ORTHODOX CHURCH OF ST. HERMAN OF ALASKA

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Welcome Home! We are glad you are with us today.
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September 20, 2026 – 16th Sunday After Pentecost
Sunday After the Exaltation of the Cross

Sun Sept 20, 9am – Divine Liturgy. Inquirers' Fellowship RESCHEDULED for next week.
Wed Sept 23, 8:30am – Matins & Liturgy @ Ss Constantine & Helen, *for the Conception of St John the Baptist*

> *On September 24 we remember All Saints of Alaska, the Martyrs Juvenaly & Peter, along with St Silouan the Athonite.*
> Wed Sept 23, 6pm – Great Vespers
> Thurs Sept 24, 9am – Divine Liturgy

Sat Sept 26, 1-3p: Fall Retreat w/Abbot Sergius @ Christ the Saviour, Harrisburg
Sat Sept 26, 4pm – Great Vespers & confessions
Sun Sept 27, 9am – Divine Liturgy. Inquirers' Fellowship after Coffee Hour.

> *October 1 is the feast of the Protection of the Mother of God.*
> Wed Sept 30, 6pm – Great Vespers
> Thurs Oct 1, 9am – Divine Liturgy

Sat Oct 3, 4pm – Great Vespers & confessions
Sun Oct 4, 9am – Divine Liturgy with the Chrismation of Bradley Bosch.
Parish Council Meeting at Coffee Hour.
Tues Oct 6, 3:15pm – Helping Harvest Food Distribution at Ss C&H

Hymns of the Day

Troparion 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.

Troparion 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) Kontakion for the Resurrection (Tone 7)

The dominion of death can no longer hold men captive, / for Christ descended, shattering and destroying its powers. / Hell is bound, while the Prophets rejoice and cry: / "The Savior has come to those in faith; // enter, you faithful, into the Resurrection!"

(Now & ever) Kontakion for the Cross (Tone 4)

As Thou wast voluntarily crucified for our sake, / grant mercy to those who are called by Thy Name; / make all Orthodox Christians glad by Thy power, / granting them victories over their adversaries // by bestowing on them the invincible trophy, Thy weapon of peace!

Instead of the Hymn to the Mother of God

Magnify, O my soul, / the most-precious Cross of the Lord. /// You are the mystical Paradise, O Theotokos, / in which Christ blossomed; / through Him, the Life-bearing Wood of the Cross was planted on earth. / Now at its Elevation, / as we bow in worship before it, // we magnify you.

Today's Scripture

1st Epistle: Galatians 2:16-20 (Sunday After the Cross)

Brethren: Knowing that a man is not justified by the works of the law but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law; for by the works of the law no flesh shall be justified.

But if, while we seek to be justified by Christ, we ourselves also are found sinners, is Christ therefore a minister of sin? Certainly not! For if I build again those things which I destroyed, I make myself a transgressor. For I through the law died to the law that I might live to God.

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

1st Gospel: Mark 8:34-9:1 (Sunday After the Cross)

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."

Everything that happened on the evening of Christ's Life-Giving Passion tells us what we need to know about the Cross. The Roman centurions made a crown of thorns and place it on Jesus's head. Another centurion draped a scarlet robe on Christ. Pilate made a plaque and placed it on the cross which called Jesus the "King of the Jews." Unknown to them, they participated in a coronation ceremony.

All these events were meant to mock and humiliate the Son of God, but they unintentionally pointed to what was happening. The pagans performed a ceremony that culminated in Christ's enthronement on the Cross of His Kingdom. They meant to kill Jesus, but they instead placed Him on the throne of His kingdom.

The Cross is the Throne of Christ.

At the Divine Services for today's feast day we proclaim, "Extol the Lord our God; worship at His footstool for it is holy!" (Ps. 98.5) When we bow down before the Precious and Life-Giving Cross, we bow down to the Throne of the King in His Kingdom. We literally worship at His footstool.

The Orthodox crosses with Christ on them are Crosses where *the King is on His throne*. We worship His passion and His victory over the kingdom of death, a kingdom that is now subject to Him.

The Cross as a throne might seem like foolishness to the world, but this is how God chose to reveal Himself. The Lion of Judah revealed Himself as spotless Lamb. The King of All revealed Himself as a servant. The Lord of Life revealed Himself as one betrayed, denied, beaten, lied about, and crucified naked between two thieves.

Perhaps we don't like thinking of the Lord of All still hanging on the Cross because He calls us to hang on the cross with Him. If He is not on the Cross, then we don't have to be on the cross either. But to rule with Him in His eternal Kingdom, we must be crucified with Him. We must see ourselves on the Cross with our Lord. If we love Him, we will take up *our* cross and follow Him to Golgotha to be crucified. Only then, when we are crucified with the crucifixion that comes to us, can we join Him and rule with Him in His Kingdom. We become the penitent thief and say to Him, "Lord, remember me when you come in your kingdom." Then today, this day, right now, we will be with Him in Paradise.

– Fr. Peter Runyon

Prayers

The newly-departed: Fr. John Charest (8/11). ***Anniversaries:*** Fr. Michael Hutnyan (9/22/2007), Michael Leon Hutnyan (9/19/2010), Barry Horne (9/17/2010).

For health of: Abp. Nathaniel, Abp. Alexander, Abp. Benjamin, Apr. Thomas Edwards, Apr. James Weremedic, Dn Gregory Hubiak, Mat. Lisa Weremedic, Mat. Katherine White, Pani Anna Marie Slovesko, Mat. Mary Reynolds, Mat. Alexandra Black, Bernard Kusior, Nina Fatula, Gloria Spitko, Jessica (Philothea) Sullivan & infant Lucas, Richard Kawood, Peggy Hay, Christopher Mershon, Cindy Kauffman.

Homebound or confined: Olga Frimenko, Gloria Spitko.

Grieving for the departed: *(for Fr John)* Mat. Laryssa, Sebastian, Avah, Christopher, Richard, Christine, Gregg. *(for Robert)* Abp Mark, Rhonda.

For our Catechumens: Bradley Bosch, Brian Craig, Zaden Mershon, Sheridan Klippel, Christina Monarek.

For our diocese's seminarians and families: Subdeacon Jacob & Mariana Kurtz *(Luka, Noah, & Magdalena)*, Reader Alexander Koropsak, Nicholas & Abigail Sheridan.

Social Hour & Church Cleanup Schedule

	Social Hour	**Church Clean-up**
Sept 6	Tina Gurnavage & Marcia Lutz	Marie Drosdak & Traci Weinstein
Sept 13	Kathy Wanenchak & Stephanie Selis	Tina Gurnavage & Stephanie Drosdak
Sept 20	Elaine Dougherty & Karin Holm	John Lorchak & Phyllis Kawood
Sept 27	Christina Monarek & Natalya Borobina	Marie Drosdak & John Waselus
Oct 4	Peggy Hay & Traci Weinstein	Kyle & Daria Teter
Oct 11	Vicky McDonnell & Phyllis Kawood	Eugene & Kathy Wanenchak
Oct 18	Marie Drosdak & Stephanie Drosdak	Marie Drosdak & John Waselus
Oct 25	Karen Sichak & Becky Kauffman	Russ & Peggy Hay
Nov 1	Daria Teter & Marina Long	Brad & Becky Kauffman

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!*

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.*