

Food for the Soul During Great Lent

We have a wonderful booklet available (26 pages), *A Worshiper's Guide to the Divine Liturgy*, by Fr. Steven Tsichlis.

Holy Week Books

If you are interested in purchasing parallel Greek/English books for \$25, please see Lynne Meister.

Collection for Fallen Deputy Sheriff † Micah Flick

We heard of the tragic shooting and death of Det. Micah Flick. Our parish is taking a collection for his family for our Lenten offering, please be generous.

Donations for Great Lent

Paschal Candle \$275, daffodils for third Sunday of Lent \$125, palms for Palm Sunday services \$125. We need the icon of the Bridegroom decorated for Palm Sunday evening \$50, and flowers for the kouvouklion of Holy Friday \$1,000.

Church School During Great Lent

On the following Sunday's, the Church School children will remain in the church: Sunday of the Veneration of the Holy Cross, March 11, Palm Sunday, April 1, Pascha, April 8

During Great Lent

Fasting: Orthodox Christians are called to abstain from all meat—(yes, *chicken is meat!*)—dairy products i.e. eggs, milk, etc., fish, wine and olive oil during Great Lent, which begins on February 23, Clean Monday (Καθαρά Δευτέρα). To strengthen ourselves, the Church asks us to increase our prayer life (attending the Lenten Services), flee from sinful behavior, and to give alms. Let us together keep the fast as strictly as possible, increase our daily prayers, approach the Mystery of Holy Confession and forgive one another any offenses that have caused division or anger. If we are unsure about fasting or confession please see Fr. Dennis. May God bless us; grant us strength and faith to complete the course of the fast.

Liturgy of St. Basil the Great: During the Great Lenten period we use the Liturgy of St. Basil the Great every Sunday and on Holy Thursday and Holy Saturday mornings.

Services: We are called to abstain from certain foods during the Great Fast as we are to abstain from sin. This cannot be achieved without an increased prayer life. The Church in Her wisdom has not only called for us to fast, but gives us more services that will aid us in our Lenten journey. The Great Compline will be offered every Monday evening, the Presanctified Liturgy every Wednesday evening and the Salutations to our Theotokos every Friday evening.

Coffee Hour/Dinners During Lent: When bringing treats for the coffee hour during the Great Lenten Fast, please remember we must maintain the fasting practices of the Orthodox Church. While each may not be able to keep the fast as strictly as prescribed, let us nonetheless, keep it when we gather as community and people of God.

Archangel Michael Greek Orthodox Church Bulletin

2215 Paseo Road—Colorado Springs, CO 80907—719.634.5678 *church*
Fr. Dennis Schutte—*Proistamenos*—719.322.4436 *cell* e-mail: info@amgoc.org

Parish website: www.amgoc.org
FaceBook: <https://www.facebook.com/amgoc.co>

March 11, 2018

Sunday Holy Scripture Reading

Apostolic Reading: Hebrews 4:14-5:6

Gospel: St. Mark 8:34-9:1

Services: *Sunday*-9 a.m. Orthros and 10 a.m. Divine Liturgy, *Weekdays* 8 a.m. Orthros and 9 a.m. Divine Liturgy when scheduled.

Saints of the Day: Sunday of the Veneration of the Holy Cross. Sophronios, patriarch of Jerusalem; Martyrs Thallos and Trophimos; Venerable George of Sinai; Theodora the empress; repose of Euthymios, bishop of Novgorod.

Hymns of the Day

Antiphons with verses for the Holy Cross

After the Entrance

Apolytikion of the Resurrection Tone 7

O Lord by Your sacred Cross You abolished death, and granted unto the thief blessed paradise. The myrrh bearers ceased lamenting and turned to joy. The Apostles did preach the Good News at Your command, that You had risen from the dead O Christ our God, bestowing Your mercy upon the world evermore. *Page 88 in the green book.*

Apolytikion of the Holy Cross Tone 1

Save O Lord, O Lord Your people, and bless Your inheritance. Grant vict'ry to the faithful against the adversaries of the Faith, and protect Your people through Your Holy Cross, Your Holy Cross. *(Page 107 in the green book).*

Σῶσον Κύριε τόν λαόν σου, καί εὐλόγησον τήν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι, κατὰ βαρβάρων δρωρῦμενος, καί τόν σὸν φυλάττων, διὰ τοῦ Σταυροῦ σου πολίτευμα.

Apolytikion of the Archangels Tone 4

Supreme Commanders of the Hosts of the Heavens, we, the unworthy, implore and beseech You that by Your supplications You encircle us in the shelter of the wings of Your immaterial glory, guarding us who now fall down and cry to You with fervor: Deliver us from dangers of all

kinds, as the great marshals of the heavenly hosts on high.

Kontakion Hymn to the Theotokos

To You, the Champion Commander, I, Your City, inscribe victorious anthems of thanksgiving, For deliverance from sufferings, Theotokos. In as much as you have power unassailable, from all manner of dangers set me free; that I may cry out to you, Rejoice Bride unwedded.

Τῇ ὑπερμάχῳ Στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων με κινδύνων ἐλευθερωσον, ἵνα κράζω σοι· Χαῖρε, Νύμφη ἀνύμφευτε. (Page 98 in the green book.)

Instead of the Trisagion Hymn "Holy God"

Τόν Σταυρόν σου προσκυνοῦμεν, Δέσποτα, καὶ τὴν ἁγίαν σου ἀνάστασιν δοξάζομεν.

O Your Cross do we venerate O Lord, and do we glorify Your Holy Resurrection we glorify. (Page 108 in the green book).

Instead of "It is truly right...Axion Etin"

In you rejoices all creation, O you who art full of grace, the hierarchy of the angels, and all mankind, O consecrated temple and paradise endowed with speech, glory of virginity, of whom god, who is our god before the ages, was incarnate and became a little child.

Επὶ σοί χαίρει, Κεχαριτωμένη, πάσα κτίσις. Αγγέλων τό σύστημα καὶ ἀνθρώπων τό γένος, ἡγιασμένε ναέ καί παράδεισε λογικέ, παρθενικόν καύχημα, ἐξ ἧς Θεός ἐσαρκώθη καί παιδίον γέγονεν, ὁ πρό αἰώνων ὑπάρχων Θεός ἡμῶν, τήν γάρ σὴν μήτραν θρόνον ἐποίησε, καί τήν σὴν γαστέρα πλατυτέραν οὐρανῶν ἀπειργάσατο. Επὶ σοί χαίρει, Κεχαριτωμένη, πάσα ἡ κτίσις δόξα σοι.

Communion Hymn

Upon us shines the light, the light of Your countenance O Lord, O Lord. Alleluia (Page 91 in the green book).

Instead of "We have seen the light" Save, O Lord, your people . . . Σῶσον Κύριε τόν λαόν σου.

Divine Services

TONIGHT: Lenten Vespers at AMGOC (*we need to provide a Lenten Dinner for our guests, please see Jake Topakas*) 6pm, Lenten meal to follow.

Mon., March 12: Great Compline 6pm

Tues., March 13: Lenten Hours 8am

Wed., March 14: 9th Hour 5:30 pm and Presanctified Liturgy 6 p.m. *Those preparing to receive Holy Communion are to fast strictly from the noonday meal or sooner from all food and drink (12:00 p.m. for lunch and should eat very light Lenten meal).*

Thurs., March 15: Lenten Hours 8am

Fri., March 16: Salutations IV to the Theotokos at 6p.m.

Sat., March 17: Great Vespers 6pm

Lenten Mission Vespers Schedule

St. Mary's: Calhan, March 18 and St. John the Baptist in Pueblo, March 25.

Holy Communion in the Orthodox Church

Holy Communion of the Orthodox Church is the Holy Body and Blood of our Lord Jesus Christ. It is *"With the fear of God, faith and love"* that we approach the Divine Mysteries. Therefore, Holy Communion is reserved only for those baptized and chrismated Orthodox Christians who have prepared themselves by prayer and fasting, as prescribed by the teachings of the Holy Orthodox Church. We ask that women, before approaching to receive from the Holy Cup, in respect of our Lord, to please remove lipstick.

Stewardship 2018

Stewardship Sunday for 2018 was held on **December 3**. Please see Ruxandra Georgescu for your packet.

Coffee Hour Signup

Please sponsor a coffee hour. Donations are welcome to help provide treats following services. **March 11:** Leonard Family (Great Lent) **March 18:** Rainford Family (Great Lent); **March 25:** Jake Topakas and others (Great Lent, fish permitted). **April 1:** Palm Sunday Luncheon (volunteers needed). **April 8:** Pascha Church Picnic

Christians Around the World

Please remember to keep Christians around the world in your prayers. Many are being persecuted and even killed for their faith in Jesus Christ. Remember also the two kidnapped Orthodox bishops from Syria.

Bookstore/Library

We are looking for volunteers to run the bookstore and library. We are grateful for the good work of Barbara Lontas. Please see Fr. Dennis.

Greek Dance Lessons/Group

We welcome your children, ages 4 to 21, to join our parish Greek dance group. Practices take place every two weeks. The goal is to have a group dancing for our Annual Greek Festival. Any interested adults with knowledge of Greek dances are welcome to help teach. Contact Constadina Vasiliades at: 808-373-0312 or constadina@shaw.ca if interested or for questions. Next dance practice will be after church on March 18th.

Capital Campaign

Amazon Smile: You may support Archangel Michael GOC through Amazon Smile. Please make sure you sign in at: <https://smile.amazon.com/> **King Soopers Cards:** Please pick up your King Soopers card as 5% of every purchase is sent back to AMGOC.