

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 29, 2009

Fifth week of the Great Fast
St John Climacus
Hieromartyr Mark, bishop of Arethusa
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 1: Heb.9:11-14;
Mark 10:32-45

Schedule of Services

Wed.	April	1	7:00 pm	Vesperal Liturgy (E,S)	Pot Luck Supper
Friday	April	3	10:00 am	Presanctified Liturgy (S,G)	Pot Luck Supper
			7:00pm	Matins (E,S)	
Sat.	April	4	10:00 am	Divine Liturgy (E,S)	Akafist Saturday
			5:00 pm	Vigil (E,S,)	General Confession (E)
Sunday	April	5	9:00 am	Divine Liturgy (E,)	St Mary of Egypt
			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 Yevsikov.
May his memory be eternal.

...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

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

DORMITION GUILD PALM SUNDAY BAKE SALE (APRIL 12, 2009) - Sign-up sheets to order baked goods are posted on the bulletin board downstairs. Kulich, Cheese Pascha, Filled Rolls, Cheese Babka, and Bread Pascha will be available. There will be limited quantities of some items. Orders will be filled as listed on the sheets.

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 collection proceeds for the week of week of March 16, including March 22 is \$9,396.00, which does not include building expansion and capital fund donations, special services (including amounts for the choir) and coffee hour proceeds.

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.

If you would like to read **the Psalms at Vigil Good Friday night**, please contact Peter and Helen Evans, we2rone@cox.net with the time you'd like to read. Times are 10pm Friday night to 8am Saturday morning. 10 pm, 10:30, 11:00 and 3:00 are already taken." Readings are 1/2 hour each.

Troparia (Tone 8): Thou didst descend from on high, O Merciful One! Thou didst accept the three-day burial to free us from our sufferings! O Lord, our Life and Resurrection: glory to Thee!

St. John (Tone 1): O dweller of the wilderness and angel in the body! You were a wonderworker, O our God-bearing Father John! You received heavenly gifts through fasting, vigil, and prayer: healing the sick and the souls of those drawn to you by faith. Glory to Him who gave you strength! Glory to Him who granted you a crown! Glory to Him who through you grants healing to all!

Kontakia (Tone 8): By rising from the tomb, Thou didst raise the dead and resurrect Adam. Eve exults in Thy Resurrection, and the world celebrates Thy rising from the dead, O Greatly Merciful One.

Glory to the Father and to the Son and to the Holy Spirit...

St. John (Tone 4): The Lord truly set you on the heights of abstinence, to be a guiding star, showing the way to the universe, O our Father and Teacher John!

Now and ever and unto ages of ages. Amen.

Theotokion (Tone 6): Steadfast Protection of Christians, constant advocate before the Creator, despise not the cry of us sinners, but in your goodness come speedily to help us who call on you in faith, hasten to hear our petition and to intercede for us, O Theotokos, for you always protect those who honor you.

Prokeimenon (Tone 4): O Lord, how manifold are Thy works/ In wisdom hast Thou made them all. Vs. Bless the Lord, O my soul! O Lord my God, Thou art very great.

Epistle: Hebrews 6:13 – 20: Brethren: When God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, saying, “Surely blessing I will bless you, and multiplying I will multiply you.” And so after he had patiently endured, he obtained the promise. For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute. Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath, that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us. This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, where the forerunner has entered for us, even Jesus, having become the High Priest forever according to the order of Melchizedek.

Alleluia (Tone 4): Go forth, prosper & reign, for the sake of meekness, righteousness & truth. Vs. For Thou lovest righteousness & dost hate iniquity.

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 9:17 – 31: At that time, one of the crowd said to Jesus, “Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able.” And He answered them, “O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me.” And they brought the boy to Him; and when the spirit saw

Him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, “How long has he had this?” And he said, “From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us.” And Jesus said unto him, “If you can believe! All things are possible to him who believes.” Immediately the father of the child cried out and said, “I believe; help my unbelief!” And when Jesus saw that a crowd came running together, He rebuked the unclean spirit, saying to it, “You dumb and deaf spirit, I command you, come out of him, and never enter him again.” And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, “He is dead.” But Jesus took him by the hand and lifted him up and he arose. And when He had entered the house, His disciples asked Him privately, “Why could we not cast it out?” And He said to them, “This kind cannot be driven out by anything but prayer and fasting.” They went on from there and passed through Galilee. And He would not have any one know it; for He was teaching His disciples, saying to them, “The Son of man will be delivered into the hands of men, and they will kill Him; and when He is killed, He will rise the third day.

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. 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.

Coffee Hour Volunteers Schedule for Hosts After the First Liturgy:

29 March 2009	Fast	Robert Holman
5 April 2009	Fast	Nina Shafran & Robert Tyszchenko
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