

This Week at Holy Apostles...

Sunday, 5/8 – General Assembly after Liturgy
Monday, 5/9 – 5:30pm Adult Catechism Class
Tuesday, 5/10 – 7:00am Men's Group
5:30pm Conversing with the Fathers
Wednesday, 5/11 – 6:00pm Paraklesis
Thursday, 5/12 – 5:30pm PC meeting

Thank you...

Tina, Jamie, and Nick for this week's offering of Prosfora, the non-mom's of the parish who helped with today's fellowship, Cameron for greeting, and all of the chanters who helped today and throughout the week!

A Word from a Saint or Elder...

"A certain monk told me that when he was very sick, his mother said to his father, 'How our little boy is suffering. I would gladly give myself to be cut up into pieces if that would ease his suffering.' Such is the love of God for people. He pitied people so much that he wanted to suffer for them, like their own mother, and even more. But no one can understand this great love without the grace of the Holy Spirit."

- St Silouan the Athonite (+1938)

Future Dates to Keep in Mind

Thursday, 5/12 – Next PC Meeting
Tuesday, 5/17 – 5:00pm Fundraising 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!

HAPPY MOTHER'S DAY!

Holy Apostles Orthodox Christian Church
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www.holyapostlescheyenne.com

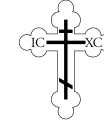
Presiding Priest: Fr. Paul Truebenbach

Phone: 307-331-5197

The Sunday Witness

The Weekly Bulletin of Holy Apostles
Orthodox Christian Church of Cheyenne

May 8, 2016 – Thomas Sunday



Commemorated Today

Holy and Glorious Apostle and Evangelist John the Theologian and the holy manna at his grave
Arsenios the Great
Emelia, mother of St. Basil the Great
Meles the Hymnographer

Today's Hymns

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

Apolytikion for the Feast: O Life, You rose from the sepulcher, even though the tomb was secured with a seal, O Christ God. And though the doors had been bolted, You came to Your disciples, O Resurrection of all. Through them You renew a right spirit in us, according to Your great mercy.

Apolytikion for the Saint: O Apostle, the beloved of Christ God, hasten to deliver us, a people that has no excuse. He accepts you supplicating Him, for He condescended at the Supper to let you lean on Him. Entreat Him, O Theologian, that He scatter the persistent cloud of hostile nations, and pray for us, for peace and great mercy.

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: *Their voice has gone out into all the earth.*

Verse: The heavens declare the glory of God.

The Reading is from St. John's First Universal Letter (1:1-7)

THAT WHICH WAS from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon and touched with our hands, concerning the word of life - the life was made manifest, and we saw it, and testify to it, and proclaim to you the eternal life which was with the Father and was made manifest to us - that which we have seen and heard we proclaim also to you, so that you may have fellowship with us; and our fellowship is with the Father and with his Son Jesus Christ. And we are writing this that our joy may be complete.

This is the message we have heard from him and proclaim to you, that God is light and in him is no darkness at all. If we say we have fellowship with him while we walk in darkness, we lie and do not live according to the truth; but if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

Gospel Reading

The Reading is from the Gospel of John (20:19-31)

On the evening of that day, the first day of the week, the doors being shut where the disciples were for fear of the Jews, Jesus came and stood among them and said to them: "Peace be with you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." And when He had said this, He breathed on them, and said to them: "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained."

Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him: "We have seen the Lord." But he said to them: "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe."

Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said: "Peace be with you." Then He said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Jesus said to Him: "Have you believed because you have seen

me? Blessed are those who have not seen and yet believe."

Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His name.

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.