

St. Nicholas Cathedral
Founded in 1930 as the Russian Orthodox Church of St. Nicholas
Orthodox Church in America
www.oca.org
www.stnicholasdc.org

March 15, 2009

Third week of the Great Fast
St Gregory Palamas
Martyr Agapius and those with him at Caesarea, in Palestine
Divine Liturgy of St. Basil the Great

METROPOLITAN JONAH,
ARCHBISHOP OF WASHINGTON & NEW YORK
V. Rev. Constantine White, Dean
Rev. Valery Shemchuk, Associate Pastor

Sunday Lessons

Next Week – Tone 7: Heb.1:10-2:3;
Mark 8:34-9:1

Schedule of Services

Wed.	March	18	7:00 pm	Presanctified Liturgy (E)	Pot Luck Supper
Friday	March	20	7:00 pm	Presanctified Liturgy (S,G)	Pot Luck Supper
Sat.	March	21	10:30 am	Divine Liturgy (in Georgian)	
			5:00 pm	Vigil (E,S,)	General Confession (E)
Sunday	March	22	9:00 am	Divine Liturgy (E.)	Ven. Precious Cross
			10:45am	Divine Liturgy (S,G)	

E=English, S=Slavonic, G=Georgian

General Confession in English is held on the first and third Saturdays of the month.
General confession in Russian is held on the second and fourth Saturdays of the month.

Sponsorship of the Bulletin: If you are interested in sponsoring the Sunday Bulletin, please contact the church office, (202)-333-5060, ext.14, for the dates you want. Immediate payment is not required, but advance reservations are needed. The donation is \$20 a week; \$80 a month (English); \$15 a week; \$60 a month (Russian). **Sponsors for the Russian bulletin are greatly needed!**

To place a notice in the church bulletin: Call the church office and leave a message - press 14 at menu, or e-mail the church at priestvalery@stnicholasdc.org. Notices must be submitted no later than **Wednesday** for the following Sunday.

Today's Bulletin is sponsored by Nina Shafran in loving memory of her deceased relatives, especially her sister Kyra, who died March 13, 2001.

The March bulletins are sponsored by Katya Moser Haines in memory of Fr. Paul Lutov. May his memory be eternal.

This bulletin is sponsored in honor of Dn. Gregory Parker's ordination to the priesthood today at St. Herman in Kodiak, Alaska. Axios! and Many Years to our "adopted" seminarian.

The March bulletins are sponsored in memory of newly departed Victor Yevsikov. May his memory be eternal.

The Serafim Chorale is having a concert "*The Path to Pascha*" today, March 15th at 4:00pm at Saint Nicholas Cathedral to benefit the IOCC. The Serafim Chorale is a choir of 16 voices comprising members of the OCA, Serbian and Antiochian churches.

The book of Psalms will be read on two Saturdays, 3/21 and 3/28, from 1:30 pm to 4:30 pm at St. Nicholas. Anyone interested is invited to participate. If you have questions, call Leilani Newton at 1-703-779-8234.

Orthodox Women in Healing Ministries (OWHM) is pleased to present Protopresbyter Thomas Hopko to speak at St Nicholas Cathedral on March 17 at 7 PM. Topic is: "Our Father." All are welcome to attend. Sponsored by Therapia Psychotherapy Services.

Two-day program for those wishing to get married in the Orthodox Church. The program, *Marriage in the Orthodox Church*, will provide you with a fundamental understanding of the Orthodox theology of the Sacrament of Marriage, its spirituality, and the practical challenges couples can expect as they grow together in love and in the Orthodox faith. The presentations will be on Saturday, March 14, and Saturday, March 21, from 10:30 a.m. to 12 noon, at Saints Peter and Paul Antiochan Orthodox Church, 10620 River Road, in Potomac. Please respond to Fr. Dimitrios Antokas by March 11 so that materials can be prepared. The telephone number is 301-469-7990, and his email address is frantokas@stgeorge.org

FIRST CONFESSION CLASS: Fr. Constantine will be holding a 4-week class for children to prepare them for the sacrament of confession. The class will meet on the following dates: March 15, 22, 29 & April 5, 2009 from approximately 10:45ish -11:30ish (this will overlap with the regular Sunday School classes) Children are requested to attend all 4 classes...this is not a drop in class. If you have any questions, please speak directly to Fr. Constantine White or Fr. Valery Shemchuk

If you are able/willing to help with Pascha Preparation Day (Saturday, April 11th) in any capacity (lenten food, paschal crafts for the kids, weaving palm fronds and pussy willows for the priests), please contact Colette Kalvesmaki at paraskeve@gmail.com.

The monthly **meeting of the Parish Council** will be held on Thursday, March 19, at 7:00 in the Church Annex. All are welcome to attend.

...those who have given their lives for their homeland...” Memory Eternal.

St. Nicholas Cathedral – the National War Memorial Shrine
3500 Massachusetts Avenue NW, Washington, DC 20007
Phone: 202-333-5060 FAX: 202-965-3788

Troparion of the Resurrection: (Tone 6): The angelic powers were at Thy tomb; the guards became as dead men. Mary stood by Thy grave, seeking Thy most pure Body. Thou didst capture hell, not being tempted by it. Thou didst come to the Virgin, granting life. O Lord, who didst rise from the dead: glory to Thee!

St. Gregory (Tone 8): Light of Orthodoxy! Teacher of the Church. It's Confirmation! O Ideal of Monks and invincible Champion of Theologians! O wonder-working Gregory, glory of Thessalonica and Preacher of Grace! Always intercede before the Lord that our souls may be saved! Glory to the Father and to the Son and to the Holy Spirit.

Kontakion St. Gregory (Tone 8): Holy and divine instrument of wisdom, joyful trumpet of theology, together we sing your praises, O God-inspired Gregory. Since you now stand before the Original Mind, guide our minds to Him, O father, so that we may sing to you: Rejoice, preacher of grace.

Now and ever and unto ages of ages. Amen.

Triodion (Tone 4): Now is the time for action! Judgment is at the doors! So let us rise and fast, offering alms with tears of compunction and crying: "Our sins are more in number than the sands of the sea; but forgive us, O Master of All, so that we may receive the incorruptible crowns."

Prokeimenon Tone 6): O Lord, save Thy people and bless Thine inheritance. Verse: To Thee, O Lord, will I call. O My God, be not silent to me.

Epistle: Hebrews 1:10 - 2:3: "In the beginning, You, Lord, laid the foundation of the earth, and the heavens are the work of Your hands. They will perish, but You will remain; And they will all grow old like a garment; Like a cloak You will fold them up, And they will be changed. But You are the same, and Your years will not fail." But to which of the angels has He ever said: "Sit at My right hand, Till I make Your enemies Your footstool"? Are they not all ministering spirits sent forth to minister for those who will inherit salvation? Therefore we must give the more earnest heed to the things we have heard, lest we drift away. For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward, how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him.

Alleluia (Tone 6): He who dwells in the shelter of the Most High will abide in shadow of the heavenly God! Vs. He will say to the Lord, "My Protector & my Refuge; my God in Whom I trust!"

Gospel: Mark 2:1 - 12: At that time: Jesus returned to Capernaum after some days; it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the word to them. And they came, bringing to Him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'You sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of man has authority on earth to forgive sins" He said to the paralytic, "I say to you, rise, take up your pallet and go home." And he rose and immediately took up the pallet and went out before them all; so that they were amazed and glorified God, saying, "We never saw anything like this."

Hymn to the Theotokos: All of creation rejoices in you, O Full of Grace, the assembly of angels and the race of men. O sanctified temple and spiritual paradise, the glory of virgins, from whom God was incarnate and became a child - our God before the ages. He made your body into a throne, and your womb He made more spacious than the heavens. All of creation rejoices in you, O Full of Grace. Glory to you!

Communion Hymn: Praise the Lords from the Heavens. Praise Him in the highest. The righteous shall be in everlasting remembrance. He shall not fear evil tidings. Alleluia. Alleluia.

Prayer of St. Ephrem the Syrian

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant. Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen.

THERE IS NO SUCH THING AS SOMEONE ELSE'S MISFORTUNE: Dear brothers and sisters! We are conducting a charitable drive to help foster-children in the boarding school for orphans and children who lost their parents in the Novobelitskyi district of the Gormel City (Republic of Belarus). If you have such things as shoes, clothing, toys, or school and home utensils that are in a good condition and that your children (5-17 years of age) no longer need, please bring them to Saint Nicholas Cathedral. You can bring your donations to the Annex during the Sunday School hour. We will be collecting until April 10, 2009. This is a great opportunity for you and your children to sort through gently used clothes and toys to pass on to those in need as a family activity during Great Lent. All your donations will be shipped by Aeroflot for free, so this really is a wonderful opportunity to share. If you need any additional information, please contact Father Valery by e-mail priestvalery@stnicholasdc.org or by phone 202-441-0026. We are very grateful to you in advance for your help. God bless you.

Coffee Hour Volunteers Schedule for Hosts After the First Liturgy:

15 March 2009	Fast	Tom Downey
22 March 2009	Fast	Gillian Butler
29 March 2009	Fast	Robert Holman
5 April 2009	Fast	Susanne Somersalo Dormition Guild's Palm Sunday
12 April 2009	Fast	Luncheon
19 April 2009	Pascha	Sharon Osmolovsky
26 April 2009	None	Nina Shafran & Robert Tyszcenko
3 May 2009	None	Catherine Vangellow