

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

This Week at Holy Apostles...

Sunday, 5/1 – 11:30am Agape Vespers and Paschal Luncheon
Monday, 5/2 – 8:45 Orthros, 9:30 Liturgy – St George the Great Martyr
11:30am Women's Study Group Luncheon
Tuesday, 5/3 – No Men's Group
Trisagion for Beth Wilkinson
Friday, 5/6 – 8:45 Orthros, 9:30 Liturgy – Life-Giving Spring
Saturday, 5/7 – 8:00am Community Work Day
5:30pm Great Vespers
Sunday, 5/8 – General Assembly to follow Liturgy

Thank you...

To ALL who helped out this past week and will help out for our Agape Vespers luncheon: to those who baked prosfora, those who decorated the kouvouklion and prepared other flowers, those who prepared candles, those who served on the Altar, those who chanted, those who cleaned, those who prepared and dyed eggs, those who set out books, those who participated in the services in any way, and ALL who worshipped and prayed with us! Thank you everyone! May the Light of the Lord's Glorious Resurrection ever be with you! Christ is risen!

Future Dates to Keep in Mind

Sunday, 5/1 – Great & Holy Pascha
Approximately 1:30am Denny's breakfast after Liturgy
Saturday, 5/7 – Community workday (5/14 is backup in case of bad weather)
Sunday, 5/8 – General Assembly
Thursday, 5/12 – Next PC Meeting
Wednesday, 5/18 – Metropolis Presentation and Dinner following an early Paraklesis (Paraklesis at 5:00pm)
Monday, 5/30 – Memorial services at cemeteries
Saturday, 7/9 – WBAR

CHRIST IS RISEN! TRULY HE IS RISEN!

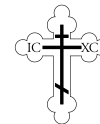
Holy Apostles Orthodox Christian Church
9505 Hynds Blvd, Cheyenne, WY 82009
www.holyapostlescheyenne.com

Presiding Priest: Fr. Paul Truebenbach

Phone: 307-331-5197

The Sunday Witness

The Weekly Bulletin of Holy Apostles
Orthodox Christian Church of Cheyenne
May 1, 2016 – Great and Holy Pascha



Commemorated Today

The Life-giving Resurrection of our Lord,
God, and Savior, Jesus Christ

Today's Hymns

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

Apolytikion for the Feast: Christ is risen from the dead trampling down death by death and to those in the tombs He has granted Life.

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι, ζῶν ἡμῶν χάρις!

Another hymn for the Feast: When the women with Mary had come before dawn, and they found that the stone had been rolled away from the sepulcher, they heard from the Angel, "Why do you seek among the dead, as a mortal man, the One who exists in everlasting light? See the grave clothes in the sepulcher. Run and proclaim to the world that the Lord has risen and put death to death; for He is the Son of God who saves the human race."

Kontakion: Though You went down into the tomb, O Immortal One, yet You brought down the dominion of Hades; and You rose as the victor, O Christ our God; and You called out "Rejoice" to the Myrrh-bearing women, and gave peace to Your Apostles, O Lord who to the fallen grant resurrection.

Today's Epistle Reading

Cantor: *This is the day which the LORD has made; let us rejoice and be glad in it.*

Verse: *Give thanks to the LORD, for he is good; for his mercy endures for ever.*

The Reading is from the Acts of the Apostles (1:1-8)

IN THE FIRST BOOK, O Theophilos, I have dealt with all that Jesus began to do and teach, until the day when he was taken up, after he had given commandment through the Holy Spirit to the apostles whom he had chosen. To them he presented himself alive after his passion by many proofs, appearing to them during forty days, and speaking of the kingdom of God. And while staying with them he charged them not to depart from Jerusalem, but to wait for the promise of the Father, which, he said, "you heard from me, for John baptized with water, but before many days you shall be baptized with the Holy Spirit."

So when they had come together, they asked him, "Lord, will you at this time restore the kingdom of Israel?" He said to them, "it is not for you to know times or seasons which the Father has fixed by his own authority. But you shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in Jerusalem and in all Judea and Samaria and to the end of the earth."

Gospel Reading

The Reading is from the Gospel of John (1:1-17)

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God; all things were made through him, and without him was not anything made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it.

There was a man sent from God, whose name was John. He came for testimony, to bear witness to the light, that all might believe through him. He was not the light, but came to bear witness to the light.

The true light that enlightens every man was coming into the world. He was in the world, and the world was made through him, yet the world knew him not. He came to his own home, and his own people received him not. But to all who received him, who believed in his name, he gave power to become children of God; who were born, not of blood nor of the

will of the flesh nor of the will of man, but of God.

And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father. (John bore witness to him, and cried, "This was he of whom I said, 'He who comes after me ranks before me, for he was before me.'") And from his fullness have we all received, grace upon grace. For the law was given through Moses; grace and truth came through Jesus Christ.

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