

This Week at Holy Apostles...

Sunday, 2/14 – HAYA meeting after Liturgy
Monday, 2/15 – 5:00pm Fundraising meeting
5:30pm Media Monday
Tuesday, 2/16 – 7:00am Men's Group
Wednesday, 2/17 – NO Liturgy
6:00pm Paraklesis
Saturday, 2/20 – 4:30pm Orthodoxy 101 (session 5)

Thank you...

Alexis and Adrienne for your offerings of Prosfora, Greg & Tara for hosting today's fellowship, Jordan for greeting, and all of the chanters who helped today and throughout the week!

A Word from a Saint or Elder...

"Do not try to come in touch with the Mysteries of God and the Word of God without prayer."

"A humble man is never rash, hasty or perturbed, never has any hot and volatile thoughts, but at all times remains calm. Even if the heavens were to fall and cleave to the earth, the humble man would not be dismayed... For the humble man is always at rest, because there is nothing which can agitate or shake his mind."

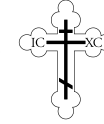
- St Isaac the Syrian

Future Dates to Keep in Mind

Thursday, 2/25 – 5:30pm Family Chili Night
Saturday, 2/27 – 9:00am Prosfora baking
Sunday, 2/28 – Philoptochos Meeting after Liturgy
Thursday, 3/10 – Next PC Meeting
Friday, 3/18 – Lenten meal following Salutations to Theotokos
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
February 14, 2016 – Sunday of the Canaanite



Commemorated Today

Sunday of the Canaanite
Holy Father Auxentius of the Mountain
Cyril, Equal-to-the-Apostles & Teacher of the Slavs
Nicholas the New Martyr of Corinth

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 Ascetic: As a citizen of the desert and an angel incarnate and a wonder-worker you shone forth, O Auxentios, our God-bearing father. Since you received the spiritual gifts by fasting and vigilance and prayer, you can cure those who are ailing and heal the souls of those who run to you with faith. Glory to Him who gave His might to you; glory to Him who placed a crown on you; glory to Him who operates through you, providing cures to all.

For the Parish: O Holy Apostles, intercede with the Merciful God, that He grant unto our souls forgiveness of offenses.

Kontakion: A protection of Christians unshamable, intercessor to our holy Maker, unwavering, reject not the prayerful cries of those who are sin; instead, come to us for you are good; your loving help bring unto us, who are crying in faith to you: hasten to intercede, and speed now to supplicate, as a protection for all time, Theotokos for those who honor you.

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: *Make your vows to the Lord our God and perform them.*

God is known in Judah; his name is great in Israel.

The Reading is from St. Paul's Second Letter to the Corinthians (6:16-18; 7:1)

BRETHREN, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty."

Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

Gospel Reading

The Reading is from the Gospel of Matthew (15:21-28)

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But he did not answer her a word. And his disciples came and begged him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." And he answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

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 (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.