

remove any lipstick before approaching the Chalice. Finally, to avoid any possibility of hitting the Chalice, we ask that you not venerate the Chalice after receiving.

This Week at Holy Apostles...

Monday, 3/9 – 6:00pm Compline (at Holy Apostles)
Tuesday, 3/10 – 5:30pm Conversing with the Fathers
Wednesday, 3/11 – 5:40pm Presanctified Liturgy w/ Lenten Potluck following
Thursday, 3/12 – 5:30pm PC meeting
Friday, 3/13 – 6:00pm Salutations to the Theotokos

Thank you...

Christine for your offerings of Prosfora, Jamie & Sarah for hosting today's fellowship, Dave for greeting, and all of the chanters who helped today and throughout the week!

Some Words from a Saint/Elder...

"What is this about despair and despondency? Despondency, despair-this is the greatest sin. Don't say, 'I won't be saved, I'm praying in vain.' No, say, 'Where are these thoughts coming from?... With the help of our dear Mother of God, I will be saved.' The door of Paradise is open, my dear, if we want to enter; God does not force anyone. He may sometimes drag someone in-by sending an illness or a difficulty, but God loves him who gives willingly."

"May you not judge anyone, my dear. It's a great sin for you to judge. When you see someone that has sinned, be merciful to him: 'O Lord, the poor thing, look what the devil did to him;' ... and don't judge anyone. And see everyone the same-don't say that one is better and another is not as good. Don't condemn anyone. See everyone as better than yourself And don't care what others do; take heed to what you do."

- Elder Paisie Olaru (+1990)

Future Dates to Keep in Mind

Saturday/Sunday, 3/21, 22 – Guest Speaker – Joy Corey
Monday, 3/23 – Fundraising Meeting
Saturday, 4/4 – Lazarus Saturday pancake breakfast and palm folding
Sunday, 4/12 – Great and Holy Pascha
Saturday, 7/11 – WB&AR
Saturday, 11/14 – Open House & Car Raffle Drawing

Holy Apostles Orthodox Christian Church
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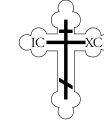
Presiding Priest: Fr. Paul Truebenbach

Phone: 307-331-5197

The Sunday Witness

The Weekly Bulletin of Holy Apostles
Orthodox Christian Church of Cheyenne

March 8, 2015 – Sunday of St. Gregory Palamas



Commemorated Today

Gregory Palamas

Theophylact the Confessor, Bishop of Nicomedia

Hermas the Apostle of the 70

Paul the Confessor

Today's Hymns

(to be chanted for pages 16 & 17 of the Liturgy Book)

Apolytikion for the Resurrection (Appendix 6): When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You.

Apolytikion for the Hierarchy: Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

Apolytikion for the Church: O Holy Apostles, intercede with the merciful God, that He grant unto our souls forgiveness of offenses.

Kontakion: To You, the Champion Commander, I Your City inscribe victorious anthems of thanksgiving for deliverance from sufferings, O Theotokos. Inasmuch as you have power unassailable, from all manner of dangers set me free; that I may cry out to you: Rejoice, Bride unwedded!

Today's Epistle Reading

Cantor: *You, O Lord, shall keep us and preserve us.*

Save me, O Lord, for the godly man has failed.

The Reading is from St. Paul's Letter to the Hebrews (1:10-14; 2:1-3)

"IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Gospel Reading

The Reading is from the Gospel of Mark (2:1-12)

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven."

Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why

do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins' - he said to the paralytic - "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

Welcome Visitors!

Holy Apostles Orthodox Christian Church would like to extend a warm welcome to all of our guests and visitors who are with us today. Thank you for worshiping with us, and please stay for Coffee Hour at the conclusion of the Liturgy! If you have any questions about this parish, the service, or the Orthodox Church in general, please feel free to ask a parishioner, look at the pamphlets in the Narthex (the entrance to the church), or ask Fr. Paul after the service. Finally, if this is your first visit to our parish, in order that we may treat you as our honored guest, we ask that you **not** participate in the offering after the service. Again, thank you for joining us, and let us know if we can do anything for you today or in the future!

A Note on Holy Communion

The Orthodox Church invites all to come and participate in the Divine Services. As true communion occurs only when we are wholly united in faith and worship, the Mystery of Holy Communion is reserved for Baptized and/or Chrismated Orthodox Christians who have properly prepared through prayer, fasting, and Holy Confession and who have arrived prior to the Gospel for the day; this is to protect ourselves against receiving Communion to our condemnation, as St. Paul explains (1 Corinthians 11:27-30). If you have not properly prepared or are not an Orthodox Christian, we would like to extend an invitation, if you so desire, to approach Holy Communion with the other parishioners and recite the words, "The blessing of the Chalice," for a blessing from the priest. Further, ALL are welcome to receive the blessed bread given out by the Priest after the conclusion of the Liturgy.

For those receiving Holy Communion, please give the priest your Baptismal name and hold the red Communion cloth with both hands against the bottom of your chin. We also ask that women please