

retirement Many years Master! Fr. Dennis will read the Encyclical of Met. Nathaniel today.

### March For Life

The annual Colorado March for Life will be taking place on April 12th at the state capitol in Denver. Please come to pray for our state and show our legislators that the Church still supports life! There will be a pre-rally concert at 10am with the rally itself starting at 11am. Various presenters will offer prayers and speeches until the march starts around 12pm. The march is about a mile long and will finish the event. You can find more information about the March here: <https://marchforlife.org/colorado/>. The website will continue to be updated with more information as the event date approaches. Some local transport to Denver is available. Please text Alec Bishop if you have any questions at 720-301-9436.

### Church School

Church School meets following Holy Communion. Please allow the Church School students receive Holy Communion first. See Sara LaBrie for more information.

### Greek School

Greek School meets on Tuesday, at 4:30pm. Please contact Alex Ellis at 719.471.0157.

### 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 March 18, 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

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## April 7, 2024

### Sunday Holy Scripture Reading

**Apostolic Reading:** Hebrews 4:14-16; 5:1-6

**Gospel:** St. Mark 8:34-38; 9:1

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

**Saints of the Day: Sunday of Holy Cross.** Martyr Kalliopios of Cilicia; Venerable George, bishop of Mitylene; repose of Tikhon, patriarch of Moscow and Enlightener of North America.

### Hymns of the Day

Antiphons with verses for the Holy Cross

#### After the Entrance

#### Apolytikion of the Resurrection Tone 3

Let the heavens be glad. Let the earth rejoice exceedingly. For the Lord has shown strength with his arm. He trampled death by death. He became the first-born of the dead. Out of the belly of Hades, He has rescued us, and to the world He has granted the great mercy.

#### Apolytikion of the Holy Cross Tone 1

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

Σῶσον Κύριε τὸν λαόν σου, καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι, κατὰ βαρβάρων δωρούμενος, καὶ τὸν 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.

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#### **Kontakion Hymn to the Theotokos Tone 8**

O Champion General, I your City now inscribe 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.

Τῆ ὑπερμάχῳ Στρατηγῶ 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 ἀνυμφευτε. (Page 98 in the green book.)

#### **Instead of the Trisagion Hymn “Holy God”**

We venerate Your Cross, O Master, and we glorify Your Holy Resurrection.

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

#### **Communion Hymn**

O Lord, the light of Your face was stamped upon us. Alleluia.

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

#### **Divine Services**

**Mon., April 8:** Great Compline 6pm.

**Wed., April 10:** 9<sup>th</sup> Hour 5:30 p.m. and Presanctified Liturgy 6 p.m. *Those who are preparing to receive Holy Communion are to fast strictly from the noonday meal or sooner from all food and drink (12:00 pm for lunch and should eat very light Lenten meal).* Lenten meal following Presanctified Liturgy.

**Fri., April 12:** Salutations IV to the Theotokos at 6pm

**Sat., April 13:** Great Vespers 5pm

#### **Orthodox Catechism Class**

Following services and coffee hour today, April 7, we will gather in the church for a half hour or so. *All are welcomed to attend!*

#### **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 ap-

proach 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.

#### **Church Bookstore**

Holy Week books have finally arrived and are located for sale in our bookstore. The Holy Week books are \$26.00 each. These books are normally priced at \$25.00; however, the extra \$1.00 will cover our shipping costs. Please pay with either cash or check only. *You will not see anyone who is truly striving after his spiritual advancement who is not given to spiritual reading.* ~Saint Athanasios

#### **Holy Cross Greek Orthodox School of Theology**

TODAY, the third Sunday of Lent we will take a collection for the seminarians of our Metropolis.

#### **Stewardship 2024**

Following services on Sunday, December 3, our Chairperson Ruxandra Georgescu offered some words of inspiration for us to be faithful stewards of the Church. Please see Ruxandra for a 2024 packet.

#### **Coffee Hour Signup**

Please consider sponsoring a coffee hour. Donations are welcome!

**April 7:** Nathan Pesch

**April 14:** Sponsor Needed

**April 21:** Sponsor Needed

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#### **IOCC Support for 2024 Parish Lenten Effort**

Our parish will support IOCC for our Lenten effort this year. During Great Lent, we will collect funds to support their ongoing humanitarian work throughout the Middle East. As almsgiving (mercy giving might be a better modern translation) is one of our core spiritual disciplines, please consider supporting this worthy work during our Lenten journey.

#### **Dates to Remember**

**April 29:** Palm Sunday

**May 5:** Pascha

**June 13:** Ascension of the Lord

**June 23:** Pentecost

*No Apostle Fast this year*

#### **Metropolitan Isaiah Retires**

On Saturday (March 23) we received word that our beloved Metropolitan Isaiah retired after many years serving the Church. Fr. Dennis went to Denver on Friday to meet with our *Locum Tenens* (interim) Metropolitan of Chicago with a number of local Metropolis clergy for lunch and a discussion. We extend our love and respect to His Eminence Isaiah on his well deserved