

St. Nicholas Cathedral

Founded in 1930 as the Russian Orthodox Church of St. Nicholas

Orthodox Church in America

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March 22, 2009

Fourth week of the Great Fast
Ven. Precious Cross
Hieromartyr Basil of Ancyra
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 8: Heb.6:13-20;
Mark 9:17-31**

Schedule of Services

Tuesd.	March	24	7:00 pm	Vigil (E,S)	Annunciation
Wed.	March	25	7:00 pm	Vesperal Liturgy (E,S)	Pot Luck Supper
Friday	March	27	7:00 pm	Presanctified Liturgy (S,G)	Pot Luck Supper
Sat.	March	28	10:00 am	Divine Liturgy (E,S)	Memorial Saturday
			5:00 pm	Vigil (E,S,)	General Confession (S)
Sunday	March	29	9:00 am	Divine Liturgy (E,)	St John Climacus
			10:45 am	Liturgy (S,G)	
			1pm	Prayer Service (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.

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

May his memory be eternal.

The March bulletins are sponsored in memory of newly departed Victor Yevisikov.

May his memory be eternal.

Veneration of the Cross flowers are in memory of the handmaidens of God Eleanor Skuby, Valentina Finner, Natalia Kruger, Irina Stakhovich; the newly-departed Victor Yevisikov, Eugene Strosky, Sam Mattise, Walter Skuby, and Walter Krisa.

Please join us at St. Nicholas Cathedral on 28 March, after Vigil, for a Lenten supper and special presentation by our own **Father Maximus Urbanowicz on "How Orthodox Christians Can Lead People to Christ."** A missionary for 23 years and founder of Gospel To All Nations (GTAN), Father Maximus has traveled to 40 countries--most recently Russia, Ukraine, and Georgia--to spread the Gospel of our Lord Jesus Christ. Learn from an expert about sharing your Orthodox faith with others while you are inspired by Father Maximus' descriptions and slides of his fascinating mission trips. A free will offering will be collected to support future missionary trips by Father Maximus. Contact Claire Nobles (clairesophia@verizon.net) for more information.

OUTREACH ALASKA - Our adopted seminarian Fr. Gregory Parker will graduate from St. Herman in Kodiak, Alaska on 31 May. If you would like to contribute toward the gift of priest's vestments, the collection will run for 3 Sundays March 22 through April 5. Please make checks payable to St. Nicholas Cathedral with memo "Alaskan Seminarian." You may leave at the candle counter in an envelope addressed to Andrea Lutov/Outreach Alaska or hand deliver to me at any of the church services. Thank you for your interest in Fr. Gregory and the Parker Family and your generosity to help them transition from 4 long years at seminary into parish life. -Andrea Lutov

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.

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.

For the week of March 9, including March 15, the collection was \$10,921.50, which does not include the building fund, coffee hour, special services, and cemetery lot purchase.

...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 (Tone 7): By thy Cross, Thou didst destroy death! To the thief, Thou didst open Paradise! For the myrrhbearers, Thou didst change weeping into joy! And Thou didst command Thy disciples, O Christ God, to proclaim that Thou art risen, granting the world great mercy!

Cross (Tone 1): O Lord, save Thy people and bless Thine inheritance. Grant victory to all Orthodox Christians, over their adversaries; and by virtue of Thy Cross, preserve Thy habitation. *Glory to the Father and to the Son and to the Holy Spirit. Now and ever and unto ages of ages. Amen.*

Kontakion - Cross (Tone 7): Now the flaming sword no longer guards the gates of paradise; it has been mysteriously quenched by the wood of the Cross! The sting of death and the victory of hell have been vanquished; for Thou, O my Savior, didst come and cry to those in hell: Enter again into Paradise.

In place of the Trisagion: Before Thy Cross, we bow down in worship, O Master and Thy Holy Resurrection, we glorify.

Prokeimenon (Tone 6) Cross: 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 4:14 - 5:6: Brethren: Seeing that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness. Because of this he is required as for the people, so also for himself, to offer sacrifices for sins. And no man takes this honor to himself, but he who is called by God, just as Aaron was. So also Christ did not glorify Himself to become High Priest, but it was He who said to Him: “You are My Son, Today I have begotten You.” As He also says in another place: “You are a priest forever according to the order of Melchizedek.”

Alleluia (Tone 1): Remember Thy congregation which Thou hast purchased of old. Verse: God is our King before the ages, Who hath wrought salvation in the midst of the earth.

Prayer Before Gospel Reading: O Master who love mankind, make the spotless light of your revelation of God shine in our hearts, and open the eyes of our mind that we may grasp the message of Your Good News. Instill in us respect for Your blessed commandments, so that overcoming (or trampling down) all self-indulgent passions, we may pursue a way of life the Spirit brings, and please You in all we think and do. For You are the enlightenment of our souls and bodies, O Christ our God, and we render glory to You together with Your Father without beginning and Your all-holy and good and life-creating Spirit: now and ever, and unto ages of ages. Amen.

Gospel: Mark 8:34 - 9:1: The Lord said, “If any man would come after me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of his Father with the holy angels.” And He said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

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: The light of Thy countenance is signed upon us, O Lord. Alleluia. Alleluia. Alleluia. (There is no “Praise the Lord from the heavens.”)

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 Novobelitskiy district of the Golmel 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:

22 March 2009	Fast	Gillian Butler
29 March 2009	Fast	Robert Holman
5 April 2009	Fast	Nina Shafran & Robert Tyszcenko
12 April 2009	Fast	Dormition Guild's Palm Sunday Luncheon
19 April 2009	Pascha	Sharon Osmolovsky and helpers
26 April 2009	None	Susanne Somersalo
3 May 2009	None	Catherine Vangellow
10 May 2009	None	Jim and Rosalie Luster