



## **St Paul the Apostle Orthodox Church**

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## **Week of March 9, 2025**

**Sunday, March 9**

First Sunday of Great Lent. Tone 4. Sunday of Orthodoxy. 40  
Martyrs of Sebaste.

**8:30am** - Matins

**9:30am** - Divine Liturgy *w/procession of icons (weather permitting)*

**11:30am** - Agape meal (coffee hour)

**6:00pm** -Lenten Vespers

## This Sunday's Hymns and Readings

### **Tone 4**      **Troparion**    *(Resurrection)*

When the women disciples of the Lord learned from the angel the joyous message of Thy Resurrection, they cast away the ancestral curse and elatedly told the apostles: "Death is overthrown! Christ God is risen, granting the world great mercy!"

### **Tone 2**      **Troparion**    *(Sunday of Orthodoxy)*

We venerate Thy most pure image, O Good One; and ask forgiveness of our transgressions, O Christ our God. Of Thine own will Thou wast pleased to ascend the Cross in the flesh and deliver Thy creatures from bondage to the Enemy. Therefore with thankfulness we cry aloud to Thee: "Thou hast filled all with joy, O our Savior, by coming to save the world."

### **Tone 1**      **Troparion**    *(Holy 40 Martyrs)*

Through the sufferings which Thy holy Forty Martyrs endured for Thy sake, O Lord, we beseech Thee, O Lover of mankind: "Heal all of our infirmities!"

### **Tone 4**      **Kontakion**    *(Resurrection)*

My Savior and Redeemer as God rose from the tomb and delivered the earth-born from their chains. He has shattered the gates of hell, and as Master, He has risen on the third day!

### **Tone 6**      **Kontakion**    *(Holy 40 Martyrs)*

You have abandoned all earthly armies, cleaving to the heavenly Master, O Forty Martyrs of the Lord. Having passed through fire and water, O blessed ones, // you have fittingly received heavenly glory and many crowns.

### **Tone 8**      **Kontakion**    *(Sunday of Orthodoxy)*

No one could describe the Word of the Father; but when He took flesh from thee, O Theotokos, He accepted to be described, and restored the fallen image to its former state by uniting it to divine beauty. We confess and proclaim our salvation in words and images.

**Tone 4**     *Prokeimenon*     *(Song of the Fathers)*

Blessed art Thou, O Lord God of our fathers, / and praised and glorified is Thy Name forever! *For Thou art just in all that Thou hast done for us! (v. 4)*

**Tone 5**     *Prokeimenon*     *(Holy 40 Martyrs)*

Thou, O Lord, shalt protect us and preserve us from this generation forever.

**Epistles**     Hebrews 11:24-26; 32-12:2 & Hebrews 12:1-10 *(Holy 40 Martyrs)*

**Tone 4**     Alleluias

*Moses and Aaron were among His priests; Samuel also was among those who called on His Name. They called to the Lord and He answered them.*

*Make a joyful noise to God, all the earth! Sing of His name, give to Him glorious praise!*

**Gospel**     John 1:43-51 & Matthew 20:1-16 *(Holy 40 Martyrs)*

## **This Week's Schedule**

*Monday, March 10.* Martyrs Quadratus and those with him at Corinth.

*Tuesday, March 11.* Saint Sophronius Patriarch of Jerusalem.

- **9:30am - 11:30am** Fr Silouan's office hours

*Wednesday, March 12.* Venerable Theophanes the Confessor of Sigriane.

Saint Gregory Dialogus, Pope of Rome. Venerable Simeon the New Theologian.

- **6:00pm - 9<sup>th</sup> hour** Typica, Liturgy of the Presanctified Gifts

*Thursday, March 13.* Translation of the relics of Saint Nikephoros, Patriarch of Constantinople

- **9:30am - 11:30am** Fr Silouan's office hour

*Friday, March 14. Venerable Benedict of Nursia.*

- **6:00pm – General Panikhida**

*Saturday, February 15. 2<sup>nd</sup> Sunday of Great Lent: Memorial Saturday.*

- **9:05am – 3<sup>rd</sup> & 6<sup>th</sup> Hours**
- **9:30am – Memorial Divine Liturgy**
- **5:00pm Great Vespers**

## **Announcements**

### *Sunday Lenten Vespers & General Panikhidas*

Starting Sunday March 9, we will serve Lenten Vespers at 6pm. And on Friday evenings for the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Fridays of Lent, we will serve the General Panikhida, those being the evenings before the Saturday Memorial Liturgies. We will pray for your departed loved ones whose names you have emailed me.

### *Saturday Memorial Divine Liturgy & Kollyva*

The Saturdays of March 15, 22, & 29, we will celebrate the Memorial Divine Liturgy. If you have departed loved ones you wish to remember, please email me their names at [priest@stpauldenison.org](mailto:priest@stpauldenison.org). Also, if you wish to make kollyva, please prepare one and bring it and we will bless them. In a previous bulletin, I shared a recipe, but you may use any you like, I only insist that you **use wheat berries and no substitute grains!** The wheat berries have a theological significance, and we must not ignore it. You can purchase wheat berries at Green Market in Sherman or purchase them on Amazon.

### *Liturgy of the Presanctified Gifts*

On Wednesday evenings during Great Lent we serve the Liturgy of the Presanctified Gifts. It is more customary to fast during the entire day, with exceptions for the elderly, the infirm, and women pregnant and/or breastfeeding.

Of course, if you do not have much practice with fasting, you have my blessing to have a small Lenten breakfast and lunch but no later than 1pm if you intend to receive the holy Eucharist that evening.

*Lenten book study with Matushka Katie*

If you are interested in joining Mka. Katie and some of the ladies of St Paul's for a Lenten book study, please email Matushka at [groups@stpauldenison.org](mailto:groups@stpauldenison.org) for all the information. The ladies are reading *Time and Despondency* by Nicole Roccas. You can purchase her book at [svspress.com](http://svspress.com)

*Annunciation Celebration and Bishop Gerasim Visits.*

This year the Feast of the Annunciation falls on Tuesday, March 25. We will celebrate the Festal Vespertine Liturgy at 6pm. Please bring a Lenten seafood dish, and we are permitted to eat fish on this feast day. Bishop Gerasim will serve the Liturgy with us and stay for dinner.

**A Word from the Fathers**

“The Lord has given the Holy Spirit upon the earth, and in whomsoever He dwells, that one feels paradise within himself. You might say: why hasn't this happened to me? Because you have not given yourself over to the will of God, but you live according to yourself. Look at the one who loves his own will. He never has peace in himself and is always displeased with something. But whoever has given himself over to God's will perfectly have pure prayer. His soul loves the Lord, and everything is acceptable and good to him.”

*St Silouan the Athonite*

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