be Offered on Sunday Mornings.**

Note: All Parishioners Are Asked To Have Their Confessions Heard by Lazarus Saturday, April 27, 2024 ... (Exception ... Those Out of Town).

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The Cross, Our Victory

Have you seen the wonderful victory? Have you seen the splendid deeds of the Cross? ... Who can tell the Lord's mighty deeds? By death we were made immortal: these are the glorious deeds of the Cross.

Have you understood the victory? Have you grasped how it was wrought? Learn now, how this victory was gained without any sweat or toil of ours. No weapons of ours were stained with blood; our feet did not stand in the front line of battle; we suffered no wounds; witnessed no tumults; and yet we obtained the victory.

The battle was the Lord's, the crown is ours. Since then victory is ours, let us imitate the soldiers, and with joyful voices sing the songs of victory.

Let us praise the Lord and say, "Death is swallowed up in victory. O death, where is thy victory? O death, where is thy sting?"

The Cross did all these wonderful things for us: the Cross is a war memorial erected against the demons, a sword against sin, the sword with which Christ slew the serpent.

The Cross is the Father's will, the glory of the Only-begotten, the Spirit's exultation, the beauty of the angels, the guardian of the Church. Paul glories in the Cross; it is the rampart of the saints, it is the light of the whole world.

St. John Chrysostom

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