



Sunday, March 31  
All English Liturgy

*Sunday of the Holy Cross*  
*The Holy Hieromartyr Hypatius, Bishop of Gangra*

### First Antiphon

The light of Your countenance, O Lord, has been manifest toward us.

You have given a token to them that fear You, that they might flee from the bow.

You have gone up on high, You have led captivity captive.

### Second Antiphon

All the ends of the earth have seen the salvation of our God.

Let us worship at the place where His feet stood.

But God is our King of old; he has wrought salvation in the midst of the earth.

### Third Antiphon

Exult ye the Lord our God, and worship at His footstool.  
O God save Your people and bless Your inheritance.

## HYMNS AT THE SMALL ENTRANCE

### Apolytikion of the Holy Cross

*(sung after the Doxology, at the Small Entrance and after Holy Communion)*

Save O Lord Your people and bless Your inheritance. Grant victory to our leaders against the adversaries of the faith and protect Your commonwealth by Your Holy Cross.

### Isodikon

Come let us worship falling down before Christ. Save us O Son of God who didst arise from the dead sing we to Thee Alleluia.

### The Resurrection Apolytikion, Mode 3

Come rejoice all ye Heavens and be glad all ye on earth, for within the arc of His great arms He created a vast Dominion, by His own death He conquered death, for He became the first born of the dead. From the depths of Hades, He delivered us and He granted to mankind His great mercy

### Troparion of Saint Sophia (Holy Wisdom)

Blessed are You O Christ our God, Who as all wise the fishermen You showed forth; By sending your Holy Spirit down upon them and through them the universe You drew unto Your net. O lover of mankind glory to You.

### Lenten Kondakion

To thee, victorious leader and defender, who has delivered us from calamity and suffering, your city gives thanks O Theotokos. As thou dost possess invincible might and power, from all forms of danger, free us and deliver us, that we may cry unto thee, Rejoice bride unwedded.

### Trisagion

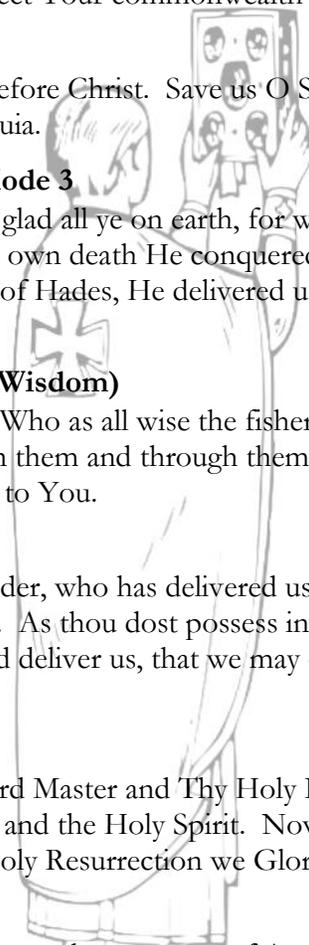
Before Thy Cross we bow down Lord Master and Thy Holy Resurrection we Glorify. (3 times) Glory to the Father and Son and the Holy Spirit. Now and forevermore and from all ages to all ages. Amen....and Thy Holy Resurrection we Glorify.

### Megalynarion

All creation rejoices in thee full of grace, the company of Angels and the race of all people. O sanctified temple and spiritual paradise, the glory of virgins from whom God was incarnate and became a child our God before all ages. And thy womb God made a throne more vast than the heavens. All creation rejoices in thee full of grace, glory to thee.

### Communion Hymn

The radiant light of Thy countenance O Lord has filled our hearts with joy. (3 times). Alleluia.



**SAINT SOPHIA CATHEDRAL**

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**V. Rev. Father John S. Bakas**

*Dean*

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*Assistant Priest*

# Scripture Reading

*Faith comes by hearing....*

Epistle Reader: Mary Goss

**Priest:** Let Us Attend...

**Reader:** O Lord, save your people and bless your inheritance...to you, O Lord, I have cried, O my God.

**Priest:** Wisdom.

**Reader:** The Reading is from St. Paul's Letter to the Hebrews (4:14-16;5:-6)

**Priest:** Let us be attentive...

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

**THE GOSPEL ACCORDING TO ST. MARK** (8:34-38; 9:1)

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."



# Memorials

*May their memory be eternal...*

*Among the spirits of the righteous perfected in faith, give rest, O Savior to the souls of your servants...*

*Patricia Fettis*

*Theodora*

*Alexandros*

*Hariklia Miliara*

## **5 THEMES OF BIBLICAL MANHOOD**

*Theme Three*

*Dennis Rainey*

### **A man protects his family:**

To borrow an illustration from John Piper and Wayne Grudem on the essence of masculinity: When you are lying in bed with your wife, and you hear the sound of a window being opened in your kitchen at 3 a.m., do you shake her awake and say, “The last time this occurred, I was the one who took our baseball bat and investigated to see if someone was breaking into our house. Now it’s your turn, Sweetheart. Here’s the bat!”? No! But being a protector calls for more than ensuring physical safety. Proverbs 4:10–15 describes a father who protects his son by passing on wisdom, helping him build godly character, and teaching him to reject the lies and temptations of the world. This father protects not only his son but the generations to follow as the wisdom he shares gets passed on.



## HOLY BODIES

*Chrysostom*

Let us discipline our tongues to administer the Spirit's grace and rid our mouths of all bitterness, malice, and disgraceful words. For we have the power to make each part of us instruments of wickedness or righteousness. Hear how some people make the tongue an instrument of sin and others righteousness! It is written about some, "there tongue is a sharp sword." But about another, "My tongue is the pen of a ready writer." The former brought about destruction; the latter wrote God's law. Therefore, one was a sword and the other a pen not by nature, but by the choice of those who used it. We see the same thing with the mouth. Those with mouths full of filth and wickedness were accused, "Their mouth is full of cursing and bitterness." But this wasn't the case with another. "My mouth shall speak of wisdom, and the meditation of my heart shall be of understanding." So then, knowing these things, let us fortify ourselves on all sides with holiness to ward off God's wrath. Let us make the members of our body instruments of righteousness. Let us discipline our eyes, mouths, hands, feet, hearts, tongues, and entire bodies to be used only in holiness.

*"And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell."*

*-Mathew 5:29-*

### ***Saint Sophia Cathedral: Lenten Schedule For 2019***

Pre-Sanctified Liturgy	Wednesday, April 3	7:30 PM
Pre-Sanctified Liturgy	Friday, April 5	9:30 AM
4 <sup>th</sup> Salutations to the Theotokos	Friday, April 5	7:30 PM
Sunday of John Climacus	Sunday, April 7	Orthros 8:30 AM Divine Liturgy 10:00 AM
Pre-Sanctified Liturgy	Wednesday, April 10	7:30 PM
Pre-Sanctified Liturgy	Friday, April 12	9:30 AM
5 <sup>th</sup> Salutations to the Theotokos	Friday, April 12	7:30 PM
Sunday of St Mary of Egypt	Sunday, April 14	Orthros 8:30 AM Divine Liturgy 10:00 AM
Pre-Sanctified Liturgy	Wednesday, April 17	7:30 PM
Pre-Sanctified Liturgy	Friday, April 19	9:30 AM
Saturday of Lazarus	Saturday, April 20	Orthros 9:00 AM Divine Liturgy 10:00 AM
Palm Sunday	Sunday, April 21	Orthros 8:30 AM Divine Liturgy 10:00 AM