#### Prayer of St. Ephraim the Syrian

Lord and Master of my life, take from me the spirit of sloth, despair, lust of power and idle talk. *Prostration* 

But give rather the spirit of chastity, humility, patience and love to Your servant. *Prostration* 

Yes, Lord and King, grant that I may see my own transgressions and not to judge my neighbor, for You are blessed to the ages of ages. Amen. *Prostration* 

Then the following is repeated four times to make a total of twelve with deep bows are made as we say:

God, be merciful to me, a sinner. (+ Bow)

God, cleanse my sins and have mercy on me. (+ Bow)

Lord, forgive me, for I have sinned without number. (+ Bow)

Then the entire Prayer of St. Ephraim is said again; One prostration is made at the end.



#### Tomb and Paschal Flowers

We are again taking memorial donations for flowers with which to embellish the tomb of our Lord on Great Friday and Saturday, and to adorn the Pro-Cathedral during the entire Paschal season. Use the envelope for this purpose in your envelope box, and make sure you include your memorial names either on this aforementioned envelope, or on a separate sheet.

<u>name:</u>	Donation:
In Memory of:	

Donation

HAVING SUFFERED THE PASSION FOR US, JESUS CHRIST, SON OF GOD, HAVE MERCY ON US!



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Dean: V. Rev. Father Dennis Kristof Council President: Reader Joseph Stolitza



Welcome to our parish. We invite you to worship with us again.

## **April**, 2024

Glory to Jesus Christ! Slava Isusu Khristu! Glory Forever! Slava na viki!

# **Schedule of Services**

(March 31-May 5, 2024)

#### Sunday, March 31

Sunday, April 7

The Second Sunday of the Great Fast in which our Holy Father-Among-the-Saints, Gregory Palamas, Archbishop of Thessalonika is Commemorated, Resurrectional Tone 2; Our Holy Father-Among-the-Saints, Innocent, Enlightener of the Aleuts and Apostle to the Americas 10:00 a.m. - The Divine Liturgy of St. Basil the Great

The Third Sunday of the Great Fast in which the Honorable and Life-Creating Cross of our Lord is Venerated; Resurrectional Tone 3; Our Venerable Father George the Confessor, Bishop of Mitylene (9<sup>th</sup> c.). Our Holy Father-Among-the-Saints, Tikhon, Patriarch of Moscow and Enlightener of North America (1925).

9:30 a.m. - The Public Chanting of the Prayers of Preparation for the Holy Mystery of Repentance Followed by an Examination of Conscience and Concluded by Individual Absolutions

10:00 a.m . - Cross Procession & Veneration The Divine Liturgy of St. Basil the Great

#### Sunday, April 14

The Fourth Sunday of the Great Fast in Which Our Venerable Father John Author of "The Ladder" is Commemorated, Resurrectional Tone 4; Our Holy Father-Among-the-Saints, Martin the Confessor, Pope of Rome (655); Holy Martyrs Anthony, John and Eustathius of Vilna (1347)

10:00 a.m. - The Divine Liturgy of St. Basil the Great

#### Sunday, April 21

The Fifth and Final Sunday of the Great Fast in which Our Venerable Mother Mary the Egyptian is Commemorated, Resurrectional Tone 5; The Holy Bishop-Martyr Januarius of Benevento, and his companions

10:00 a.m . - The Divine Liturgy of St. Basil the Great

#### Saturday, April 27

Lazarus Saturday; Hieromartyr Simeon, the Kinsman of the Lord (107)

10:00 a.m.— The Divine Liturgy of St. John the Golden-Mouth 5:00 p.m.—Great Vespers with Lity for Willow Sunday Holy Anointing Мированіе

#### Sunday, April 28

Flowery (Willow) Sunday, the Entrance of our Lord, God and Savior Jesus Christ into Jerusalem

10:00 a.m. - Blessing of the Willow Branches The Divine Liturgy of St. John the Golden-Mouth Holy Anointing Мированіє

#### Thursday, May 2

Holy and Great Thursday of Passion Week

7:00 p.m. - Passion Matins with the Reading of the 12 Passion Gospel Accounts *Страсти* 

#### Friday, May 3

Holy and Great Friday of Passion Week

7:45 p.m. - Burial Vespers Procession with the Holy Shroud Плащаниця

#### Saturday, May 4

Holy and Great Saturday of Passion Week

10:00 a.m. - Great Vespers with the Divine Liturgy of St.

Basil the Great

Changing of the Altar Covers from burgundy to white

9:00 p.m. - Nocturns - Removal of the Shroud

**Cross Procession** 

Resurrection Matins Воскресна Утреня

Blessing of Paschal Foods

### **Great Day, May 5**

Holy Pascha, Great Day, the Feast of Feasts, Holy Day of Holy Days, the Third-Day Resurrection of our Lord, God and Savior Jesus Christ from the Tomb

10:00 a.m. - Paschal Divine Liturgy of St. John the Golden-Mouth Blessing of the Artos Blessing of Paschal Foods

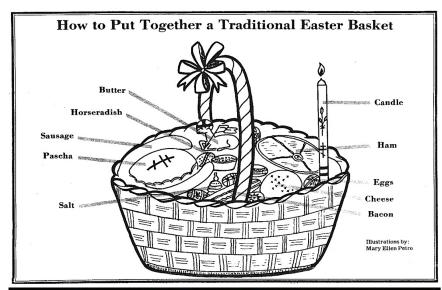
**April Milestones - Birthdays**: 4, Alyona Kristof; 10, Ilarion Jula; 13, Nickolas Rolin & 16, Reader Gerald Largent. May our Good God grant them and their families peace, health, salvation, and longevity for many blessed years, на многая і благая літа!

**TODAY'S GOSPEL READING:** The Healing of a Paralytic and Forgiveness of Sin—This passage has a threefold symbolism relating; to

our preparation for Pascha:

- 1 We must come to Christ in faith and let Him heal us of our spiritual paralysis. Sin is a paralysis of the soul.
- 2 We should let nothing deter us from getting to Christ, who alone can heal us, both in body and In soul.
  - 3 We must help each other come to Christ.

The scribes are correct in saying that only God can forgive sins. They unwittingly confirm the divinity of Christ.



#### **OUR JOURNEY TO PASCHA! 2024** SUNDAYS THEMES / GOSPEL READING **HOW TO PARTICIPATE:** Bring a prayer rope to be 2nd Sunday of Lent ST GREGORY PALAMAS blessed today! MARCH 31st Epistle: Hebrews 1:10-2:3 Use it and pray the Jesus Prayer Gospel: Mark 2-1-12 each day this week. VENERATION OF THE HOLY CROSS 3rd Sunday of Lent Wear your cross to church and HALF WAY TO PASCHAL APRIL 7th Hebrews 4:14-5:6 kiss the cross Epistle: Mark 8:34-9:1 each morning with a bow! 4th Sunday of Lent ST JOHN of the LADDER Every time you climb stairs this week APRIL 14th Epistie: Hebrews 6:13-20 ask St. John to help you reach Mark 9:17-31 Paradise with the sign of the cross! 5th Sunday of Lent ST MARY of EGYPT Ask the Theotokos to offer you Hebrews 9:11-14 and the world pure thoughts APRIL 21st Mark 10:32-45 and ideas this week. FLOWERY (PALM) SUNDAY GREAT AND HOLY WEEK Place your palm branches ENTRY OF OUR LORD INTO JERUSALEM and pussywillows behind **APRIL 28th** an icon at home **GREAT WEEK BEGINS** Gospel: John 12:1-18 and in your carl **GREAT AND HOLY FRIDAY** GREAT AND HOLY FRIDAY Refrain from TV, Internet & JESUS DIES ON THE CROSS MAY 3rd CHECK WITH YOUR PARISH FOR Phones to honor Christ's Death. ROYAL HOURS AND VESPERS SCHEDULE Greet everyone with FEAST OF FEASTSI "CHRIST IS RISENI" HOLY PASCHA! (CHRIST IS RISEN!) MAY 5th & say it before Epistle: Acts 1:1-8 Gospel: John 1:1-17 good morning and goodnight! NO FASTING!