ST. HERMAN OF ALASKA ORTHODOX CHURCH

sthermanshillington.org

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

April 6, 2025 – 5th Sunday of Lent
on which we remember the Venerable Mary of Egypt

This Week

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, 7pm – Choir Rehearsal
Wed, April 9, 6:00pm – Presanctified Liturgy (we are hosting)
Thurs Apil 10, 7pm – Choir Rehearsal
Fri April 11, 9am – Presanctified at Ss. Constantine & Helen
Fri April 11, 4pm – Compline of Lazarus Saturday at Ss C&H
Sat April 12, 8:30am – Matins & Liturgy for Lazarus Saturday at Ss C&H

Sat April 12 – No Vespers
Sun April 13, 9am – Divine Liturgy for Palm Sunday (Fr Edward Hughes)

Sun April 13, 6:00pm – Bridegroom Matins @ Ss C&H
Mon April 14, 7:00pm – Bridegroom Matins (here at St Hermans)

Prayers

For health of: Archbishop Nathaniel Popp, Archbishop Alexander Golitzin, Mat. Myra Kovalak, Marcia Lutz, Bernard Kusior, Julia Jay, Nina Fatula.

The newly-departed: Mitered Apr. Daniel Skvir (3/23) Apr. Paul Harrilchak (3/12). Pr. Jonas Worsham (3/8). Mat. Sophia Daniels (3/29). Mat. Mary Shafran (4/1).

Hymns of the Day

Resurrection (Tone 8)

Thou didst descend from on high, O Merciful One! / Thou didst accept the three-day burial to free us from our sufferings! // O Lord, our Life and Resurrection, glory to Thee!

St Mary of Egypt (Tone 8)

The image of God was truly preserved in you, O Mother, / for you took up the Cross and followed Christ. / By so doing, you taught us to disregard the flesh for it passes away; / but to care instead for the soul, for it is immortal. // Therefore your spirit, O holy Mother Mary, rejoices with the angels.

Resurrection (Tone 8)

By rising from the tomb, Thou didst raise the dead and resurrect Adam. / Eve exults in Thy Resurrection, // and the world celebrates Thy rising from the dead, O greatly Merciful One!

Glory... St Mary of Egypt (Tone 3)

Having been a sinful woman, / you became through repentance a bride of Christ. / Having attained angelic life, / you defeated demons with the weapon of the Cross. // Therefore, O most glorious Mary, you are a bride of the Kingdom.

Now & ever ... For the Mother of God (Tone 6)

Steadfast protectress of Christians, / constant advocate before the Creator; / despise not the entreating cries of us sinners, / but in your goodness come speedily to help us who call on you in faith. / Hasten to hear our petition and to intercede for us, O Theotokos, // for you always protect those who honor you!

Confession & Communion

Ideally, there should be no confessions after Holy Wednesday, except by special arrangement (those traveling from out of town, or are sick or shut-in). After the first half of Holy Week, the time for repentance has come to a close, and our focus shifts exclusively to Our Lord's Passion and His journey to the Cross. If this is difficult for you or for someone you know, please talk to me ASAP. *"But the days will come when the Bridegroom will be taken away from them, and then they will fast" (Matt 9:15).*

It is contrary to the ancient Tradition of the Church to refuse Communion for long periods of time (without a very good reason). We should be receiving communion every time it is offered—assuming we have a healthy habit of Confession every couple of months (at a minimum, 3 or 4 times a year). If you have stayed away from Communion for many months, please (a) make a heartfelt confession about this before coming on Pascha, and (b) resolve to come to communion more frequently in the future. Your spiritual health matters very much to me. *And do not underestimate the effect your own spiritual health has on the health of the Parish as a whole. -FrJB*

Attendance

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)
Sun Mar 23 Liturgy: 23 adults, 1 children (Communion: 17 adults, 1 children)
Sun Mar 30 Liturgy: 22 adults, 3 children (Communion: 13 adults, 3 children)
Thurs Apr 3 Canon/St Mary Egypt: ~10 adults
Sat Apr 5 Vespers: 12 adults, 3 children

If the Lord comes to us, we should receive him with great joy and humility. But let us be careful not to seek mystical experience when we should be seeking repentance and conversion. That is the beginning of our cry to God. "Lord, make me what I should be, change me whatever the cost." And when we have said these dangerous words, we should be prepared for God to hear them. And these words of God are dangerous because God's love is remorseless. God wants our salvation with the determination due its importance. And God, as the Shepherd of Hermas says, "does not leave us till he has broken our heart and bones."

– Metropolitan Anthony Bloom & George LeFebvre, *Courage to Pray*

Welcome to all visitors who have prayed and celebrated the Divine Liturgy with us this morning! We invite all of you downstairs for fellowship after the conclusion of the Liturgy. If you have any questions at all, please reach out to Fr. John at 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 offered only to Orthodox Christians who have prepared themselves to receive it (through prayer, fasting, and confession) 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.