



Sunday, April 21
All English Liturgy

Palm Sunday
The Holy Hieromartyr Januarius and Those With Him

First Antiphon

I love the Lord because
He has heard my
voice and my
supplication.

The pangs of death
encompassed me,
the perils of Hades
have found me.

I suffered distress and
anguish. Then I
called on the name
of the Lord.

Second Antiphon

I believed, therefore I
spoke; but I was
greatly afflicted.

What shall I render to
the Lord for all that
He has given me?

I will receive the cup of
salvation and call
upon the name of
the Lord.

Third Antiphon

Give thanks to the Lord
for He is good; for
His mercy endures
forever.

Let the house of Israel
now say that He is
good; for His mercy
endures forever

HYMNS AT THE SMALL ENTRANCE

Apolytikion after the Doxology

Being buried with Thee in baptism Christ our God, we become worthy of immortal life and of Thy Resurrection praising Thee with hymns we cry: Hosanna in the highest, blessed is He who comes in the name of the Lord.

Hymns at the Little Entrance

Before Thy passion Thou confirmed the common resurrection Christ our God when Thou raised Lazarus from the dead. Thus we like children bearing symbols of victory and to the victor over death we cry: Hosanna in the highest, Blessed is He who comes in the name of the Lord.

Isodikon

Blessed is He who comes in the name of the Lord. The Lord is God and has revealed Himself to us. Save us O Son of God who was seated upon the foal, sing we to Thee Alleluia.

Palm Sunday Apolytikia

Before Thy passion Thou confirmed the common resurrection Christ our God when Thou raised Lazarus from the dead. Thus we like children bearing symbols of victory and to the victor over death we cry: Hosanna in the highest, Blessed is He who comes in the name of the Lord. Being buried with Thee in baptism Christ our God, we become worthy of immortal life and of Thy resurrection praising Thee with hymns we cry: Hosanna in the highest, blessed is He who comes in the name of the Lord.

Palm Sunday Kondakion

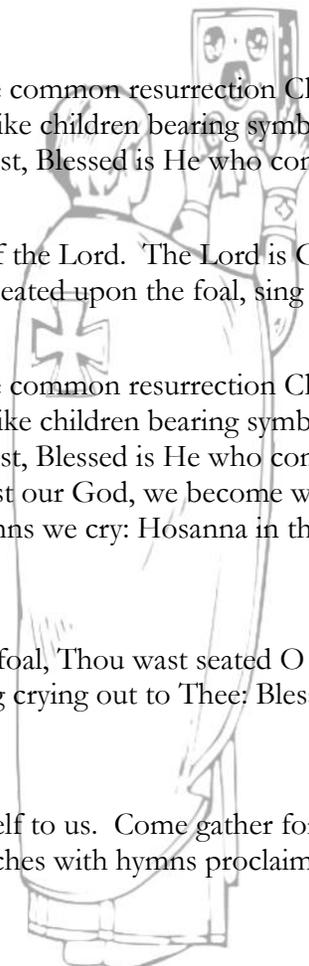
In heaven on a throne, on earth upon a foal, Thou wast seated O Christ God. Thou received the angel's praise and the children's song crying out to Thee: Blessed is the name of the Lord who restored Adam.

Megalynarion

The Lord is God and has revealed himself to us. Come gather for the feast and rejoicing magnify the Christ with palms and branches with hymns proclaiming: Blessed is He who comes in the name of the Lord, our Saviour.

Communion Hymn

Blessed is He who comes in the name of the Lord, the King of Israel. Alleluia.



SAINT SOPHIA CATHEDRAL

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V. Rev. Father John S. Bakas

Dean

Rev. Fr. Chris Kolentsas

Assistant Priest

Scripture Reading

Faith comes by hearing....

Epistle Reader: Vickie Deryiades

Priest: Let Us Attend...

Reader: Blessed is he who comes in the name of the Lord... Give thanks to the Lord, for He is good. His mercy endures forever.

Priest: Wisdom.

Reader: The Reading is from St. Paul's Letter to the Philippians (4:4-9)

Priest: Let us be attentive...

BRETHREN, rejoice in the Lord always; again I will say, Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me, do; and the God of peace will be with you.

THE GOSPEL ACCORDING TO ST. JOHN (12:1-18)

Six days before Passover, Jesus came to Bethany, where Lazaros was, whom Jesus had raised from the dead. There they made him a supper; Martha served, and Lazaros was one of those at table with him. Mary took a pound of costly ointment of pure nard and anointed the feet of Jesus and wiped his feet with her hair; and the house was filled with the fragrance of the ointment. But Judas Iscariot, one of his disciples (he who was to betray him), said "Why was this ointment not sold for three hundred denarii and given to the poor?" This he said, not that he cared for the poor but because he was a thief, and as he had the money box he used to take what was put into it. Jesus said, "Let her alone, let her keep it for the day of my burial. The poor you always have with you, but you do not always have me." When the great crowd of the Jews learned that he was there, they came, not only on account of Jesus but also to see Lazaros, whom he had raised from the dead. So the chief priests planned to put Lazaros also to death, because on account of him many of the Jews were going away and believing in Jesus. The next day a great crowd who had come to the feast heard that Jesus was coming to Jerusalem. So they took branches of palm trees and went out to meet him, crying, "Hosanna! Blessed is he who comes in the name of the Lord, even the King of Israel!" And Jesus found a young donkey and sat upon it; as it is written, "Fear not, daughter of Zion; behold, your king is coming, sitting on a donkey's colt!" His disciples did not understand this at first; but when Jesus was glorified, then they remembered that this had been written of him and had been done to him. The crowd that had been with him when he called Lazaros out of the tomb and raised him from the dead bore witness. The reason why the crowd went to meet him was that they heard he had done this sign.

TEN VIRTUES OF THE PROVERBS 31 WOMAN

-Mellissa Ringstaff-

1. **Faith** – A Virtuous Woman serves God with all of her heart, mind, and soul. She seeks His will for her life and follows His ways. (Proverbs 31: 26, Proverbs 31: 29 – 31, Matthew 22: 37, John 14: 15, Psalm 119: 15)
2. **Marriage** – A Virtuous Woman respects her husband. She does him good all the days of her life. She is trustworthy and a helpmeet. (Proverbs 31: 11- 12, Proverbs 31: 23, Proverbs 31: 28, 1 Peter 3, Ephesians 5, Genesis 2: 18)
3. **Mothering** – A Virtuous Woman teaches her children the ways of her Father in heaven. She nurtures her children with the love of Christ, disciplines them with care and wisdom, and trains them in the way they should go. (Proverbs 31: 28, Proverbs 31: 26, Proverbs 22: 6, Deuteronomy 6, Luke 18: 16)
4. **Health** – A Virtuous Woman cares for her body. She prepares healthy food for her family. (Proverbs 31: 14 – 15, Proverbs 31: 17, 1 Corinthians 6: 19, Genesis 1: 29, Daniel 1, Leviticus 11)
5. **Service** – A Virtuous Woman serves her husband, her family, her friends, and her neighbors with a gentle and loving spirit. She is charitable. (Proverbs 31: 12, Proverbs 31: 15, Proverbs 31: 20, 1 Corinthians 13: 13)
6. **Finances** – A Virtuous Woman spends money wisely. She is careful to purchase quality items which her family needs. (Proverbs 31: 14, Proverbs 31: 16, Proverbs 31: 18, 1 Timothy 6: 10, Ephesians 5: 23, Deuteronomy 14: 22, Numbers 18: 26)
7. **Industry** – A Virtuous Woman works willingly with her hands. She sings praises to God and does not grumble while completing her tasks. (Proverbs 31: 13, Proverbs 31: 16, Proverbs 31: 24, Proverbs 31: 31, Philippians 2: 14)
8. **Homemaking** – A Virtuous Woman is a homemaker. She creates an inviting atmosphere of warmth and love for her family and guests. She uses hospitality to minister to those around her. (Proverbs 31: 15, Proverbs 31: 20 – 22, Proverbs 31: 27, Titus 2: 5, 1 Peter 4: 9, Hebrews 13: 2)
9. **Time** – A Virtuous Woman uses her time wisely. She works diligently to complete her daily tasks. She does not spend time dwelling on those things that do not please the Lord. (Proverbs 31: 13, Proverbs 31: 19, Proverbs 31: 27, Ecclesiastes 3, Proverbs 16: 9, Philippians 4:8)
10. **Beauty** – A Virtuous Woman is a woman of worth and beauty. She has the inner beauty that only comes from Christ. She uses her creativity and sense of style to create beauty in her life and the lives of her loved ones. (Proverbs 31: 10, Proverbs 31: 21 – 22, Proverbs 31: 24 -25, Isaiah 61: 10, 1 Timothy 2: 9, 1 Peter 3: 1 – 6)

Saint Sophia Cathedral: Holy Week Schedule For 2019

Lazarus Saturday, April 20 (Christ Resurrects Lazarus After 4 Days Dead)

8:30 AM.....Orthros

9:30 AM.....*Divine Liturgy*

(Family Pancake Breakfast & Palm Tying Immediately Following Divine Liturgy)

Palm Sunday, April 21(Christ's Triumphal Entry Into Jerusalem)

8:30 AM.....Orthros

9:30 AM.....Studies In The Faith

10:00 AM.....*Divine Liturgy w/Blessing & Distribution of Palms*

7:30 PM.....1st Service of the Bridegroom / Nymphios

(This beautiful service helps prepare us to receive the Christ our Lord as the Bridegroom of the Church. It happens 3 nights in a row.)

Holy Monday, April 22

9:30 AM.....*Pre-Sanctified Liturgy*

7:30 PM.....2nd Service of the Bridegroom / Nymphios

Holy Tuesday, April 23

7:30 PM.....3rd Service of the Bridegroom / Nymphios

Holy Wednesday, April 24

9:30 AM.....*Pre-Sanctified Liturgy (Last one of the Lenten Season)*

3:30 PM.....(Early Choice) Sacrament of Holy Unction

7:30 PM.....(Later Choice) Sacrament of Holy Unction

Holy Thursday, April 25

10:00 AM.....*Saint Basil Morning Vespertal Liturgy*

7:30 PM.....Reading of the 12 Gospels

(About the dramatic Passion & Crucifixion of our Lord)

Holy Friday, April 26

9:30 AM.....Reading of the Royal Hours

(Hymns, Psalms, and Readings from the Old and New Testaments, all prophetically and practically related to the Person of Jesus Christ.)

☩ Retreat for YOUTH with delivery of Food Drive donations to St Thomas Food Bank ☩

3:30 PM.....Descent from the Cross (The Un-nailing)

7:30 PM.....Lamentation Service (Funeral procession of our Lord)

Holy Saturday, April 27

9:30 AM.....*Saint Basil Morning Vespertal Liturgy (Arise O God!)*

11:00 PM.....The Canon (Anticipating the coming Resurrection)

12:00 AM.....Resurrection / Anastasi Service

12:30 AM.....*Resurrectional Divine Liturgy*

Holy Pascha / Easter Sunday, April 28

11:00 AM.....Agape Service – Vespers of Love

(The Good News of Jesus Christ joyously declared in Different Languages)

1:00 PM – 7:00 PM.....Pascha Picnic in Pasadena