

This Week at Holy Apostles...

Monday, 3/28 – 5:30pm Compline
Tuesday, 3/29 – 7:00am Men's Group
Wednesday, 3/30 – 5:30pm 9th Hour & Pre-Sanctified Liturgy w/ Potluck
Friday, 4/1 – 5:30pm Salutations to the Theotokos - Lenten meal to follow
Saturday, 4/2 – 5:30pm Great Vespers

Thank you...

Pres. Lavinia, Adrienne, and Fay for this week's offering of Prosfora, Nick & Alexis for hosting today's fellowship, Greg for greeting, and all of the chanters who helped today and throughout the week!

A Word from a Saint or Elder...

"If you have no contrition, know that you are possessed by vanity, for it prevents the soul from being contrite."

- Sts Kallistos and Ignatius Xanthopoulos

"A certain father said, 'If you are captivated by carnal beauty, go to a cemetery and see what the end of such beauty is.'"

"Prayer must be absolutely regular. Just as water falls on a rock and bit by bit cuts into the rock, prayer will penetrate into your soul."

- Elder Sergei of Vanves (+1986)

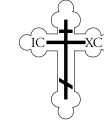
Future Dates to Keep in Mind

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 27, 2016 – Sunday of St Gregory Palamas



Commemorated Today

Gregory Palamas
Holy Matrona of Thessalonica
The Devout Kyrikos of Apros
Holy Martyrs Philetos the Senator and Lydia his wife, their children
Macedon and Theopreprios, the public official Cronides, and
Amphilochios the duke
Paul, Bishop of Corinth

Today's Hymns

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

Apolytikion for the Resurrection (Appendix 2): When You descended unto death, O Lord who yourself are immortal Life, then did You mortify Hades by the lightning flash of Your Divinity. Also when You raised the dead from the netherworld, all the Powers of the heavens were crying out: O Giver of life, Christ our God, glory to You.

Apolytikion for the Hierarch: Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat 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!

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Presiding Priest: Fr. Paul Truebenbach

Phone: 307-331-5197

Today's Epistle Reading

Cantor: *You, O Lord, shall keep us and preserve us.*

Save me, O Lord, for the godly man has failed.

The Reading is from St. Paul's Letters to the Hebrews (1:10-14; 2:1-3)

"IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Gospel Reading

The Reading is from the Gospel of Mark (2:1-12)

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven."

Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins'-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw

anything like this!"

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.