

This Week at Holy Apostles...

Sunday, 3/20 – Chanting class after Liturgy
Monday, 3/21 – 12:30pm Women's Study Group
6:00pm Compline (at HA)
Tuesday, 3/22 – 7:00am Men's Group
Wednesday, 3/23 – 5:40pm 9th Hour & Pre-Sanctified Liturgy w/ Potluck
Thursday, 3/24 – 5:00pm Fundraising meeting
Friday, 3/25 – 8:45 Orthros, 9:30 Liturgy – Annunciation to the Theotokos
6:00pm Salutations to the Theotokos

Thank you...

Tina and Christine for this week's offering of Prosfora, Rob & Tina for hosting today's fellowship, George for greeting, and all of the chanters who helped today and throughout the week!

A Word from a Saint or Elder...

""Don't worry too much about how spiritually poor you are... God sees that, but for you it is expected to trust in God and pray to Him as best you can, never to fall into despair and to struggle according to your strength. If you ever begin to think you are spiritually "well off" then you can know for sure that you aren't! True spiritual life, even on the most elementary level, is always accompanied by suffering and difficulties. Therefore you should rejoice in all your difficulties and sorrows."

"Why is the truth, it would seem, revealed to some and not to others? Is there a special organ for receiving revelation from God? Yes, though usually we close it and do not let it open up: God's revelation is given to something called a loving heart."

- Fr. Seraphim Rose (+1982)

Future Dates to Keep in Mind

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 20, 2016 – Sunday of Orthodoxy



Commemorated Today

Restoration of the holy icons by Emperors of Constantinople, Michael and his mother Theodora
Righteous Fathers slain at the Monastery of St Savas
Saint Cuthbert the Wonderworker, Bishop of Lindisfarne
Myron the New Martyr of Crete
Photini the Samaritan Woman

Today's Hymns

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

Apolytikion for the Resurrection (Appendix 1): The stone had been secured with a seal by the Judeans, and a guard of soldiers was watching Your immaculate body. You rose on the third day, O Lord and Savior, granting life unto the world. For this reason were the powers of Heaven crying out to You, O Life-giver: "Glory to Your resurrection, O Christ; glory to Your Kingdom; glory to Your dispensation, only One Who loves mankind."

Apolytikion for the Feast: We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offences, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world.

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!

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Presiding Priest: Fr. Paul Truebenbach

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Today's Epistle Reading

Cantor: *Blessed are you, O Lord, the God of our fathers.*

For you are just in all you have done.

The Reading is from St. Paul's Letters to the Hebrews (11:24-26, 32-40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin.

And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets -- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth.

And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

Gospel Reading

The Reading is from the Gospel of John (1:43-51)

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the son of God! You are the King of Israel!" Jesus answered him, "Because I said to

you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

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