

This Week at Holy Apostles...

Monday, 4/4 – 12:30pm Women's Study Group
5:30pm Compline
Tuesday, 4/5 – 7:00am Men's Group
Wednesday, 4/6 – 5:30pm 9th Hour & Pre-Sanctified Liturgy w/ Potluck
Friday, 4/8 – 5:30pm Salutations to the Theotokos - Lenten meal to follow

Thank you...

Nick and Lexie for this week's offering of Prosfora, George & Fay for hosting today's fellowship, Tyler for greeting, and all of the chanters who helped today and throughout the week!

A Word from a Saint or Elder...

"Slaves of God! Know for certain that the troubles which befall you come not of themselves but by God's permission; so take all possible care to bear them with patience and perseverance..."

"Do not believe brother, that inner thoughts can be controlled without the control of the body. Fear bad habits more than devils."

"In the renunciation of one's own will to follow the will of God consists the self-renunciation commanded by the Savior, which is an indispensable condition of salvation and Christian perfection. In fact, this is so indispensable that unless this condition is satisfied, salvation is impossible, and Christian perfection even more impossible."

- St Ignatius Brianchaninov (+1867)

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

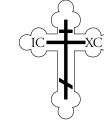
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The Sunday Witness

The Weekly Bulletin of Holy Apostles
Orthodox Christian Church of Cheyenne
April 3, 2016 – Sunday of the Holy Cross



Commemorated Today

Sunday of the Holy Cross
Nicetas, Abbot of the Monastery of Medicium
Joseph the Hymnographer
Theodosia and Irene the Martyrs
Holy Martyr Elpidophoros
New Martyr Paul the Russian

Today's Hymns

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

Apolytikion for the Resurrection (Appendix 3): Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy.

Apolytikion for the Cross: Save, O Lord, O Lord, Your people, and bless Your inheritance; grant victory to the rulers against the adversaries of the faith, and protect Your commonwealth through Your holy Cross.

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!

Note: On page 19, instead of "Holy God...", we chant, "Your Cross we venerate, O Master, and Your holy resurrection we glorify."

Today's Epistle Reading

Cantor: *O Lord, save your people and bless your inheritance.*

To you, O Lord, I have cried, O my God.

The Reading is from St. Paul's Letters to the Hebrews (4:14-16; 5:1-6)

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness.

Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

Gospel Reading

The Reading is from the Gospel of Mark (8:34-38; 9:1)

The Lord said: "If anyone wishes to 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 life? For what can a man give in return for his life? 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 he 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."

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 worshipping 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 (1 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 bottom of your chin. Finally, please refrain from venerating the Chalice after receiving.