

# SUNDAY, MARCH 31, 2019

## THIRD SUNDAY OF THE GREAT LENT: VENERATION OF THE HOLY CROSS

**EPISTLE READING:** This morning's Apostolic reading is from St. Paul's first letter to the Hebrews, Chapter 4, Verse 14 - Chapter 5, Verse 6. It is found in our books on pages 142-143.

**Ὁ Απόστολος, Πρὸς Ἑβραίους Πρώτης Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα, κεφ. 4, ἐδάφ.14 - κεφ. 5, ἐδάφ. 6:** Ἀδελφοί, ἔχοντες οὖν ἀρχιερέα μέγαν, διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν υἱὸν τοῦ θεοῦ, κρατῶμεν τῆς ὁμολογίας. Οὐ γὰρ ἔχομεν ἀρχιερέα μὴ δυνάμενον συμπαθῆσαι ταῖς ἀσθενείαις ἡμῶν, πεπειραμένον δὲ κατὰ πάντα καθ' ὁμοιότητα, χωρὶς ἁμαρτίας. Προσερχώμεθα οὖν μετὰ παρησίας τῷ θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἔλεον, καὶ χάριν εὐρωμεν εἰς εὐκαιρὸν βοήθειαν. Πᾶς γὰρ ἀρχιερεὺς, ἐξ ἀνθρώπων λαμβανόμενος, ὑπὲρ ἀνθρώπων καθίσταται τὰ πρὸς τὸν θεόν, ἵνα προσφέρῃ δῶρά τε καὶ θυσίας ὑπὲρ ἁμαρτιῶν· μετριοπαθεῖν δυνάμενος τοῖς ἀγνοοῦσιν καὶ πλανωμένοις, ἐπεὶ καὶ αὐτὸς περικείται ἀσθενείαν· καὶ διὰ ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτως καὶ περὶ ἑαυτοῦ, προσφέρειν ὑπὲρ ἁμαρτιῶν. Καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ θεοῦ, καθάπερ καὶ Ἀαρῶν. Οὕτως καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασεν γεννηθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν, Υἱός μου εἶ σὺ, ἐγὼ σήμερον γεγέννηκά σε. Καθὼς καὶ ἐν ἑτέρῳ λέγει, Σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

**GOSPEL READING OF THE DAY:** This morning's Gospel Reading is from the Holy Gospel according to St. Mark, Chapter 8, Verses 34-38, Chapter 9, Verse 1. It is found in our Books, on pages 293-295.

**Ἡ σημερινὴ εὐαγγελικὴ περικοπή, ἐκ τοῦ κατὰ Μάρκον Ἀγίου Εὐαγγελίου τὸ ἀνάγνωσμα, κεφ. 8, ἐδάφ. 34-38, κεφ. 9, ἐδάφ. 1.** Εὐρίσκεται εἰς τὰ βιβλία μας, σελ. 292-294.

**Today's *Apolitikion* (Dismissal Hymn) is that of Tone Three:**

Let all things above in heaven rejoice, and let all things below on earth be glad. With all the might and strength of His arm, an eternal deed the Lord did perform. Beneath His feet, He has trampled down death by death, and first-born of the dead has He become. From the depths of Hades has He delivered us, and to all the world has granted His great redeeming mercy.

Εὐφραίνεσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος ἐν βραχίονι αὐτοῦ ὁ Κύριος· ἐπάτησε τῷ θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιτίας Ἄδου ἐρρύσατο ἡμᾶς καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

**THE LORD'S PRAYER IN SPANISH:** Padre nuestro, que estás en los cielos, santificado sea tu nombre, venga tu Reino, hágase tu voluntad en la tierra como en el cielo; danos hoy nuestro pan de cada día; perdona nuestras deudas así como nosotros perdonamos a nuestros deudores; no nos dejes caer en la tentación, y líbranos del Mal.

**INTRODUCTION TO ORTHODOXY:** This class is especially intended for those who are thinking about converting to Orthodoxy and for family members and friends who would like to support them on their journey. It is also open to people who are already Orthodox and who would like to deepen their understanding of their faith. We explore Christian theology and practice by reading selections from Scripture, the Church Fathers, the lives of the Saints, and other texts representative of the Orthodox worldview. These readings are the starting point for our discussions, which aim at clarifying doctrine and worship and helping us to discover (or rediscover) why we belong in the Church. If you are interested in attending the class, please contact **Alexandros Kozák** at [orthodoxy-agkozak@sneakemail.com](mailto:orthodoxy-agkozak@sneakemail.com). Note: The Introduction to Orthodoxy class is now being offered two Sundays a month. It meets in the second-floor conference room, beginning at 9 a.m. The class is meeting this morning. In April, it will meet on Sunday, April 14 and on Sunday, April 21.

**TODAY'S MNEMOSYNON:** Memorial Prayers are being offered today for the repose of our sister **Efthimia Georgiadis**, who fell asleep in the Lord 40 days ago. Aionia I Mnimi! Eternal Memory!

**HOLY CROSS PROCESSION:** At the conclusion of this morning's Divine Liturgy, a procession of the cross will take place, highlighting not only the centrality of the Cross in our Faith (for, without the Cross, there would be no Christian faith), but also the fact that, this third Sunday in the Great Lent, we stand at a spiritual crossroads. Where we go from here, depends upon our life choices. It asks the question, what kind of Christians are we?

**PHILOPTOCHOS TODAY:** The Ladies Philoptochos will hold their meeting in the conference room, beginning at 12:30 p.m.

**ORATORICAL FESTIVAL:** The parish oratorical festival is scheduled to take place next Sunday, April 7, at the conclusion of the Divine Liturgy.

**GODPARENTS SUNDAY:** April 14, the Sunday before Palm Sunday, is "Godparents Sunday." On this day, Godparents and Godchildren worship together, recite their baptismal vows together, and receive Holy Communion together. Godparents: please call your godchildren and invite them to worship with you that Sunday. Godchildren: please call and invite your godparents. Do your godchildren/godparents live far away? Then, reach out to someone who may also have godchildren/godparents who live far away and become godparents/godchildren "for the day." The point is spiritual connection.

**DEMENTIA SUPPORT GROUP:** The group will meet this Tuesday, April 2, in the conference room, beginning at 11 a.m.

**SALUTATIONS THIS FRIDAY:** The service of Salutations (Fourth Stasis) will take place this Friday, April 5, beginning at 7 p.m. Do plan on being with us, as we offer this special hymn of praise to the Theotokos, through whose intercessions God

**CHURCH BASKETBALL PRACTICE:** Meanwhile, adult practice will take place this week on Thursday, April 4 (and Thursdays thereafter), in our Korinthias gym, beginning at 7 p.m. Meanwhile, **High School** practice takes place Thursdays at Jefferson High School Gymnasium, located at 6996 Mission Street, Daly City. For further information about the high school basketball program, please contact coaches Tom Nuris at (650) 520-6963/ [tomnuris@gmail.com](mailto:tomnuris@gmail.com) or Nick Kontonis at (415) 706-1545/ [nickkontonis@gmail.com](mailto:nickkontonis@gmail.com).

**SUPPORT YOUR CHURCH THROUGH STEWARDSHIP:** We thank you for making your 2019 Stewardship support a priority. Your support makes possible the very existence of this parish, and its ability to offer Liturgical services, educational, & philanthropic programs. We have thanked all 2019 Stewards (as of February 15) in the March *Herald*.

**100<sup>th</sup> ANNIVERSARY COMMEMORATIVE BOOK:** For further information about your participation and that of your family, please contact Jim Loukas, [jim@loukas.com](mailto:jim@loukas.com).

**PARKING:** We have signed a 6-month trial agreement with Golden State Parking so that, as soon as it obtains the necessary permits, it can operate our parking component. All permits but one have been obtained. We anticipate the permit by the fire department will be obtained as soon as the fire sprinklers and the hydrant have become operational, hopefully this week. Meanwhile, we've signed a contract with Albert Electric, to finalize the electrical work, finish the lobbies and install the necessary doors. However, we will need to install the final gates in order to satisfy the "clear path of travel" requirements, which includes the final inspection of the elevator. We've decided to embark upon a renewed Capital Campaign. Our goal is to raise \$1 million in 2019. As we go forward, let's stay positive and focused. Consider what you have accomplished so far! As with Moses, we hear God speaking to us: **"Build me a Sanctuary, and I will appear among you."** (from the Septuagint: *Και ποιήσεις μοι ἁγίασμα, και ὀφθήσομαι ἐν ὑμῖν*). (Exodus 25:8). Building also takes vision, determination and faith. You are doing something extraordinary: you are building His sanctuary, a sacred space, right the heart of one of the world's premier cities. Here, the Orthodox Christian faith is poised to proclaim the Gospel message of salvation to a whole new generation of worshippers!



*"The Church shall be a home for Orthodox Christians from every ethnic and national background. It shall be a house of prayer for all humankind, in which the Holy Name of our Triune God shall be extolled and all of creation sanctified."*