

Third Sunday of Lent
The Adoration of the Life-Giving and Holy Cross
April 7, 2024

Martyr Kalliopios of Cilicia; repose of Tikhon, patriarch of Moscow and Enlightener of North America

The First Antiphon

The light of Thy countenance is marked upon us. Thou hast given a sign to them that fear Thee, so that they may flee from the bow.

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

Thou hast ascended on high, Thou hast led captivity captive. Thou hast given an inheritance to those that fear Thy Name, O Lord. (**Refrain**)

Glory... Both now... (Refrain)

The Second Antiphon

All the ends of the earth have seen the salvation of our God. Let us worship at the place where His feet stood.

Refrain: Save us, O Son of God, Who art risen from the dead, who sing unto Thee. Alleluia.

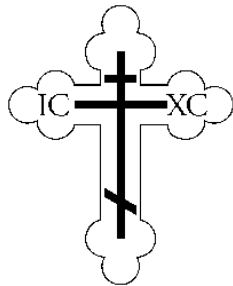
God is our King before the ages; He hath wrought salvation in the midst of the earth. (**Refrain**)

I will be exalted among the heathen; I will be exalted in the earth. (**Refrain**)

Glory... Both now... Only begotten Son and Word of God...

The Third Antiphon

Exalt ye the Lord our God, and worship at His footstool. O Lord, save Thy people and bless Thine inheritance. Feed them, and lift them up forever. *O Lord, save Thy people, and bless Thine inheritance, and to Thy faithful people grant victory over their enemies, and by the power of Thy Cross protect all those who follow thee. (see insert)*



Byzantine Tone 3

Basil Kazan
(1915 - 2001)



Let the heav - ens re - jice and the earth be glad,



for the Lord hath done a might - y act with his own arm.



He hath tram - pled down death by death and be - come the First -



born from the dead. He hath de - liv - ered us from the



depths of ha - des, grant - ing the world the great mer - cy.

Troparion for the Adoration of the Holy Cross (see insert)

Troparion for St. Raphael of Brooklyn (Tone 3)

Rejoice, O Father Raphael, Adornment of the holy Church! Thou art Champion of the True Faith, Seeker of the lost, Consolation of the oppressed, Father to orphans and Friend of the poor, Peacemaker and good Shepherd, Joy of all the Orthodox, Son of Antioch, Boast of America. Intercede with Christ God for us and for all who honor thee.

Kontakion for the Five Sundays of Great Lent (see insert)

To thee, the Champion Leader, do I offer thanks of victory; O Theotokos, thou who hast delivered me from terror. But as thou that hast that power invincible, O Theotokos, thou alone can set me free; from all forms of danger free me and deliver me, that I may cry unto thee: "Hail, O Bride without Bridegroom!"

Anti-Trisagion Hymn (see insert)

Before Thy Cross we bow down in worship, O Master, and Thy Holy Resurrection we glorify. (THRICE)

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

And Thy Holy Resurrection we glorify! Dynamis!

Before Thy Cross we bow down in worship, O Master, and Thy Holy Resurrection we glorify.

Prokeimenon

*O Lord, save Thy people and bless Thine inheritance.
To Thee, O Lord, have I cried, O my God.*

Epistle

Hebrews 4:14-5:6

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 forever, after the order of Melchizedek."

Holy Gospel

Mark 8:34-9:1

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 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 Jesus 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."

Commemorations(Living): Fr Michael, Pr Vicki, John, Corgie, Karen, Maher, Fabiola, Christopher, Steven, Jonathan, Jaime, Justin, George, Joan, Fr Tom, Kh Meleah, Stephen, Carol, Michael, Joel, Lisa, Danny, Asa, Cody, Max, Levi, Courtney, Nina, Kenneth, Alex, Christina, Beth, Janni, Dominick, Yina, Lauren, Rashid, Hala, Irina, Alex, Lauren, Aaron, Adam, Atticus, Gabriela, Antonina, Fr. Vladimir Paul, all Orthodox missionaries, the suffering believers everywhere.

Departed: James, Laura

Wednesday, 8:00 PM, Little Compline with Passion Gospel on Zoom.

The Procession of the Holy Cross will occur today at the end of Liturgy.



St. Raphael of Brooklyn Orthodox Church **Antiochian Orthodox Christian Archdiocese**

Metropolitan Saba, Primate
Bishop Thomas, Diocese of the Mid-Atlantic

Divine Liturgy 10:30 AM

Meeting at Compton Village
14401 Compton Village Dr.
Centreville, Virginia 20121

Fr. Thomas L. Palke, Pastor
3041 Donnington Court
Jeffersonton, VA 22724
(703)303-3047/(540)937-2609
email: pastortlp@aol.com
website: www.straphaelva.org

TROPARIUM OF THE HOLY CROSS

Arr. Fr. James Meena
Byzantine Chant
Tone 1

O Lord save Thy peo - ple and bless Thine in -
her - i - tance, and to Thy faith - ful peo - ple grant
vic - t'ry o-ver their en - e - mies and by the pow - er -
of Thy Cross pro - tect all those who fol - low Thee.

BEFORE THY CROSS

Soprano
Alto
Tenor
Bass

Lord, have mer - cy. A-men. Be-fore thy cross, we bow
down in wor - ship, O Mas - ter, and thy Ho - ly Res-sur -
rec - - - tion we glo - ri - fy.

Kontakion

(This hymn is also sung during the Akathist Hymn - Service)

Byzantine Chant, Tone 8
The Original Melody

Bishop Basil Essey

Ison
To thee, the Cham-pion Lea - der, do I of - fer thanks of
vic - to - ry, O The - o - to - kos, thou who hast de - liv - ered
me from ter - ror; but as thou that hast that pow - er in - vin - ci - ble,
O The - o - to - kos, thou a - lone can set me free:
from all forms of dan - ger free me and de - liv - er me,
that I may cry un - to thee: "Hail, O Bride with - out
Bride - - - groom."

Know your faith. "He was despised and rejected of men, a man of sorrows and acquainted with grief." Who wrote these words? _____. Of whom was he writing? _____. In Luke's Gospel, Jesus sent two disciples to prepare the Passover. Who were they? _____ and _____. Matthew 26 and Mark 14 give another account of the anointing of Jesus. Here, the woman is unnamed, and anoints his head. Jesus commended the woman and said that she would be remembered always. He said that she was preparing his body for _____. This happened in Bethany in the house of _____ the _____. It was assumed that, since Lazarus, Mary, and Martha were present, the supper was in their house. Is there a contradiction? (Y/ N). On what day of Holy Week was the Last Supper observed? _____.

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