

# Saintly Notes

## Venerable Gerasimos of the Jordan (March 4)

This remarkable and famous saint first learned about the ascetical life in the Egyptian Thebaid. He then went to the Jordan and there founded a community in which there were seventy monks. This community still exists today.

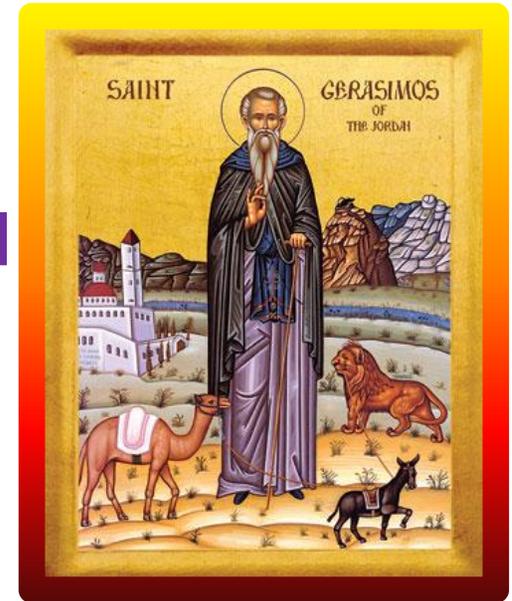
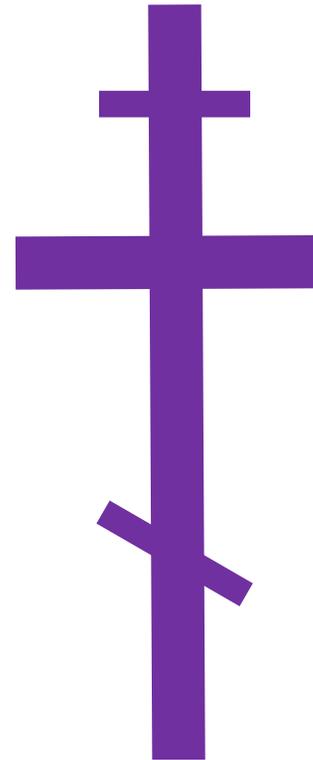
He instituted a special Constitution [Rule] for his monastery by which the monks spent five days in their cells weaving baskets, reeds and rush mats. They were never allowed to light a fire in their cells. For five days they ate only a little dry bread and dates. The monks were required to keep their cells open so that when they went out, anyone could enter and remove whatever he needed from their cells. On Saturdays and Sundays they gathered in the monastic church. They had a common meal with a few vegetables and a little wine to the glory of God. Each monk would then bring in and place before the feet of the abbot that which he had made during the past five days. Each monk had only one robe.

St. Gerasimus was an example to all. During the Great Lenten Fast he did not eat anything except what he received in Holy Communion. On one occasion, he saw a lion roaring from pain because there was a thorn in his paw. Gerasimus drew near to the lion, crossed himself, and removed the thorn in the animal's paw. The lion became so tame that he returned with Gerasimus to the monastery and remained there until the elder's death. When Gerasimus died, the lion succumbed from sorrow for him.

Gerasimus attended the Fourth Ecumenical Council [Chalcedon, 451 A.D.] during the reign of Marcian and Plucheria. Even though in the beginning, Gerasimus leaned toward the Monophysite heresy of Eutyches and Dioscorus, he was a great defender and champion of Orthodoxy at the Council. St. Euthymius dissuaded him from this heresy. Of all of the disciples of Gerasimus, the most famous was St. Cyriacus the Recluse. St. Gerasimus died in the year 475 A.D., and was translated into the eternal joy of his Lord.

*(The Prologue from Ochrid)*

1<sup>st</sup> Sunday of Great Lent  
(Sunday of Orthodoxy)  
March 4, 2012



# 1<sup>st</sup> Sunday of Great Lent (Sunday of Orthodoxy)

All Saints Orthodox Church, Raleigh NC  
(www.allsaintsnc.org)  
919-859-1332

The V. Rev. Nicholas R. A. Sorensen, Archpriest  
The Rev. David Keim, Deacon

March 4, 2012

## The Saints Whom We Remember

Venerable Gerasimos of the Jordan; Gregory, bishop of Constantios in Cyprus; Martyrs Paul and Juliana of Syria; Daniel, prince of Moscow, the wonder-worker

## This Week's Schedule

**Today:** 8:00a Orthros; 9:00a Church School; 10:00a Divine Liturgy; 5:00p Orthodoxy Sunday Vespers (St. Barbara Church, Durham)

**Monday:** Church Office Closed

**Tuesday:** 10:00a Akathist for Our Children; 7:00p St. Thekla Meeting (Parish Hall)

**Wednesday:** 9:30a 3<sup>rd</sup> Hour Prayers; 6:30p Liturgy of the Presanctified Gifts; 8:00p Lenten Soup/Bread Supper

**Friday:** 6:30p Liturgy of the Presanctified Gifts for the 40 Martyrs of Sebaste

**Saturday:** 9:00a Parish Hall Occupied; 5:30p Great Vespers

**Sunday:** 8:00a Orthros; 9:00a Church School; 10:00a Divine Liturgy

## First Antiphon

*Refrain:* Through the intercessions of the Theotokos, O Savior, save us.

## Second Antiphon

*Refrain:* O Son of God, *Who art risen from the dead*, save us who sing to Thee. Alleluia.

## Third Antiphon (Tone 2)

Let the heavens and the earth praise Him. This is the day which the Lord hath made; let us rejoice and be glad in it. O Lord my God, I will give thanks unto Thee forever.

*Troparion of 1<sup>st</sup> Sunday in Great Lent:* Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our

God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

## Little Entrance

† *Entrance Hymn:* "Come, let us worship and bow down before Christ . . . Alleluia."

† *Resurrectional Troparion (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 of 1<sup>st</sup> Sunday in Great Lent (Tone 2):* See above.

† *Troparion of All Saints (Tone 4):* As with fine porphyry and royal purple Thy Church has been adorned with Thy martyr's blood shed throughout all the world. She cries to Thee, O Christ God, send down Thy bounties on Thy people, grant peace to Thy habitation and great mercy to our souls.

† *Kontakion for Annunciation and Great Lent (Tone 8):* To thee, our captain, Queen of war, the battle trophies won, thy people rescued by thine aid from peril, dedicate as our offering of thanksgiving, O Theotokos. As thou hast might which none by war can overcome from all forms of danger hast thou delivered me, that I may cry unto thee: O Virgin unwedded bride.

## The Trisagion

Holy God, Holy Mighty . . . Alleluia.

## Scripture

for today and next Sunday

- Today: (See insert)
- Next Sunday (March 11):  
Epistle: Heb. 1:10—2:3  
Gospel: Mark 2:1—12

## Megalynarion (Tone 8)

In thee rejoiceth, O full of grace . . .

## Communion Hymn (Tone 8)

Praise the Lord from the heavens . . . Alleluia.

## Post-Communion Hymn

We have seen the true light . . .

## Parish Notes

### Altar Servers Today

Del Dillard, Noah Keim, Micah Keim, Asa Keim, Roger Jones, Josiah Webster

## Special Attention

- **Orthodoxy Sunday Vespers.** Again this year Orthodoxy Sunday Vespers will be prayed at St. Barbara Greek Orthodox Church in Durham (8306 NC Highway 751, Durham, NC 27713) at 5:00pm today. There will be a light Lenten meal following and a free-will offering for IOCC. All Orthodox faithful in the Triangle area are encouraged to attend.
- **Services of Great Lent.** Your Lenten preparation for Pascha will be greatly aided by attending as many of these Lenten weekly services as possible.
- **This Week on Friday Evening.** In place of the Akathist Hymn to the Theotokos, we will celebrate a Liturgy of the Presanctified Gifts for the 40 Martyrs of Sebaste.
- **Confessions During Great Lent.** The Sacrament of Confession is offered here at All Saints during Great Lent as is true as is true all year, by appointment only. **As in the past, this Sacrament will not be offered during Holy Week. Please plan ahead.**
- **Remember Church School and Adult Class.** Please come and study the Orthodox Christian Faith. Classes for Preschool thru Adults.
- **Adult Class to Study Great Lent by Fr. Alexander Schmemmann.** All Adults in our parish are welcome to attend. Class begins about 9:15am in the Nave.
- **March is designated as Women's Month** in our Archdiocese. Women will be more active in the church, will read the Epistle, will address those attending Liturgy and will take up a collection (on 1<sup>st</sup> and 2<sup>nd</sup> Sunday) for the Convent of St. Thekla at the Antiochian Village. We thank God for our All Saints Women's Association called St. Thekla. They truly provide the "heart" to all that we do in our parish. Remember all women in our parish are considered members of St. Thekla.

## Today's Epistle and Gospel Readings

### Prokeimenon:

Blessed art Thou, O Lord, the God of our fathers.

*For Thou art just in all that Thou hast done for us.*

### †Epistle: Heb. 11:24–26, 32–40

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets; who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, and put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since

God had foreseen something better for us, that apart from us they should not be made perfect.

### †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 Nathanael, 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." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus 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."

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# A Word from Our Fathers

“IN VAIN, do you rejoice in not eating,  
O soul!  
For you abstain from food,  
But from passions you are not purified.  
If you have no desire for improvement,  
You will be despised as a lie in the eyes  
of God,  
You will be likened to evil demons who  
never eat!  
If you persevere in sin, you will perform  
a useless fast;  
Therefore, remain in constant striving so  
as to stand before the Crucified  
Savior, or rather,  
To be crucified with the One who was  
crucified for your sake!”

*(The Lenten Triodion: Cheese Fare Wednesday)*

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