



SAINT GEORGE ORTHODOX CATHEDRAL

HIS EMINENCE, ARCHBISHOP ALEXANDER OF TOLEDO: RECTOR

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March 22, 2020

Third Sunday of Lent - Tone 7
Veneration of the Cross
Hieromartyr Basil of Ancyra



From the Fathers...

“This isolation and quarantine do not have to be considered as estrangement, but an opportunity to enhance communion and a humble love of God and a merciful love of our peers. Let us transform the time of medical crisis in a time to strengthen our faith and increase our love!”

- Patriarch Daniel



Welcome Visitors!

We are delighted to have visitors worship with us, and we pray that you will be blessed through your participation with us. In the Orthodox Church, the reception of Holy Communion is a mark of membership in the Church. Only those who have been united to the Orthodox Church through Baptism or Chrismation, and have prepared themselves through regular Confession, prayer and fasting are permitted to partake of Holy Communion. We encourage visitors to participate in our prayers and hymns and to join us in venerating the Cross and receiving blessed bread at the conclusion of the Divine Liturgy. Literature about the Orthodox faith and this parish can be found in the vestibule. Please feel free to ask questions before or after the service, as well as join us in the Parish Hall for refreshments and fellowship after the Liturgy.



O Lord Jesus Christ our God, Lover of Mankind, Physician of our souls and bodies, who didst bear the pain of our infirmities, and by whose wounds we are healed; Who gave sight to the man born blind; Who straightened the woman who was bent over for 18 years; Who gave speech and sight to the mute demoniac; Who not only forgave the paralytic his sins, but healed him to walk; Who restored the withered hand of a troubled man; Who stopped the flow of blood of her who bled for 12 years; Who raised Jairus' daughter to life; And brought the 4-day-dead Lazarus to life; And who heals every infirmity under the sun:

Do now, O Lord, grant Thy grace to all those here gathered who have labored and studied hour upon hour, to go into all the world, and also to heal by the talent Thou hast given to each of them. Strengthen them, by Thy strength, to fear no evil or disease. Enlighten them to do no evil by the works of their hands, and preserve them and those they serve in peace, for Thou art our God, and we know no other, and to Thee we ascribe glory together with Thy Father who is from everlasting, and Thy most Holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen.

A PARISH OF THE BULGARIAN DIOCESE OF THE ORTHODOX CHURCH IN AMERICA

TODAY'S WORSHIP - HYMNS AND SCRIPTURE READINGS

Resurrection Troparion in Tone 7

By Thy Cross Thou didst destroy death./ To the thief Thou didst open Paradise./ For the Myrrhbearers Thou didst change weeping into joy,/ and Thou didst command Thy disciples, O Christ God,/ to proclaim that Thou art risen,// granting the world great mercy.

Cross Troparion in Tone 1

O Lord, save Thy people,/ and bless Thine inheritance!/ Grant victories to the Orthodox Christians/ over their adversaries;/ and by virtue of Thy Cross,// preserve Thy habitation!

Glory to the Father and to the Son and to the Holy Spirit. Now and ever and unto ages of ages. Amen.

Cross Kontakion in Tone 7

Now the flaming sword no longer guards the gates of Eden;/ it has been mysteriously quenched by the wood of the Cross./ The sting of death and the victory of hell have been vanquished;/ for Thou, O my Savior, hast come and cried to those in hell:// "Enter again into Paradise!"

Epistle: Hebrews 4:14-5:6

Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness. Because of this he is required as for the people, so also for himself, to offer sacrifices for sins. And no man takes this honor to himself, but he who is called by God, just as Aaron was.

So also Christ did not glorify Himself to become High Priest, but it was He who said to Him: "You are My Son, today I have begotten You." As He also says in another place: "You are a priest forever according to the order of Melchizedek";

Gospel: Mark 8:34-9:1

When He had called the people to Himself, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels."

And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power."



THIS WEEK AND LIFE IN CHRIST

Sunday, March 22nd

10:00 AM Divine Liturgy (Live Stream)

Third Sunday of Lent

Veneration of the Cross

Hieromartyr Basil of Ancyra

Hebrews 4:14-5:6, Mark 8:34-9:1

Monday, March 23rd

Ven. Martyr Nikon in Silicy

Martyr Philetas the Senator in Illyria

Genesis 8:21-9:7, Proverbs 11:19-12:6

Tuesday, March 24th

Forefeast of the Annunciation

Ven. Zachariah the Recluse

Genesis 9:8-17, Genesis 28:10-17

Proverbs 12:8-22, Ezekiel 43:27-44:4, Proverbs 9:1-11

Wednesday, March 25th

6:00 PM Vespertal Liturgy for Annunciation (Live Stream)

Annunciation of the Most Holy Theotokos

Genesis 8:18-10:1, Exodus 3:1-8

Proverbs 12:23-13:9, Proverbs 8:22-30

Thursday, March 26th

Leavetaking of the Annunciation

Synaxis of the Archangel Gabriel

Genesis 10:32-11:9, Proverbs 13:19-14:6

Friday, March 27th

Martyr Matrona of Thessalonica

Martyrs Manuel and Theodosius

Genesis 12:1-7, Proverbs 14:15-26

Saturday, March 28th

5:00 PM Great Vespers (Live Stream)

Memorial Saturday

Ven. Hilarion the New, Abbot of Pelecete

Hebrews 6:9-12, 1 Corinthians 15:47-57

Mark 7:31-37, John 5:24-30

Sunday, March 29th

10:00 AM Divine Liturgy (Live Stream)

Fourth Sunday of Lent

St. John Climacus (of the Ladder)

Hebrews 6:13-20, Ephesians 5:9-19

Mark 9:17-31, Matthew 4:25-5:12



A Practical Guide

For Participating in Church Services that are Livestreamed

When physical church participation is not possible, the faithful in addition to the daily cycle of prayer, are encouraged to participate in livestreamed church services from their own homes.

Participating in church services at home may pose challenges. Here are some simple tips to get you started.

- Find a part of the home with limited distractions and setup the following items (when available):
 - A vigil lamp
 - An incense burner
 - An icon/s
 - A prayer rope
 - Flowers and/or adornments
 - Books to follow the service
 - A chair (if needed)
- Complete tasks and prayers you usually would before attending church. This includes all your preparation pre-communion prayers if you will be viewing Divine Liturgy. Remember, the clergy are offering the liturgy on your behalf, even though you are not physically present.
- Dress respectfully, be clothed as if you have a visitor in your home.
- Tell family and members of the household the service will be starting.
- Get the technology ready. Close apps or notifications that may interrupt viewing.
- Stand when possible, at least as you would if you were at church.
- Listen and follow the words of the clergy and chanters. You may find new meanings as you pray in this context.
- Direct your prayer to God that He may liberate us from the threat of this pandemic, and for those who are afflicted by it.
- If the technology fails, do not become impatient or angry. Resort to books and prayer.
- Give thanks to God that you have been given the means to worship Him in these times. Give thanks for the priests who are able to offer the divine services on your behalf.
- After the Divine Liturgy, complete post-communion prayers.
- You may want to contact family or friends. In these circumstances, it is valuable to have verbal interactions and to encourage and give strength to one another. Greet and interact as you usually would after a service.
- Send constructive feedback to the priest and the technology team about the streaming service so that improvements can be made for future services.

HAVE A QUESTION OR NEED TO CHAT? CALL OR EMAIL FR. GREGORY.

Guidance for COVID-19

Cancellation of Services and Events

All parish events and activities, including Coffee Hour, Church School, and the rest, and all “extra” services including Sunday Evening Pan-Orthodox Vespers **through Sunday, April 12th**, at which point we will adjust as the situation warrants.

Vespers on Saturday evenings, the Sunday Liturgy of St. Basil the Great, the Vespers Liturgy of the Great Feast of Annunciation, and the Presanctified Liturgies, will be live streamed on Facebook starting 3/22/20.

Attendance at Services

Attendance at services is **limited only to those who need to be there**: the priest, a server, a reader, a chanter (or small choir, i.e. 3-4). Everyone else is strongly encouraged to remain at home and pray for a speedy end to this outbreak and for those who are currently ill and who care for the ill. Pray for the repose of those who have died. Pray for our leaders as they navigate these days so that we might not share the same fate Italy.

At the Church

For those inside the church, it is imperative to maintain the social distancing practices prescribed by healthcare authorities (i.e., stand at least six feet apart from each other). Additionally, unless you live under the same roof, you must keep a distance of at least 6 feet from each other, including in the Communion line.

Please do not kiss the icons (or more accurately, their cases,) the Cross, or each other. No antidoron (holy bread) will be offered, but communion will continue to be offered for the healing of soul and body. Please wash your hands or use hand sanitizer prior to entering the church.

Confessions and Visitations

Confessions will not be offered at this time. Due to restrictions put in place by hospitals, visitations are limited only to those who are very sick or dying.

Stewardship

We encourage you to continue giving your regular offerings during this time. Checks can be mailed directly to the church.

Lenten Psalter Prayer Group

We are asked to “pray without ceasing” (1 Thessalonians 5:17). What better way than through the Psalms? The Hospitality Committee is excited to continue the spiritual practice of praying the Psalter this Lenten season. Contact Cindy Hopper or Sarah Allen for any questions.

Heartbeat of Toledo

We will continue collecting money for Heartbeat of Toledo through the remainder of Lent. Checks can be sent to the church and made out to St. George Cathedral (memo line “Heartbeat of Toledo”). We hope to reschedule the baby shower at a later date.

We are praying for...

Health and Well-Being:

Anthony, Maria, Tanya, Melissa, Kelly, Lawrence, Mary, Brian, Karen, Sandy, Panka, George, Cheryl, Barb, and the kidnapped hierarchs Metropolitan Boulos and Archbishop Yohanna of Aleppo; and those being persecuted for their faith in the Middle East.

Catechumens:

Tim, Laura, Ethan, Naomi, Olivia, Daniel, Phoebe, Ezekiel, and Jachin.



Sanctuary Lamp

The Sanctuary Lamp is lit today by Milli Corey in memory of Tammy Abboud and Rusell Carmony. May their memories be eternal!



Celebrations

Birthdays:

David Beleny, Jr (3/23)

