ST. HERMAN OF ALASKA ORTHODOX CHURCH

sthermanshillington.org

Fr. John Black, parish administrator **(610) 427-9279** **johnmblack@gmail.com**

March 23, 2025 – 3rd Sunday of Lent – Sunday of the Cross

This Week

Sat March 22 – No Vespers
Sun March 23, 9am – Divine Liturgy & fellowship (Fr Edward Hughes)
Sun March 23, 5pm – Pan-Orthodox Vespers, Christ the Saviour, Harrisburg

Tues March 25, 8:30am – Matins & Divine Liturgy for the **Feast of the Annunciation**, at Ss. Constantine & Helen
Wed March 26, 6pm – Presanctified Divine Liturgy at Ss C&H
Fri March 28, 9AM – Presanctified at Ss C&H
Fri March 28, 7pm – *Akathist to the Theotokos*, part 4, at Ss C&H

Sat March 29 – No Vespers
Sun March 30, 9am – Divine Liturgy & fellowship (Fr Edward Hughes)
Wed April 2, 6pm – Presanctified TBD
Thurs April 3, 7pm – Great Canon with the Life of St Mary of Egypt

Sat April 5, 4:30pm – Great Vespers
Sun April 6, 9am – Divine Liturgy & fellowship (Fr John Black).
Parish Council during coffee hour.
Tues, April 8, Time TBD – Choir Rehearsal. (Possibly also Thurs 4/10).
Wed, April 9, 6pm – Presanctified HERE at St Hermans.

Announcements

For the next 2 Sundays, please welcome Fr. Edward Hughes to St Herman's. The next 2 Wednesdays will be Presanctified at our sister parishes, and then we will return to hosting Presanctified on April 9.

On Thursday April 3, we will celebrate the Great Canon for the 5th Thursday, with the reading of the Life of St Mary of Egypt. This is a unique opportunity to hear this moving account of her life within the context of the divine services. We hope to see you there.

Hymns of the Day

Resurrection (Tone 6)

The Angelic Powers were at Thy tomb; / the guards became as dead men. / Mary stood by Thy grave, / seeking Thy most pure body. / Thou didst capture hell not being tempted by it. / Thou didst come to the Virgin, granting life. / O Lord, Who didst rise from the dead, // glory to Thee.

Cross (Tone 1)

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

Glory... Now & ever ... Cross (Tone 7)

Now the flaming sword no longer guards the gates of Eden; / it has been mysteriously quenched by the wood of the Cross. / The sting of death and the victory of hell have been vanquished; / for Thou, O my Savior, hast come and cried to those in hell: // "Enter again into Paradise!"

Prayers

For health of: Archbishop Nathaniel Popp, Archbishop Alexander Golitzin, Fr. Daniel Skvir, Matushka Myra Kovalak, Marcia Lutz, Bernard Kusior, Julia Jay.

Memory Eternal: Fr. Paul Harrilchak (3/12). Fr. Jonas Worsham (3/8).

Attendance

Sun Feb 23 Liturgy: 25 adults, 3 children (Communion: 21 adults, 3 children)
Sat Mar 1 Vespers: 5 adults, 0 children
Sun Mar 2 Liturgy: 22 adults, 0 children (Communion: 10 adults, 0 children)
Sun Mar 9 Liturgy: 25 adults, 0 children (Communion: 18 adults, 0 children)
Sat Mar 15 Vespers: 0 adults, 0 children
Sun Mar 16 Liturgy: 25 adults, 0 children (Communion: 18 adults, 0 children)

Jesus healed many sick people, but not all were called “son”. However, to this paralyzed man, He said “son”, just as He called the woman suffering from chronic hemorrhaging “daughter” (Luke 8:48) ... When the Lord Jesus Christ calls someone “son” or “daughter”, it means He has mystically seen and publicly acknowledged that person’s faith....

The paralytic, described in the Gospel as a “lame man,” carried both suffering and repentance in his heart, which is why Christ addressed him with fatherly love ... thus, a sinful person who has endured suffering humbles themselves, gains forgiveness through repentance and ultimately receives spiritual and physical healing. The faithful and humble person, whose sins have been forgiven by God, becomes a child of grace....

Christ—the Confessor and Healer—does not humiliate the sinner with reproaches. He heals the sick and sinful person directly and discreetly, without judgment or public disclosure of their sins, preserving their dignity within their community,

–Patriarch Daniel of Romania

A Warm Welcome to all visitors who have prayed and celebrated the Divine Liturgy with us this morning! We invite **all of you** downstairs to our parish hall for fellowship following the veneration of the Holy Cross.

Please find the schedule of services and Fr. John’s contact info in the bulletin. If you have any questions at all, please reach out any time. *We hope to see you again!*

Please note: **In the Orthodox Church, the receiving of Holy Communion** is the sign of one’s **full participation in the mystery of the Faith**, and all Orthodox Christians should receive it frequently.

For this reason, Communion is given only to those Orthodox Christians that have properly **prepared themselves** to receive it: through prayer, fasting, and a recent confession; and who have attended the Holy Liturgy from the beginning, and are ***at peace with each other***. Those who partake of the Eucharist normally fast from food and drink in the morning before the Divine Liturgy, if they are able.