

THE CROSS PROVIDES US SPIRITUAL STRENGTH

The Great Fast is a lengthy period of prayer, fasting and penance. It is a spiritual struggle that begins with great personal expectations and often ends with feelings of discouragement over that we perceive as a lack of accomplishment on our part.

The Church knows our weaknesses well. On the Third Sunday of Lent, to assist us in our attempt to travel the course of Lent in the proper manner, the Cross is placed before us as a powerful incentive for us to persevere in our quest for a fulfilling celebration of our Lord's Resurrection.

Today, our Church encourages us to venerate the Cross of our Lord in a very special way, so that we may be strengthened in spirit. It is significant for us to note that in the services prescribed for this day, almost no mention of the Cross is made as being an object of suffering and death. Instead, we speak of it today as a symbol of joy, victory and life. One of the hymns from Vespers for this Sunday proclaims: REJOICE, O LIFE-GIVING CROSS, MOST BEAUTIFUL PARADISE OF THE CHURCH, THE TREE OF IMMORTALITY WHICH GAVE US THE JOY OF EVERLASTING LIFE.

It is customary on the Third Sunday of Lent to carry out the Cross in solemn procession and place it on the tetrapod for veneration by the faithful. Join us as we sing: "COME, ALL YOU NATIONS, LET US EXTOL THE CROSS OF THE LORD WITH HYMNS OF PRAISE."

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Μετεμορφώθης ἐν τῷ ὄρει Χριστὲ ὁ Θεός, δείξας τοῖς Μαθηταῖς σου τὴν δόξαν σου, καθὼς ἠδυναντο. Λάμψον καὶ ἡμῖν τοῖς ἀμαρτωλοῖς, τὸ φῶς σου τὸ αἰδῖον, πρεσβείαις τῆς Θεοτόκου, φωτοδότα δόξα σοι.

Metemorfóthis en to óri, Hristé o Theós, dexas tis Mathités sou, tin dóxan sou kathós idinanto; lampson ke imin tis amartolis, to fos sou to aidion, presvies tis Theotókou, Fotodóta dóxa si.

You were transfigured upon the mountain, O Christ our God, showing to Your disciples, Your glory as much as they could bear. Do also in us, sinners though we may be, shine Your everlasting light, by the intercessions of the Theotokos, O Giver of Light, glory to You.



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Sunday—the Lord's Day—April 7, 2024

Sunday of the Holy Cross

Musical Mode: Third Mode Eothinon Eleven: John 21:14-25

Readings of the Day: Hebrews 4:14-16; 5:1-6 & Mark 8:34-38; 9:1

Today's Saints: Sunday of the Holy Cross; Calliopos and Akylina the Martyrs; George, Bishop of Mytilene; Gerasimos the God-Bearer of Byzantium; Righteous Father Savvas the New of Kalymnos; Tikhon, Patriarch of Moscow and Enlightener of North America

We extend a warm welcome to all those worshipping with us today both in person as well as online from around the world. The live stream of the today's Services can be found on the **Trisagion Films YouTube Channel** at <https://www.youtube.com/@TrisagionLivestreams/streams>

The daily hymns are printed on the inside of the back cover.

WHERE TO FIND INFO ABOUT ORTHODOXY

Online Sources for theological and spiritual edification:

Trisagion Films: On Youtube, Facebook and webpage www.trisagionfilms.com

Follow our Podcasts: You can now listen to the entire series on iTunes, Spotify, GooglePlay, PlayerFM, and Sticher. You can find the entire series on iTunes here as well *"An Imperfect Podcast"*: <http://tinyurl.com/y5ved9lk>

For audio of spiritual discussions: **Ancient Faith Radio:** www.ancientfaith.com

Visit our **Church Bookstore** for books, icons and other spiritual items for your home.

Visit our **Library** at <http://www.holytransfiguration.info/library/>

If you are interested to learn more about the Orthodox Faith, please speak to Father Panayiotis and he will guide you. Please call the church office at 770-924-8080.

TODAY'S HYMNS

Entrance Hymn. 2nd Tone.

**Come, let us worship and bow down before Christ. Save us, O Son of God, risen from the dead.
We sing to You, Alleluia.**

Please sing along with us after the Small Entrance, as you are able.

Apolytikion of the Resurrection. Mode Three.

Let the heavens be glad. Let the earth rejoice exceedingly. For the Lord has shown strength with his arm. He trampled death by death. He became the first-born of the dead. Out of the belly of Hades, He has rescued us, and to the world He has granted the great mercy.

Apolytikion of the Feast. Mode One.

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

Apolytikion of our Parish. Grave Mode.

The Apolytikion of our parish is printed on the back cover of this bulletin.

Kontakion. Pl. of Fourth Mode.

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

The Cherubic Hymn.

Let us, who mystically represent the Cherubim and who sing the thrice-holy hymn to the life-creating Trinity, now lay aside every worldly care. So that we may receive the King of all.
Holy, holy, holy, Lord Sabaoth, heaven and earth are filled with Your glory. Hosanna in the highest. Blessed is He Who comes in the name of the Lord. Hosanna in the highest.

Communion Hymn.

The grace of God has appeared for the salvation of all men. Alleluia.

Thanksgiving Hymn after Holy Communion

Let our mouths be filled with Your praise, O Lord, that we may sing of Your glory, because You have made us worthy to partake of Your Holy Mysteries. Keep us in Your sanctification, that all day long we may meditate upon Your righteousness. Alleluia. Alleluia. Alleluia.