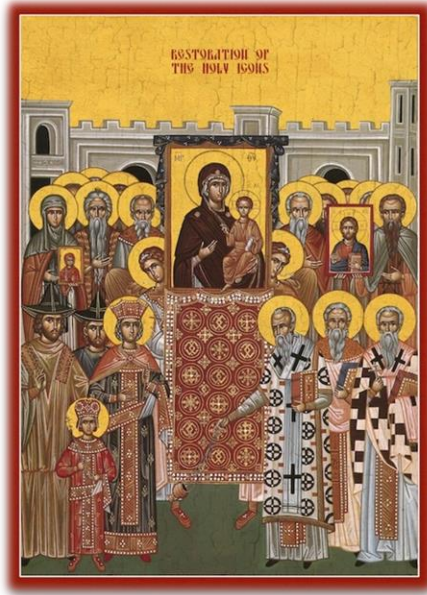


Orthodox Church in America + Diocese of Eastern Pennsylvania

# Elevation of the Holy Cross Orthodox Church Williamsport, PA.



*Sunday of Orthodoxy*

1<sup>st</sup> Sunday of Great Lent

March 5<sup>th</sup>, 2023

# Elevation of the Holy Cross Orthodox Church

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## **Scripture Readings:**

*Epistle: Hebrews 11:24-26, 32-12:2*

*Gospel: St. John 1:43-51*

***A very warm welcome to everyone, and especially to our visitors this morning! Please join us for some fellowship after in the Parish Hall!***

## **Services, Events & Announcements**

**+ Presanctified Liturgy** – Wednesday March 8<sup>th</sup> – ***Ninth Hour & Liturgy*** at 5:20) - *Lenten potluck* fellowship following in the Hall. *Please begin your Eucharistic Fast after your noonday meal if you plan on receiving Communion.*

**+ Presanctified Liturgy** – Friday March 10<sup>th</sup> – ***Ninth Hour & Liturgy*** at 5:20) - *Lenten potluck* fellowship following in the Hall.

**+ Saturday** March 11<sup>th</sup> - ***Great Vespers*** at 5

**+ Sunday** March 12<sup>th</sup> - ***Hours & Divine Liturgy*** at 9:40 - Fellowship following in the Hall, *Church School & Orthodoxy 101*

## **Our Giving – February 26<sup>th</sup>, 2023**

Tithes/Offerings - \$2,033.00 / Online Giving - \$325.00

Candle Offerings – \$107.00

***Thank you all for your generosity!***

**Regarding Holy Communion:** Only those faithful who are Orthodox Christians and have **properly prepared themselves** by **fasting, prayer** [i.e., *Prayers Before Communion*], **recent confession**, and who were *at least present for the reading of the Epistle and Gospel* should approach to receive the Holy Eucharist. *We should all be at peace with everyone too.* If you have any questions about Communion, please see Fr. Seraphim. 😊

### ***Sunday of Orthodoxy***

The first Sunday of Great Lent is called the Sunday of Orthodoxy because it commemorates the restoration of the Holy Icons and the triumph of the Orthodox Faith against the terrible heresy of the Iconoclasts, i.e. those heretics who refused to honor the Holy Icons. For more than a hundred years the Church was disturbed by the evil doctrine of iconoclasm.

The first Emperor to persecute the Church was Leo the Isaurian, and the last was Theophilus, the spouse of Saint Theodora (February 11), who reigned after her husband's death and re-established Orthodoxy in the time of Patriarch Methodios (June 14). Empress Theodora proclaimed publicly that we do not kiss the Icons as a sign of worship, nor do we honor them as "gods," but as images of their prototypes.

In the year 843, on the first Sunday of the Fast, Saint Theodora and her son, Emperor Michael, venerated the Holy Icons together with the clergy and the people. Since that time this event has been commemorated every year, because it was definitively determined that we do not worship the Icons, but we honor and glorify all the Saints who are depicted on them. We worship only

the Triune God: the Father, the Son and the Holy Spirit, and no one else, neither a Saint, nor an Angel. (www,oca.org)

### ***Fasting Suggestions from Abbot Tryphon***

FAST from self-concern and FEAST on compassion for others.

FAST from discouragement and FEAST on hope.

FAST from lethargy and FEAST on enthusiasm.

FAST from suspicion and FEAST on truth.

FAST from thoughts that weaken and FEAST on promises that inspire.

FAST from shadows of sorrow and FEAST on the sunlight of serenity.

FAST from idle gossip and FEAST on purposeful silence.

FAST from problems that overwhelm you and FEAST on prayer that sustains.

FAST from criticism and FEAST on praise.

FAST from self-pity and FEAST on joy.

FAST from ill-temper and FEAST on peace.

FAST from resentment and FEAST on contentment.

FAST from jealousy and FEAST on love.

FAST from pride and FEAST on humility.

FAST from selfishness and FEAST on service.

### **Prayers For the Health and Salvation of those in need: Many Years!**

Priestmonk Ambrose (Young), Abbot Tryphon, Mitred-Archpriest Nicholas (Harris), Mitred-Archpriest Daniel & Mat. Myra (Kovalak), Archpriest Moses (Berry), Pres. Eva (Koutroulelis), Pres. Rosy (Tanveer), Paul Beard, Evelyn Chabal, Phoebe Davis, Michael Kuzmiak, Juliana Matusiak, Elias Ciaccio, Elizabeth Wadsworth, Sebastian Fillar, Infant John, Isaac Bannister, Barbara Cain, Vera Christopher, Paisios Sundin, Christine Perrin, Tim Bannister & those suffering in Ukraine, Turkey & Syria

### **Prayers for the Newly Departed: Memory Eternal!**

Archpriest Daniel Rentel +2/7, Priest John Bernardi +1/25, & those who have lost their lives in Ukraine, Turkey & Syria