

ANNOUNCEMENTS

Wed. March 30	6:30 pm	Pre-Sanctified Liturgy <i>w/Potluck</i>
Sat. April 2	5 pm	Great Vespers
Sun. April 3	10:30 am	Sunday of St. John Climacus Divine Liturgy
Wed. April 6	6:30 pm	Pre-Sanctified Liturgy <i>w/Potluck</i>
Thurs. April 7	10 am	Annunciation Divine Liturgy
Sat. April 9	5 pm	Great Vespers
Sun. April 10	10:30 am	Sunday of St. Mary of Egypt Divine Liturgy
Wed. April 13	6:30 pm	Pre-Sanctified Liturgy <i>w/Potluck</i>
Sat. April 16	10 am 5 pm	Lazarus Saturday Liturgy Great Vespers
Sun. April 17	10:30 am	Palm Sunday

HOLY WEEK BEGINS

Sun. April 17	6:30 pm	Bridegroom Matins
Mon. April 18	6:30 pm	Bridegroom Matins
Tues. April 19	6:30 pm	Bridegroom Matins
Wed. April 20	6:30 pm	Bridegroom Matins
Thurs. April 21	6:30 pm	Matins of Holy Friday <i>w/12 Passion Gospels</i>



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Sunday of the Veneration of the Cross



O Lord, save Thy people, and bless Thine inheritance!
Grant victory to the Orthodox Christians over their adversaries,
and by virtue of Thy Cross, preserve Thy habitation!

Prokeimenon in Tone 6 (Ps 28)

O Lord, save Thy people, and bless Thine inheritance!
To Thee, O Lord, will I call. O my God, be not silent to me.

EPISTLE : HEBREWS 4:14-16; 5:1-6

Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by Him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."+

Alleluia in Tone 8 (Ps 74)

Remember Thy congregation, which Thou hast purchased of old!
God is our King before the ages; He has worked salvation in the midst of the earth!

GOSPEL: MARK 8:34-9:1

The Lord said, "If anyone wishes to 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 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."+

PASCHAL PREPARATIONS

Repent. (okay, you knew that already)



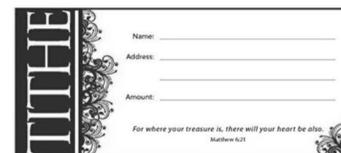
PASCHAL & MEMORIAL FLOWERS

If you would like to donate towards Paschal Flowers, or offer for the memory of a loved one, either donate online or with our Tithing envelopes. We need Pascha flowers - and lots of them (!) to decorate the Tomb of Christ on Good Friday, and to adorn the Church Temple for Pascha (Easter Lillies). We will be decorating the Tomb of Christ on the morning of Good Friday! Ladies, join us!

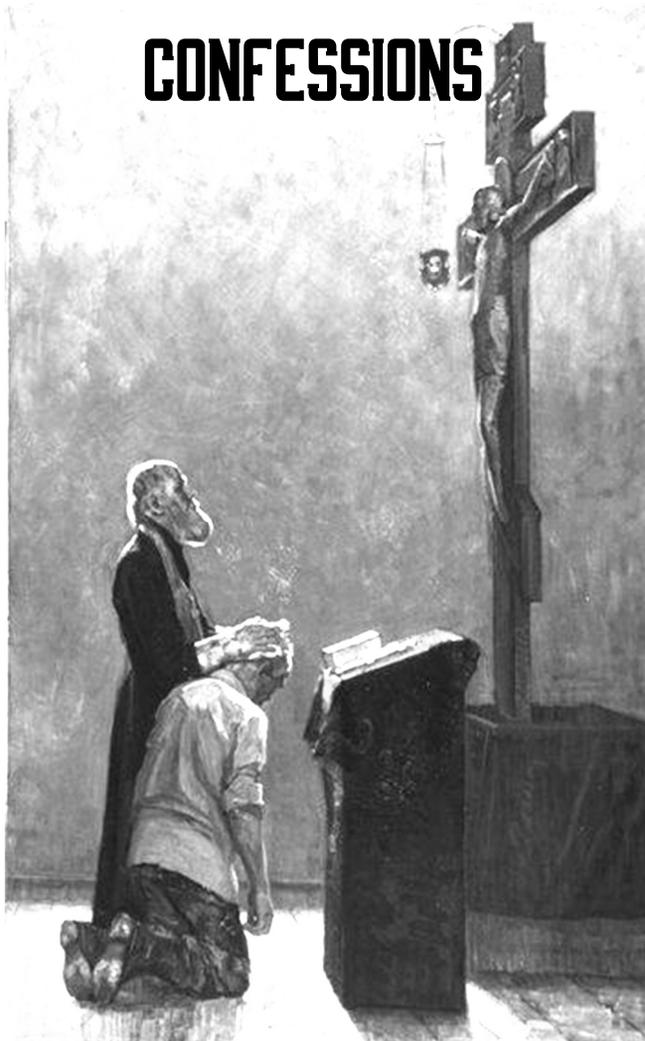
PASCHA BASKETS

See the insert on Pascha Baskets on the previous pages.

Donations can be made online or with our Tithe Envelopes. Just be sure to include PASCHAL FLOWERS on the envelope. Likewise for Memorial Donations.



CONFESSIONS



If you have not yet arranged for Confession sometime during Lent, please take the time **now**.

Make time now - repent, examine your conscience, and schedule or come to confession after a Saturday vespers. It's later than you think.

There will be no Confessions heard after Lazarus Saturday, so follow the ancient Christian practice of confessing at least during the fasting periods.

UPCOMING SUNDAYS

Each Sunday in Great Lent is devoted to a particular theme.

TODAY:



Veneration of the Holy Cross - halfway through Lent, we lift up the Holy Cross of the Lord, and take solace in Christ's victory over sin and death. The Cross brings joy to Christians because of Christ's victory over sin & death, and as we struggle against sin, it strengthens us.

Fourth Sunday:



Sunday of St. John of the Ladder - On this Sunday the theme is the book by St. John "Climacus" identifying the ascent of virtue to holiness, readying us for the remainder of our Lenten journey. It is a sobering reminder of what is necessary to fulfill the Commandments of Christ, and a joyful map to holiness.

Fifth Sunday:



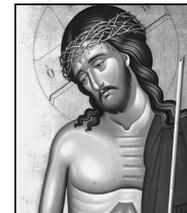
Sunday of St. Mary of Egypt - The theme of this final Lenten Sunday is the story of St. Mary, a great sinner who became a great saint, and teaches us that the time to repent is now. Even at the eleventh hour, God receives those who repent, and lovingly grants them great grace to overcome every adversity!

Palm Sunday



Entrance of the Lord into Jerusalem - The triumphal entry of our Lord Jesus Christ is always celebrated with a grand procession of palms around the Church during the Little Entrance, and celebrates the entry into Holy Week and the Lord's Redeeming Passion.

Holy Week



Bridegroom Services of Holy Week

Holy Week begins on Sunday evening, with the Bridegroom services. These are special Matins services, each with individual themes calling to mind preparing for the coming of the bridegroom of the Church - Our Lord Jesus Christ.

WHAT GOES IN MY Pascha Basket?



After the Paschal Vigil, our Pascha baskets are brought out for blessing (the origin of the “*easter*” basket) filled with the things we have fasted from for the last 40 days. These baskets have been carefully prepared and include several foods with a traditionally symbolic significance.

- ❖ **Sweet bread** is always included, leavened with yeast. This is a symbol of the New Covenant; the Jews made unleavened bread, and we, the Children of the New Covenant, make leavened bread. The braided form of this bread is a display of the Trinity.
- ❖ **Pascha Cheese** is a figure of all the sweetness of the Kingdom, and remind us of the earthly gifts that come from God. Pascha cheese is normally included, and there are many good recipes for it in the parish. If you don’t have one, ask someone. (*Pres. Deborah has a great recipe, too*)



- ❖ **Butter** - shaped into a figure of a lamb, or small cross. Like the Pascha Cheese, it represents the bountiful blessings poured out on us because of the sacrifice of the Lamb of God.

- ❖ **Bitter herbs**, usually horseradish, represents bondage, a reminder of the first Passover (horseradish is eaten as a traditional part of the original Passover meal) and of the bitter sufferings which Christ endured for our sake. Sometimes the herb is colored red with beets, symbolizing the Blood of Christ.
- ❖ **Meat** represents the bounty of God, and by it we remember that Christ, the Lamb of God, the New Passover has superseded the sacrifice of the Old Testament Passover. Lamb, veal, bacon and ham are favorites, as well as spicy sausage, loaded with garlic. These are usually cooked in advance so that during the festivity of the day, no one will be burdened with preparation. Meat after our 40 day fast reminds us of God’s great generosity.
- ❖ **Red eggs** are likened to the tomb from which Christ arose. This is because of the miracle of new life which comes from the egg, just as Christ miraculously came forth from the tomb. Traditionally decorated “*pysanki*” eggs are sometimes included. (Join our *Pysanki* making class!)



- ❖ **Wine** symbolizes spiritual knowledge, and for us, the knowledge of the Holy Resurrection of Christ our God!
- ❖ **Salt** serves as a reminder to us that we are “the salt of the earth.” This feast does not end, but is completed as we share the joy of the Resurrection with the world, and all who will hear it. Salt reminds us of our duty to others, and in preaching the Gospel and Resurrection of our Lord Jesus Christ!
- ❖ **An Icon** or icon card is frequently included in the basket. Usually an icon of the Resurrection or some other icon of Christ is used. After all, we are the true witnesses to His Resurrection!
- ❖ **A Candle** reminding us that Christ is the light of the world, and we must bear His light with joy especially during this “Bright” season. This candle is lit at the end of the Paschal Vigil, just prior to the blessing of baskets.



The Basket is now decorated with ribbons, usually white or festive, in honor of the Bright Feast of the Resurrection, and left open, so that during the blessing, each item in the basket may come in contact with the Holy Water. Every family brings their basket to the Vigil.

The Blessing of the baskets takes place immediately after the Paschal Vigil. The priest will indicate that it is time to bring forward the baskets, and where they are to be placed. Once they are blessed, the feast begins!



Some families include their favorite treats and candies for the children, just as has been retained in the modern “Easter” basket. Other family treats are especially appropriate, based on family favorites.

Each of the foods in the Pascha basket have a rich meaning, as does everything in Orthodox Christianity. Preparing the Pascha basket is a family affair. Take the time to prepare them together!

Be sure to bring enough to share!