

# Leave-Taking of the Exaltation of the Holy Cross

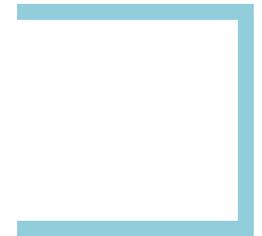
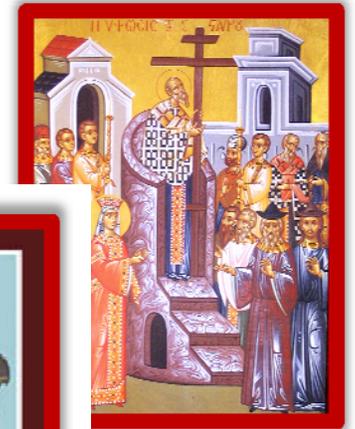
September 21, 2008

## Saintly Notes

### The Prophet Jonah (September 21)

**J**onah lived more than eight hundred years before Christ. It is said that he was that son of the widow of Zarephath in Sidon whom the Prophet Elias had raised from the dead. By his three-day sojourn in the belly of the whale, he prefigured the three days that Christ lay in the tomb; and, by his deliverance from the belly of the whale, he prefigured the Lord's Resurrection from the dead. Everything else concerning this wonderful prophet can be read in the Book of Jonah.

*(The Prologue from Ochrid, Lazarica Press, 1985)*



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All Saints Orthodox Church, Raleigh NC  
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The V. Rev. Nicholas R. A. Sorensen, Archpriest  
The Rev. Philip Pelikan, Priest  
The Rev. David Keim, Deacon

September 21, 2008

## The Saints Whom We Remember

Apostle Quadratos of the Seventy; Prophet Jonah;  
uncovering of the relics of Demetrius, bishop of Rostov

## This Week's Schedule

**Today:** 8:00a Orthros; 9:00a Church School; 10:00a Divine Liturgy  
**Monday:** Church Office Closed  
**Tuesday:** 6:30p Eve. Div. Liturgy for St. Thekla; 8:00p Potluck  
**Wednesday:** 9:15a Third Hour Prayers; 6:30p Vespers  
**Saturday:** 5:30p Great Vespers  
**Sunday:** 8:00a Orthros; 9:00a Church School; 10:00a Divine Liturgy

## Third Antiphon

for the Exaltation of the Holy Cross  
Tone 1

The Lord reigneth, let the people rage; He sitteth upon the cherubim, let the earth be moved. The Lord is great in Zion; and He is high above all the people. Let them give thanks to Thy great Name, for it is holy.

**Troparion of the Holy Cross:** O Lord, save Thy people, and bless Thine inheritance, granting to Thy people victory over all adversaries, and by the power of Thy Cross preserving Thine Estate.

## Entrance Hymn

Exalt ye the Lord our God, and worship at His footstool; for He is holy. Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

## Troparion

of the Resurrection—Tone 5

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

## Troparion

for the Exaltation of the Holy Cross  
Tone 1

See above.

## Kontakion

for the Exaltation of the Holy Cross  
Tone 4

Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God,

bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

## The Trisagion

Holy God, Holy Mighty, Holy Immortal . . .

## Epistle and Gospel

Today and Next Sunday

Today: (See insert)

Next Sunday:

**Epistle:** 2 Cor. 4:6–15

**Gospel:** Luke 5:1–11

## Alegalynarion

Tone 8

*Magnify, O my soul, the most precious Cross of the Lord.*

Thou art the mystical paradise, O Theotokos; for that thou, being untilled, didst bud forth Christ, by Whom was planted on earth the life-giving tree of the Cross. Wherefore, as we adore it being elevated, we magnify thee.

## Communion Hymn

Tone 8

The light of Thy countenance hath been impressed on us, O Lord. Alleluia.

## After Communion

Instead of “We have seen the true light . . .” sing the Troparion of the Holy Cross. (See above.)

## Parish Notes

### Altar Servers Today

Nicholas Christopoulos, Christian Christopoulos, William Christopoulos,

Christopher Wingenbach, Ilya Moundous, Dmitri Riselvatov.

### Special Attention

- **Church School and Adult Class to Begin.** Please attend.
- **Dismissal By Rows.** This morning the ushers will be dismissing the people by rows starting at the front of the nave. Please remain seated until your row is dismissed. This will be a trial period to determine if we can decrease the confusion and noise that erupts during our normal dismissal procedure. This should also help to eliminate the bottleneck that forms in the narthex while waiting to enter the parish hall for coffee hour.
- **Orthodox Book Fellowship.** The OBF groups this year will be studying and discussing the so-called Apocryphal books of the Bible using the New Orthodox Study Bible and its excellent notes. If you are interested in joining one of these groups this year, please see Deacon David Keim.
- **Introduction to Orthodoxy Class.** Fr. Nicholas will begin this fall class on Wednesday nights from 7:30–9:00p starting October 1. All are welcome to attend, especially the catechumens.
- **Fr. Nicholas Will Be Back on Tuesday.**

Jesus said,  
“I am the Way,  
the Truth,  
and the Life.”

## Epistle and Gospel Readings

### **Prokeimenion:**

O Lord, save Thy people and  
bless Thine inheritance.

*To Thee, O Lord, I have cried, O  
my God.*

### †**Epistle: Gal. 2:16–20 (RSV)**

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

### †**Gospel: Mark 8:34—9:1 (RSV)**

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 soul? For what can a man give in return for his soul? 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."

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## A Word from Our Fathers

“Recognize the root of anger and wrath.  
Root it out with its very opposite,  
humility, with the help of God, Who  
looks upon the humble.”

*(St. Marcarius of Optina)*

“You become upset, and malice against  
everyone boils in your soul;  
this if from self-love and vainglory.  
Always strive to consider yourself to be  
worse and more sinful than anyone on  
the earth in the sight of God.  
During such a time, fervently say,  
‘Lord have mercy on us sinners,’  
which will include you and those  
with whom you have become angry.”

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