

bottom of your chin. Finally, please refrain from venerating the Chalice after receiving.

This Week at Holy Apostles...

Sunday, 4/10 – GOYA educational retreat after Liturgy
Monday, 4/11 – 5:30pm Compline
Tuesday, 4/12 – 7:00am Men's Group
5:30pm Conversing with the Fathers
Wednesday, 4/13 – 5:30pm 9th Hour & Pre-Sanctified Liturgy w/ Potluck
Thursday, 4/14 – 5:30pm PC meeting
Friday, 4/15 – 5:30pm Salutations to the Theotokos

Thank you...

Tina and Kelly for this week's offering of Prosfora, Dave & Adrienne for hosting today's fellowship, Jim & Estelle for greeting, and all of the chanters who helped today and throughout the week!

A Word from a Saint or Elder...

"The fruits of the earth are not brought to perfection immediately, but by time, rain and care; similarly, the fruits of men ripen through ascetic practice, study, time, perseverance, self-control and patience."

"If we make every effort to avoid death of the body, still more should it be our endeavor to avoid death of the soul. There is no obstacle for a man who wants to be saved other than negligence and laziness of soul."

"What is slander? It is every sort of wicked word we would dare not speak in front of the person whom we are complaining about."

- St Anthony the Great

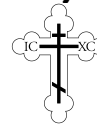
Future Dates to Keep in Mind

Thursday, 4/14 – 5:30pm Next PC Meeting
Saturday, 4/23 – Palm folding and pancake breakfast after Liturgy
Sunday, 4/24 – Fish Luncheon
Thursday, 4/28 – Egg Dying
Sunday, 5/1 – Great & Holy Pascha
Approximately 1:30am Denny's breakfast after Liturgy
Saturday, 5/7 – Community workday
Saturday, 7/9 – WBAR

The Sunday Witness

The Weekly Bulletin of Holy Apostles
Orthodox Christian Church of Cheyenne

April 10, 2016 – Sunday of the St John Climacus



Commemorated Today

John Climacus of Sinai, author of *The Ladder*
Terence and his Companions beheaded at Carthage
Gregory V, the Holy Martyr and Patriarch of Constantinople
Holy Father Theona, Archbishop of Thessalonica
150 and more Righteous Martyr Fathers of the Sacred Monastery of
Pantocrator Daou Pentelis

Today's Hymns

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

Apolytikion for the Resurrection (Appendix 4): When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and had rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world.

Apolytikion for the Devout Saint: With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John, our devout father. Intercede with Christ our God, for the salvation of our souls.

For the Parish: 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!

Holy Apostles Orthodox Christian Church
9505 Hynds Blvd, Cheyenne, WY 82009
www.holyapostlescheyenne.com

Presiding Priest: Fr. Paul Truebenbach

Phone: 307-331-5197

Today's Epistle Reading

Cantor: *O Lord, how manifold are your works. You have made all things in wisdom.*

Verse: Bless the Lord, O my soul.

The Reading is from St. Paul's Letters to the Hebrews (6:13-20)

BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by someone greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

Gospel Reading

The Reading is from the Gospel of Mark (9:17-31)

At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But

Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

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

For non-Orthodox: Welcome to our parish and the service of the Divine Liturgy! As a point of information, the Orthodox Church invites all to come and participate in the Divine Services. As the fullest communion among people occurs only when we are wholly united in faith and worship, however, please know that the Mystery of Holy Communion is reserved for Baptized/Chrismated Orthodox Christians. If, at the time of Holy Communion, you would like to receive a blessing from the Priest, we welcome you to approach the Chalice with those receiving Communion and recite the words, "The blessing of the Chalice" to the Priest who will then offer a blessing over your head. Further, at the conclusion of the Liturgy, ALL are welcome (Orthodox and non-Orthodox) to receive a piece of the blessed bread given out by the Priest. And please stay for our fellowship hour following the Liturgy!

For Orthodox: Holy Communion is reserved for those who have properly prepared through prayer, fasting, and the Mystery of Holy Confession and have arrived prior to the Gospel for the day, remembering the teachings of St. Paul which tell us that receiving Holy Communion unworthily is to our condemnation rather than salvation (I Cor 11:29). When receiving Holy Communion, please remove any lipstick prior to approaching the Chalice and hold the Communion cloth with both hands against the