



## Holy Apostles Orthodox Christian Church of Cheyenne, WY

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Holy Apostles Orthodox Christian Church Office

Phone: 307-514-5347

### Services Schedule

Sunday Services  
Orthros - 8:30 am  
Divine Liturgy - 9:30 am

WEEKLY BULLETIN

March 19, 2017

## Holy Apostles Updates



### Service of Typika Today

Service of Typika today. This is a wonderful prayer service in which we can all participate.

Philoctochos will be assisting at *Beyond the Rack* on Thursday, March 23, 4-7 pm to sort clothing. This is a nonprofit organization that provides men in the community appropriate attire for interviews and prepares them for the first full week of employment.

Remember, each Wednesday we assist at St. Joseph's Food Pantry, 206 Van Lennon from 11:30 am to 1:15 pm. Help is always needed. Please contact Jamie to be on the schedule.

We will have the Compline service each Monday @ 5:15 pm beginning on February 27 through March 27. Please come so that we may all join in prayer as we go through our Lenten journey.

Fr. Ambrose will be with us again April 1 and 2. We have received word from Metropolitan Isaiah that we have been blessed to have a priest for Holy Week beginning on Palm Sunday. More details will follow as we get them.

On Sundays which we do not have a visiting priest, Holy Apostles will have the Service of Typika beginning at 9:30 am. This is a service which is conducted when there is not a priest available for Liturgy. Please come light a candle, say a prayer, participate in this service, and enjoy fellowship.

Please check the webpage [www.holypostlescheyenne.com](http://www.holypostlescheyenne.com) often for updates. Emails and texts will be sent with upcoming services and activities.

## Announcements

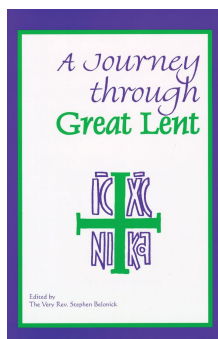
Mark your calendar for the Lenten Retreat on April 1, 9:00 am to 3:00 pm with Dan Christopoulos as presenter. His presentation will be based on the book by Fr. Anthony Coniaris "Tools for Theosis, Becoming God-like in Christ." Registrations received prior to March 22 will have a reduced fee of \$25 per couple or \$15 per person. After March 22, the fee will be \$25 per person. Pick up your registration form in the fellowship hall or on our website.

### A Journey Through Great Lent

This book includes a daily meditation on the scripture reading for the day, verses from the hymns of the day, inspiring excerpts from the Church Fathers and a brief biography of the saint for the day.

Holy Apostles Parish Council has received the blessing of Metropolitan Isaiah to encourage members of our community to use this book for daily devotions during Lent of 2017. The goal is to help each parishioner in his or her Lenten journey during this time while we are without a priest. With each family using the same devotional, we can encourage one another with the common messages that may touch our hearts.

We encourage you to join in using this book. We are keeping the cost at \$5.00 a book per family and we currently have 7 books to sell. If you prefer to buy online, the only place that has it available at this time is [orthodoxbookstore.org](http://orthodoxbookstore.org) for \$12.95 and there may be shipping. If we sell out, we will place a group order.



## Hymns of the Day

### Resurrectional Apolytikion in the 6th Mode

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You.

### Apolytikion for Sun. of the Holy Cross in the 1st Mode

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

### Holy Apostles Apolytikion in the 1st Mode

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

### Seasonal Kontakion in the 8th Mode

O Champion General, I your City now ascribe to you \* triumphant anthems as the tokens of my gratitude, \* being rescued from the terrors, O Theotokos. \* Inasmuch as you have power unassailable, \* from all kinds of perils free me so that unto you \* I may cry aloud: \* Rejoice, O unwedded Bride.

## Gospel and Epistle Readings

### Epistle Reading

**Prokeimenon. 6th Mode. Psalm 27.9,1.**

O Lord, save your people and bless your inheritance.  
Verse: To you, O Lord, I have cried, O my God.

**The reading is from St. Paul's Letter to the Hebrews 4:14-16; 5:1-6.**

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron

was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

### Gospel Reading

#### Sunday of the Holy Cross

**The Reading is from Mark 8:34-38; 9:1**

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

## Holy Apostles Calendar

### Holy Apostles Calendar

March 19 to March 26, 2017

#### Sunday, March 19

Sunday of the Holy Cross

9:30AM Service of Typika will be held. Church open to light a candle and enjoy fellowship

#### Monday, March 20

10:00AM Women's Group

5:15PM Compline

#### Tuesday, March 21

7:00AM Men's Group Breakfast @ Perkins

#### Wednesday, March 22

11:30AM Assist @ St. Joseph's Food Pantry

#### Thursday, March 23

4:00PM Assist @ Beyond The Rack

#### Saturday, March 25

Annunciation of the Theotokos

#### Sunday, March 26

Sunday of St. John Climacus

9:30AM Service of Typika will be held. Church open to light a candle and enjoy fellowship

## Saints and Feasts



**March 19**

### Sunday of the Holy Cross

With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labour set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.



**March 19**

### The Holy Martyrs Chrysanthus and Daria

Saint Chrysanthus, who was from Alexandria, had been instructed in the Faith of Christ by a certain bishop. His father, who was a senator by rank and a pagan, had him shut up in prison for many days; then, seeing the unchanging disposition of his mind, he commanded that a certain young woman named Daria be brought from Athens. She was a very beautiful and learned maiden, and also an idolater, and Chrysanthus' father wedded him to her so that he might be drawn away from the Faith of Christ because of his love for her. Instead of this however, Chrysanthus drew Daria unto piety, and both of them boldly proclaimed Christ and received the crown of martyrdom in 283, during the reign of Numerian, when they were buried alive in a pit of mire.



**March 25**

### Annunciation of the Theotokos

Six months after John the Forerunner's conception, the Archangel Gabriel was sent by God to Nazareth, a town of Galilee, unto Mary the Virgin, who had come forth from the Temple a mature maiden (see Nov. 21). According to the tradition handed down by the Fathers, she had been betrothed to Joseph four months. On coming to Joseph's house, the Archangel declared: "Rejoice, thou Full of Grace, the Lord is with thee: blessed art thou among women." After some consideration, and turmoil of soul, and fear because of this greeting, the Virgin, when she had finally obtained full assurance concerning God's unsearchable condescension and the ineffable dispensation that was to take place through her, and believing that all things are possible to the Most High, answered in humility: "Behold the handmaid of the Lord; be it unto me according to thy word." And at this, the Holy Spirit came upon her, and the power of the Most High overshadowed her all-blameless womb, and the Son and Word

of God, Who existed before the ages, was conceived past speech and understanding, and became flesh in her immaculate body (Luke 1:26-38).

Bearing in her womb the Uncontainable One, the blessed Virgin went with haste from Nazareth to the hill country of Judea, where Zacharias had his dwelling; for she desired to find Elizabeth her kinswoman and rejoice together with her, because, as she had learned from the Archangel, Elizabeth had conceived in her old age. Furthermore, she wished to tell her of the great things that the Mighty One had been well-pleased to bring to pass in her, and she greeted Elizabeth and drew nigh to her. When Elizabeth heard Mary's greeting, she felt her six-month-old babe, Saint John the Baptist, prophesied of the dawning of the spiritual Sun. Immediately, the aged Elizabeth was filled with the Holy Spirit and recognized her as the Mother of her Lord, and with a great voice blessed her and the Fruit that she held within herself. The Virgin also, moved by a supernatural rejoicing in the spirit, glorified her God and Savior, saying: "My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour," and the rest, as the divine Luke hath recorded (1:39-55)