



Sunday, September 13

Sunday before Holy Cross

Bilingual Service

Forefeast of the Elevation of the Holy Cross, The Consecration of the Church of the Holy Resurrection (Holy Sepulchre), Cornelius the Centurion & Martyr

First Antiphon

Bless the Lord, O my soul, and all that is within me bless His holy Name.

Bless the Lord, O my soul, and forget not all that He has done for you.

The Lord in heaven has prepared His throne, and His kingdom rules over all.

Second Antiphon

Praise the Lord, O my soul; I will praise the Lord in my life; I will chant unto my God for as long as I have my being.

Blessed is He of whom the God of Jacob is his help, whose hope is in the Lord his God.

The Lord shall be King unto eternity; your God, O Zion, from generation to generation.

Third Antiphon

This is the day the Lord has made; let us rejoice and be glad in it.

Let the heavens and the earth praise Him.

HYMNS AT THE SMALL ENTRANCE

The Resurrection Apolytikion

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You.

Ἀγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμα σου, καὶ οἱ φυλάσσοντες, ἀπενεικώθησαν· καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκέλευσας τὸν Ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ· ὑπήνησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν. Ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι

Apolytikion of the Forefeast of the Cross

The life-giving Cross of Your goodness, which we the unworthy have from You as a gift, we present to You, O Lord, as an intercessor. Save our leaders and Your flock and keep them in peace, through the Theotokos, O only One who loves humanity.

Τὸν ζωοποιὸν Σταυρὸν τῆς σῆς ἀγαθότητος, ὃν ἐδωρήσω ἡμῖν τοῖς ἀναξίοις Κύριε, σοὶ προσάγομεν εἰς πρεσβείαν. Σῶζε τοὺς βασιλεῖς καὶ τὴν πόλιν σου, εἰρηνεύοντας διὰ τῆς Θεοτόκου, μόνη φιλόνηρωπε.

Apolytikion of the Foundation of the Temple

You have shown the earthly beauty of the holy tabernacle of Your glory to be like the splendour of the heavenly firmament, O Lord. Strengthen it for ever, and accept our prayers which we unceasingly offer to You, through the Theotokos, O You Who art the Life and Resurrection of all.

Ὡς τοῦ ἄνω στερεώματος τὴν εὐπρόπειαν, καὶ τὴν κάτω συναπέδειξας ὠραιότητα, τοῦ ἁγίου σκηνώματος τῆς δόξης σου Κύριε. Κραταιώσον αὐτὸ εἰς αἰῶνα αἰῶνος, καὶ πρόσδεξαι ἡμῶν, τὰς ἐν αὐτῷ ἀπαύστως προσαγομένας σοι δεήσεις, πρεσβείας τῆς Θεοτόκου, ἢ πάντων ζωὴ καὶ ἀνάστασις.

Troparion of Saint Sophia (Holy Wisdom)

Blessed are You O Christ our God, Who as all wise the fishermen You showed forth; By sending your Holy Spirit down upon them and through them the universe You drew unto your net. O lover of mankind Glory to You.

Εὐλογητὸς εἶ, Χριστέ ὁ Θεὸς ἡμῶν, ὁ πανσόφους τοὺς ἄλιεις ἀναδείξας, καταπέμφας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον, καὶ δι' αὐτῶν τὴν οἰκουμένην σαγήνησας, φιλόνηρωπε, δόξα σοι.

Kontakion of the Foundation of the Temple

Lord, Your Church appears to us * to be like heaven * full of light, and guides with light * all who believe in You, O Christ. * And we who stand in it cry to You: * Savior, establish forever this holy house.

Οὐρανὸς πολύφωτος ἢ Ἐκκλησία, ἀνεδείχθη ἅπαντας, φωταγωγοῦσα τοὺς πιστοὺς ἐν ᾧ ἐστώτες κραυγάζομεν· Τοῦτον τὸν οἶκον, στερεώσον Κύριε.

SAINT SOPHIA CATHEDRAL

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V. Rev. Father John S. Bakas

Dean

Rev. Father Allan Gabriel Boyd

Assistant Priest

Scripture Reading

Faith comes by hearing...

Epistle Reader: Jayne Poullos

Priest: Let Us Attend...

Reader: O Lord, save your people and bless your inheritance...to you, O Lord, I have cried, O my God.

Priest: Wisdom.

Reader: The reading is from St. Paul's Second Letter to the Galatians (6:11-18)

Priest: Let us be attentive...

BRETHREN, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

The Gospel of St. John (3:13-17)

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him."



Memorials

May their memory be eternal...

Among the spirits of the righteous perfected in faith, give rest, O Savior to the souls of your servants...

Catherine Chakiris Shelton (1 year)

George Bartzokis (1 year)

Stavroula Katsioni (40 days)

Anastasios Katsioni

George Katsioni

Vasilis

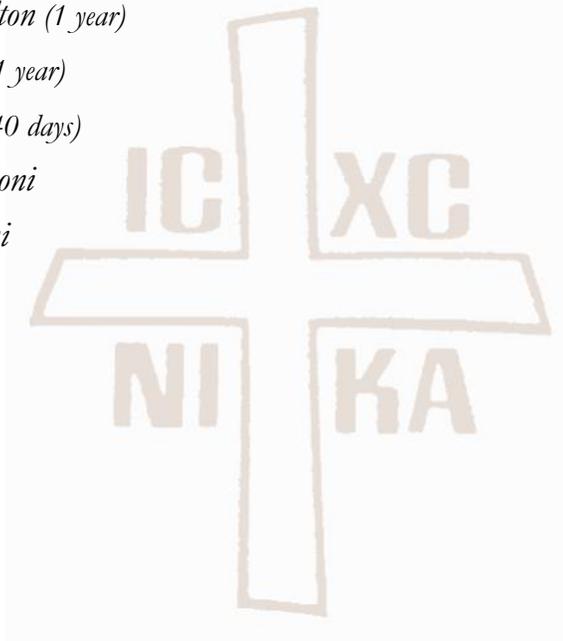
Evdoxia

Kostas

Mihalis

Athena

Marigo



George

John

Ethel

John

Nickolas

Estelle

Thanos

Smaragda

Anastasios

Jerry

ALTAR CANDLES

Offered in loving memory of George Bartzokis (1 year) by his loving family.

SOLEA CANDLES

Offered in loving memory of Stavroula Katsioni (40 days) by family

Offered in loving memory Anastasio and George Katsioni by family.

PERPETUAL CANDLES

Offered in loving memory of Stavroula (40 days), Anastasios, and George Katsioni by Zoe Fovos.

ALTAR FLOWERS

Both sides offered in loving memory of George Bartzokis (1 year) by his loving family.

“Behold, for years and generations, the way of God has been prepared by the cross and by death. How is this with you, that you see the afflictions of the way as if they were not a way meant for you? Do you not wish to follow the steps of the saints? Or do you wish to go a way which is especially for you, without suffering? The way unto God is a daily cross. No one can ascend unto heaven with ease; we know where the way of ease leads.”

~ St. Isaac the Syrian, Mystic Treatises, Homily LIX

DAILY VITAMINS FOR SPIRITUAL GROWTH

The Cross...The Way To Resurrection

Only God could take such a brutal a symbol of torture and death and transform it to a symbol of life. Only God could enable us to be raised up—to be joined with Him through it. Through the Cross—and only through the Cross—are we saved. Because of Christ's pouring out of Himself so self-sacrificially, we can now embark upon our spiritual journey towards becoming unified with God. The Church has viewed Christ's Cross as the most divine attribute. The Cross is the very thing through which Christ most brightly shines with God's true glory. Thus, we make a big deal of venerating the Cross of Christ. But we have to realize that when the Church speaks of the Cross it isn't only talking about the wooden instrument itself as the means to our salvation. God became human, so that humans could become like God. In His teachings, Christ fervently emphasized that the only way we can reach the divine heights is by allowing His reign over our hearts—by becoming likeminded with Him. Thus, ONLY through the self-sacrificial pouring out of ourselves—the way of the cross by God's grace—do we experience the profound depth and breadth of His divinity. Oooh...but that isn't easy. Just as Christ struggled by asking His Father if the cup of the cross could be taken away from Him, so we also struggle with living lives of self-sacrificial offering. Just as the way of the Cross caused Christ to suffer, so also, we suffer when we live the way of the Cross. But Christ calls us to take up our own cross, just as He did—"that God's will be done"—so that at the end of this road we can say, with St. Paul: "I have been crucified with Christ; it is no longer I who live, but Christ who lives in me." Remember, Jesus Himself said, "he who does not take up his cross and follow Me is not worthy of Me." As we come to celebrate the veneration of the cross tomorrow, we are reminded of Christ's sufferings, His crucifixion... and we are called to take on our own self-sacrificial sufferings to offer God's love to others as well. But we cannot look at the cross without also thinking of what followed. Yes, Christ suffered...yes He died on the cross...but on the third day he arose from the dead. In order to become a temple, a dwelling place for God's life-giving Spirit, the soul should follow our Lord step by step, along the way of the cross, until at last, all that remains for us is spiritual resurrection in the glory of our Lord Jesus Christ. The suffering and the death is there, but it is always followed by the glorious resurrection. In fact, there can be no resurrection without the cross coming first. So everyone who looks to the cross with faith receives salvation and protection and resurrection. St. Paul sums it up so beautifully: "Since we have been united with Him in a death like His, we shall certainly be united with Him in a resurrection like His. We know that our old self was crucified with Him so that our self-absorbed flesh might be destroyed, and we might no longer be enslaved to sin. For he who has died is freed from sin. But if we have died with Christ, we believe that we shall also live with Him."

*Mark your
calendar* 

Monday, September 14

Elevation of the Cross

8:30 am — Orthros

9:30 am — Divine Liturgy

Sunday, September 13

8:15 am — Orthros

9:15 am — Studies in Faith

9:45 am — Memorials

10:00 am — *Divine Liturgy*

Tuesday, September 15

7:00 pm— The Forum Fellowship: An
Orthodox Group for Young Professionals

~Saint Sophia Cathedral exists to Transform Life~

Being Disciples—Making Disciples—Growing Disciples—of Jesus Christ