

# St. Nicholas Cathedral

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

## Orthodox Church in America

[www.oca.org](http://www.oca.org)

[www.stnicholasdc.org](http://www.stnicholasdc.org)

**March 8, 2009**

First week of the Great Fast  
**Sunday of Orthodoxy**  
**St Theophylactus, bishop of Necomedia**  
*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 6: Heb.1:10-2:3;  
Mark 2:1-12

### Schedule of Services

|        |       |    |         |                           |                        |
|--------|-------|----|---------|---------------------------|------------------------|
| Wed.   | March | 10 | 7:00 pm | Presanctified Liturgy (E) | Pot Luck Supper        |
| Friday | March | 13 | 7:00 pm | Presanctified Liturgy (S) | Pot Luck Supper        |
| Sat.   | March | 14 | 9:00 am | Divine Liturgy (E,S)      | Memorial Saturday      |
|        |       |    | 5:00 pm | Vigil (E,S)               | General Confession (S) |
| Sunday | March | 15 | 9:00 am | Divine Liturgy (E)        | St Gregory Palama      |
|        |       |    | 10:45am | Divine Liturgy (S,G)      |                        |
|        |       |    | 1:00pm  | Akafist (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](mailto: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.**

...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

**We are happy to welcome Metropolitan Jonah to his Cathedral this morning.**

Fr Constantine and his family are in Japan to see matushka Nina's father who is very ill. We ask you to pray for the servant of God Alexander. In addition please pray for safe travels for Fr Constantine and his family.

The parish Officers for 2009 are Walter Alesevich, President, Fr. Deacon Sergius Miller, Vice President, Barbara Rhenish, Treasure, Michael Rossler, Secretary

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.

Lenten retreat, entitled "Orthodox Spiritual Life and Struggle" with retreat speaker Dr. Harry Boosalis, ThD, will be held on Saturday, March 14, 2009, beginning 9:30 a.m., at Saint Katherine Greek Orthodox Church, 3149 Glen Carlyn Road, Falls Church, VA. A \$10.00 donation is appreciated. Register by e-mailing Fr. Costas Pavlakos at [frcostas@stkchurch.com](mailto:frcostas@stkchurch.com) or by calling the St. Katherine Orthodox Church office at 1-703-671-1515.

This year the Sunday of Orthodoxy Vespers will take place at 5:30 PM on Sunday March 8th at SS Peter and Paul Antiochian Orthodox Church, 10620 River Road, Potomac, MD. **Sunday of Orthodoxy Choir Warm-Up** will be held on Sunday, March 8th at 4:30 pm at SS Peter and Paul Antiochian Orthodox Church basement; PLEASE NOTE THERE WILL BE NO CHOIR PRACTICE ON THURSDAY, MARCH 5th as previously announced. Questions may be addressed to John Slanta, Choir Director, at [slanta@verizon.net](mailto:slanta@verizon.net)

The Serafim Chorale is having a concert "**The Path to Pascha**" on 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.

**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](mailto: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

**Troparion (Tone 5):** Let us, the faithful, praise and worship the Word, coeternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death, and to raise the dead by His glorious Resurrection.

**Sunday of Orthodoxy (Tone 2):** We venerate Thy most pure image, O Good One, and ask forgiveness of our transgressions, O Christ Our God. Of Thy good 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, for Thou didst come to save the world.

*Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.*

**Sunday of Orthodoxy (Tone 8):** No one could describe the Word of the Father; but when He took flesh from you, 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 word and images.

**Prokeimenon Tone 4:** Blessed art Thou, O Lord God of our Fathers and praised and glorified is Thy name forever! Verse: For Thou art just in all that Thou hast done for us!

**Epistle:** Hebrews 11:24 – 26, 32 – 12:2: Brethren, by faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward. And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets: who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they may obtain better resurrection. Still others had trial of mockings and scourging, yes, and of chains and imprisonment. They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented – of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth... And all these, having obtained a good testimony through faith, did not receive the promise. God having provided something better for us, that they should not be made perfect apart from us. Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and let the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking into Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

**Alleluia Tone 4:** Moses and Aaron were among His priests; Samuel also was among those who called on His name. Verse: They cried to the Lord and He heard them.

**Gospel:** John 1:43 – 51: At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathaniel, and said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathaniel said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathaniel coming to Him, and said of him, "Behold an Israelite indeed, in whom is no guile!" Nathaniel said to Him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I

saw you." Nathaniel answered Him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You will see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

**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 Lord from the heavens. Praise him in the highest. Rejoice in the Lord, O you righteous! Praise befits the just. 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.

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**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. We will be collecting until April 10, 2009. If you need any additional information, please contact Father Valery by e-mail [priestvalery@stnicholasdc.org](mailto:priestvalery@stnicholasdc.org) or by phone 202-441-0026. We are very grateful to you in advance for your help. God bless you.

**Orthodox Christian Mission Center (OCMC) Agape Canister:** The OCMC Agape Canister this week brought in \$16.53. Thank you for donating through the OCMC to share Christ with the world; your donations are a living witness to the fullness of the Gospel, which help make disciples of all nations. The OCMC will soon open the Missionary Training and Administrative Support Center is the first building built for a pan-Orthodox ministry of the Standing Conference of Canonical Bishops in the Americas (SCOBA). Read about it at [http://www.ocmc.org/about\\_ocmc/mission\\_center.aspx](http://www.ocmc.org/about_ocmc/mission_center.aspx). To be a canister volunteer or to volunteer for a mission trip, please contact Betty Slanta at [slanta@verizon.net](mailto:slanta@verizon.net) or visit <http://www.ocmc.org>.

**St. Nicholas Community Outreach:** This Sunday is the second Sunday of the month. It is the day we fulfill our commitment to feed the hungry and comfort the needy at Christ House, the shelter for homeless men, in the Adams Morgan area of Washington, DC. The servers this month are: Barbara Rhenish, Irina Burgener and Olga Zoltan.