

## **ST. MARY'S HELPERS**

|                    | <b>April 3</b>      | <b>April 10</b> |
|--------------------|---------------------|-----------------|
| <b>Prosphora</b>   | Anne & Galina       | Psa & Gabriela  |
| <b>Reader</b>      | George D & Stefania | Lili & Violeta  |
| <b>Greeter</b>     | Alex & George D     | Lili & Anne     |
| <b>Coffee hour</b> | Ana Maria & Mara    | Liliana & Sanda |

 Thank you to all the church helpers. Your service is appreciated. **Please make note of the schedule and of your commitment.** If you are not able to fulfill your commitment, please find a replacement. 

"Fasting and self-control are a double wall of defense and whoever lives within them enjoys great peace."

St. Gregory Palamas

"In the Time of Fasting and Prayer" (Homily 9)

But those who are satisfied with what they have, and pleased with their own possessions, and do not have their eyes on the substance of others, even if they are the poorest of all, should be considered the richest of all. For whoever has no need of others' property but is happy to be self-sufficient is the most affluent of all." +St. John Chrysostom

## **TO OUR VISITORS: WELCOME TO ST. MARY'S**

*Welcome to all guests to St. Mary's on this holy day. If you are new to our church, please make yourself known to Father Michael. We look forward to seeing you all again soon.*

*Please note that only Orthodox Christians who have prepared themselves with prayer, fasting and Confession may approach to receive Holy Communion. Everyone is welcome to receive the blessing and partake of the blessed bread (Antidor) at the dismissal.*

*As a sign of respect please remain standing during Holy Communion, even if you are not partaking. Please turn off all*

## **Ten Suggestions for Lent**

- 1. Meditate on the History of Salvation**
- 2. Review the understanding of fasting**
- 3. Reconsider our life of prayer**
- 4. Be conscious of the gravity of sin**
- 5. Make Lent a season for repentance**
- 6. Reflect on our reading the Bible**
- 7. Be aware of the Christocentric focus (focus on Christ)**
- 8. Cultivate human relationships**
- 9. Practice almsgiving**
- 10. Make this Lent a time for transformation**

## **St. Mary's Nativity of the Theotokos Orthodox Church**

### **Romanian Orthodox Episcopate of America (O.C.A.)**

3511 3<sup>rd</sup> Avenue SW, Calgary T3C 0A7

Hierarch: The Most Reverend Archbishop Nathaniel

Pastor: Very Reverend Father Michael Lupu

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WEBSITE: <http://www.saintmaryscalgary.org/>

<https://www.facebook.com/StMarysRomanianOrthodoxChurchCalgary>



## **Sunday of the Holy Cross A Sfintei Cruci April 3, 2016**

Vespers every Saturday 6:00 pm

Divine Liturgy every Sunday 10 am

Other services as announced

- Tonight - Sunday Vespers 6 pm at St. Simeon Serbian Orthodox Church
- **Wednesday April 6 and Friday April 8 - Lenten Services 6:30pm**
- **NEXT WEEK -April 8- 10 -Men's Retreat.** Please see Dennis or Daniel for details
- **Saturday April 9 - 4:45pm Bible Study.** Topic will be St. John Climacus (4th Sunday of Lent). Everyone is invited

**\*\* Pocket calendars are now available English and Romanian combined \$8.00\*\***

Donations are now accepted for flowers, candles and other Pascha items.

**\*\*CONFESSIONS BY APPOINTMENT – PLEASE MAIL FR. MICHAEL AT FATHERLUPU@SHAW.CA\*\***

## **ORTHODOX TEACHING**

### **Reading - 3<sup>rd</sup> Sunday of Great Lent- Veneration of the Holy Cross**

With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labour set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.

your work, when you go to study, when you are alone, and when you are with other people, seal yourself with the Holy Cross on your forehead, your body, your chest, your heart, your lips, your eyes, your ears. All of you should be sealed with the sign of Christ's victory over hell. Then you will no longer be afraid of charms, evil spirits, or sorcery, because these are dissolved by the power of the Cross like wax before fire and like dust before the wind." Elder Cleopa

*Orthodox Christians are encouraged to enter Great Lent in repentance and confession by attending these services, coming for the Sacrament of Confession, and dedicating themselves to worship, prayer, and fasting throughout the Lenten period. –*

*\*Mark your calendar- Girls' sleep over and boys' sleep over June 24-25. Children ages 7-13\**

## **CHRISTIAN CHARITY**

*Please be charitable during this Lenten Season*

- *Loaves of sandwiches are collected every Sunday for the Mustard Seed. Please bring a loaf for lent.*
- *Collecting money for **Safeway cards**. Please mark your envelope "Safeway"*
- *Collecting for an **Orthodox Syrian Refugee family**. Please see Bogdan.*

## **TROPARS**

In place of 'Holy God,' sing 'Before your cross.' Epis. Hebrews 4:14-16; 5:1-6. Gos. Mark 8:34-9:1. Axion: 'In you o woman full of grace' Tone 3

În loc de Sfinte Dumnezeule... cântam Crucii Tale.... Ap. Evrei 4,14-16; 5,1-6. Ev. Marcu 8,3438; 9,1. Axionul: De Tine se bucură.... Glas 3

### Resurrection Tone 3

*Let the Heavens rejoice; let the earth be glad; for the Lord has shown the power of His arm. He has trampled death by death, and became the first to rise from the dead. He delivered us from the depths of Hades, and granted great mercy to the world.*

Tropar for the Cross *O Lord, save Your people and bless Your heritage. Grant victory over our enemies, and preserve your people by Your Cross.*

Tropar for the church *Your Nativity O Birthgiver of God has proclaimed joy to all the Universe. For the Son of Righteousness, Christ our God has risen from you, By abolishing the curse, He gave a blessing, By destroying death, He bestowed eternal life.*