

**Third Sunday of Lent**  
**The Adoration of the Life-Giving and Holy Cross**  
**March 23, 2025**

Venerable-martyr Nikon of Sicily and with him 199 disciples

**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... O, 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 vict'ry over their enemies, and by the power of Thy Cross protect all those who follow thee. (see insert)*

**The Resurrectional Troparion (Tone 6)**

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

**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.”

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**Assisting Priest:** Fr. Michael Kontogiorgis

**Holy Bread:** Kh Meleah Palke/Carol Ofiesh/Pr. Vicki Kontogiorgis

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

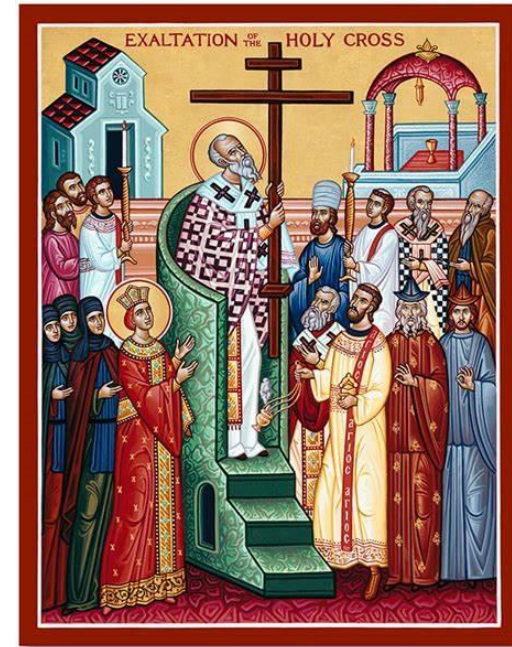
**(Departed):** Fr David, Ogan, Fr Wayne Wilson, Fr Michael Massouh

**This Wednesday, March 26, we will gather at 8 PM on Zoom** for the service of Compline and a study of John 10. Look for the email with the link.

**During Lent, we will be gathering offerings for our archdiocese’s Food for Hungry program.** Offerings will be gathered until Palm Sunday. Make your check out to our church and put “Food for Hungry” in the memo section.

**Know your faith (from last week).** When Mary poured expensive perfume on Jesus’ feet, which disciple objected, saying it should have been given to the poor? Judas (other parallel accounts in Matthew 26 and Mark 14 indicate that “his disciples” and “some” held the same opinion. Only Judas spoke out.). This happened in the house of Simon the Leper (who had been healed previously by Jesus), located in the town of Bethany. The following day, known as Palm Sunday, Jesus rode into Jerusalem on a young donkey. The people greeted him with palm branches and shouted “Hosanna.” “Blessed is He who comes in the name of the Lord.” After Abraham defeated the kings and rescued his nephew, Lot, he was approached by Melchizedek, King of Salem and Priest of God. He brought Abraham gifts of bread and wine. Abraham responded by giving him ten (percent) of all he had. Which future disciple did Jesus see sitting under a tree? Nathanael. Who led him to Jesus with the words, “come and see.” Philip. In today’s Gospel, how many men carried the paralytic to Jesus? four. What problem did they encounter? The large crowd in the house. How were they able to get the paralytic in the presence of Jesus? They lifted the paralytic to the roof, opened part of it, and lowered him in front of Jesus. Jesus saw their faith.

**Today we will observe the Adoration of the Holy Cross** with a blessing of flowers and a procession of the cross at the conclusion of Divine 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  
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."

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