

This Week at Holy Apostles...

Sunday, 3/13 – 6:00pm Forgiveness Vespers (at SCH)
Monday, 3/14 – 6:00pm Compline (at HA)
Tuesday, 3/15 – NO Men's Group
Wednesday, 3/16 – 5:40pm 9th Hour & Pre-Sanctified Liturgy w/ Potluck
Friday, 3/18 – 6:00pm Salutations to the Theotokos
Saturday, 3/19 – 8:45 Orthros, 9:30 Liturgy – 3rd Saturday of the Souls

Thank you...

Tina, Angie, and Stephan for this week's offering of Prosfora, Mike & Jenni for hosting today's fellowship, Chris for greeting, and all of the chanters who helped today and throughout the week!

A Word from a Saint or Elder...

"Acts of charity, almsgiving and all the external good works do not suppress the arrogance of the heart; but noetic meditation, the labor of repentance, contrition and humility--these humble the proud mind."

"God is everywhere. There is no place God is not...You cry out to Him, 'Where art Thou, my God?' And He answers, 'I am present, my child! I am always beside you.' Both inside and outside, above and below, wherever you turn, everything shouts, 'God!' In Him we live and move. We breathe God, we eat God, we clothe ourselves with God. Everything praises and blesses God. All of creation shouts His praise. Everything animate and inanimate speaks wondrously and glorifies the Creator. Let every breath praise the Lord!"

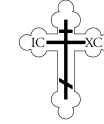
- Elder Joseph the Hesychast (+1959)

Future Dates to Keep in Mind

Thursday, 3/24 – 5:00pm Next Fundraising Meeting
Friday, 4/1 – Lenten meal following Salutations to Theotokos
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
March 13, 2016 – Forgiveness Sunday



Commemorated Today

Forgiveness Sunday (Cheesefare Sunday)
Removal of the relics of Nikephorus, Patriarch of Constantinople
Publius the Heiromartyr, Bishop of Athens
Holy Martyrs Africanus, Publius, and Terence
Habib of Hermoupolis
Christina of Persia

Today's Hymns

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

Apolytikion for the Resurrection (Appendix 8): You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You.

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

Kontakion: O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen.

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Presiding Priest: Fr. Paul Truebenbach

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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 Letters to the Romans (13:11-14; 14:1-4)

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

Gospel Reading

The Reading is from the Gospel of Matthew (6:14-21)

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where

your treasure is, there will your heart be also."

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.