

This Week at Holy Apostles...

Monday, 9/12 – 12:00 – Women's Study Group at Plains restaurant
5:00pm Fundraising meeting
5:30pm Adult Catechism class
Tuesday, 9/13 – 7:00am Men's Group
5:30pm Conversing with the Fathers
Wednesday, 9/14 – 8:45 Orthros, 9:30 Liturgy - Elevation of the Holy Cross
6:00pm Paraklesis

Thank you...

Estelle and Kelly for this week's offering of Prosfora, Driko & Christine for hosting today's fellowship, Tim for greeting, and all of the chanters who helped today and throughout the week!

A Word from a Saint/Elder...

"Remember, O my soul, the terrible and frightful wonder: that your Creator for your sake became Man, and deigned to suffer for the sake of your salvation. His angels tremble, the Cherubim are terrified, the Seraphim are in fear, and all the heavenly powers ceaselessly give praise; and you, unfortunate soul, remain in laziness. At least from this time forth arise and do not put off, my beloved soul, holy repentance, contrition of heart and penance for your sins."

- St Paisios Velichkovsky

Future Dates to Keep in Mind

Monday, 9/12 – 5:00pm Fundraising meeting
Sunday, 10/2 – General Assembly and Stewardship Sunday
Wednesday, 10/5 – 10/19 – Fr. Paul on vacation
Saturday, 10/29 – Marriage retreat
Sunday, 11/6 – Stewardship Cards due
Saturday, 11/12 – Annual Open House & Cadillac Chance drawing
Sunday, 11/20 – Budgetary General Assembly

Today's Memorial: Fr. Matthew Gilbert

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Presiding Priest: Fr. Paul Truebenbach

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The Sunday Witness

The Weekly Bulletin of Holy Apostles
Orthodox Christian Church of Cheyenne

September 11, 2016 – Sunday Before the Holy Cross



Commemorated Today

Sunday before the Holy Cross
Theodora of Alexandria
Euphrosynos the Cook
Demetrios & Evanthea the Martyrs with their son, Demetrianos
Sergius and Herman of Valaam in Finland
Afterfeast of the Nativity of the Theotokos

Today's Hymns

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

Apolytikion for the Resurrection (Appendix 3): Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy.

For the Feast: Your Nativity, O Theotokos, imparted joy to the entire earth, for out of you has risen the Sun of Righteousness, Christ our God. He nullified the curse and instead gave His blessing; and causing death to be neutralized, He granted us eternal life.

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

Kontakion: Both Joachim and Anna from their sterility's stigma, and Adam and Eve from their mortality's ruin have been set free, O immaculate Maid, by your holy nativity. For this do your people hold celebration, redeemed from the guilt of transgression as they cry to you, "The barren one bears the Theotokos, the nourisher of our Life."

Today's Epistle Reading

Cantor: *O Lord, save your people and bless your inheritance.*

To you, O Lord, I have cried, O my God.

The Reading is from St. Paul's Letter to the Galatians (6:11-18)

BRETHREN, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Gospel Reading

The Reading is from the Gospel of John (3:13-17)

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him."

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.