ST. HERMAN OF ALASKA ORTHODOX CHURCH

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Welcome Home! We are glad you are with us today.
Find a parish close to you: orthodoxyinamerica.org
Interested in the Orthodox Faith? orthodoxintro.org

March 15, 2026 – 3rd Sunday of Great Lent
Sunday of the Cross

Sat March 14 – 6pm – Small Vigil for the Sunday of the Cross
Sun March 15, 9am – Divine Liturgy & Fellowship
Sun March 15, 5pm – Lenten Pan-Orthodox Vespers at Christ the Savior, 5501 Old Locust Ln, Harrisburg

Tues March 17, 6pm – Choir Rehearsal
Wed March 18, 6pm – Presanctified Liturgy with area parishes at St Matthew's, 8477 Allentown Pike, Blandon
Sat March 21, 9am – **Memorial Liturgy for the Departed**
Sat March 21, 2pm – "Know Your Faith" Class (Adults & children welcome)
Sat March 21, 4pm – Great Vespers & Confessions
Sun March 22, 9am – Divine Liturgy & Fellowship

Wed March 25, 6pm – Vesperal Divine Liturgy for the **Great Feast of the Annunciation**
Thurs March 26, 7pm – Great Canon with the **Life of St Mary of Egypt**
Fri March 27 – TBD (final Akathist)
Sat March 28, 8:00am – (Ss Constantine & Helen) Pan-Orthodox Divine Liturgy for the "Saturday of the Akathist"

Hymns of the Day

For the Resurrection (Tone 7)

By Thy Cross Thou didst destroy death. / To the thief Thou didst open Paradise. / For the Myrrhbearers Thou didst change weeping into joy, / and Thou didst command Thy disciples, O Christ God, / to proclaim that Thou art risen, // granting the world great mercy.

For the 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 ... for the Cross (Tone 7)

Now the flaming sword no longer guards the gates of Paradise; / 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, didst come and cry to those in hell: // "Enter again into Paradise!"

Today's Scripture

Epistle: Hebrews 4:14-5:6

Brethren: Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness. Because of this he is required as for the people, so also for himself, to offer sacrifices for sins. And no man takes this honor to himself, but he who is called by God, just as Aaron was.

So also Christ did not glorify Himself to become High Priest, but it was He who said to Him: "You are My Son, today I have begotten You." As He also says in another place: "You are a priest forever according to the order of Melchizedek".

Gospel: Mark 8:34-9:1

The Lord said, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels." And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power."

Prayers

The newly-departed: Archbishop Seraphim (Sigrist) (2/7). John Susko (2/14). Olga Oscavich (2/23).

For health of: Abp. Nathaniel, Abp. Alexander, Abp. Benjamin, Mat. Elizabeth Meyer, Bernard Kusior, Nina Fatula, Gloria Spitko, Jessica Sullivan and her infant Lucas, Richard Kawood. ***On hospice:*** Vera Eckert (mother of Kathy Wanenchak). ***For our Catechumens:*** Bradley Bosch, Brian Craig.

"**The antidote** to the atomization and **disconnection of post-modern life** could be the **real life of the Orthodox parish**: where we **gather together** for services, as we **journey** through the ecclesiastical year together, as we take **meals to the sick**, as we **grieve by praying** a Panikhida for a parishioner who died -- all this **intentional community** fights what is happening in the culture and shows a better way. Perhaps this is more important now than ever before."

– Dn. Samson Nash, at the 2025 Clergy Conference of the OCA Diocese of the South

Announcements

It's time to order PASCHA FLOWERS. Please consider donating to offset the cost, in addition to your regular stewardship. Any amount is welcome.

Please remember to support our SCRIP program! Many of the stores and restaurants you *already shop at* are available – buy a gift card and spend it at the store just like your own cash, but in the process, St Herman's receives a percentage. It's a *very* easy way to support the parish. See Tina or Marie during coffee hour for more information.

Saturday March 21 is our next "know your faith" class at the Church, from 2pm until Vespers. All ages are welcome. If you want to get a head start on some of the content prior to the discussion, please see Fr John so he can forward you the links to some videos and online articles.

Attendance

Mon Feb 23 Great Canon: 9
Tue Feb 24 Great Canon: 5
Wed Feb 25 Presanctified: 12
Thu Feb 26 Great Canon: 3
Fri Feb 27 Akathist: 4
Sat Feb 28 Liturgy: 10 *(St Theodore)*
Sun Mar 1 Liturgy: 33 adults, 2 children (Communion: 21 adults, 1 children)
Wed Mar 4 Presanctified: 20
Sun Mar 8 Liturgy: 26 adults, 2 children

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, please reach out to Fr. John at any time. *We love you and 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 are ***prepared*** *to receive it (through* ***prayer****,* ***fasting****, and a recent* ***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, as they are able.*