

## OUR JOURNEY TO PASCHA! 2023

MARCH 19<sup>th</sup>

### VENERATION OF THE HOLY CROSS

**Epistle Reading: Hebrews 4:14-5:6**

**Gospel Reading: Mark 8:34-9:1**

**Wear your cross to church and kiss the cross each morning with a bow.**

We pray for our entire church family and those who do not have a family or church family, and our special prayers are for the sick and suffering and for the health and salvation of others:

The Archpriests Samuel and Joseph, Archimandrite Joseph, Protospesbyter Christos, the priest Gregory, Mark Benda, Matushka Ellen, Emily Anastasia, Gabriel, Zoe, Nadine, Michelle, Anastasia, Sophia Eptamenitis, Edward, Taisa, Konstance Engelsman, Maria Higginbotham, Valentina Bobrowski, Anna Konoleva, Erika Dobrzynski, Douglas Dobrzynski, Andrew John Lihou, Marie Biancarelli, Joshua and Daniel Buccieri, Emma Matthews, Stephanie, Kristy, Victor Szemetylo, Helen, Bonnie Shaffner, Helen Schweizer, Zoran Pejovic, Sunny Hunsicker, Ioana, Carmen, Michael, John, Sarah, Linda, Pamela Anne and Kimberly Marie, JoAnne and David. Amen!!!

**\*\*\* To amend the prayer list, speak with Mary Osinski\*\*\***

Follow us on



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# THE WEEKLY BULLETIN

## HOLY SPIRIT ORTHODOX CHURCH

[www.HolySpiritOrthodox.org](http://www.HolySpiritOrthodox.org)

**March 19th, 2023**

### 3<sup>rd</sup> SUNDAY OF GREAT LENT: VENERATION OF THE CROSS -

The Third Sunday of Lent is that of the Veneration of the Cross. The cross stands in the midst of the church in the middle of the lenten season not merely to remind men of Christ's redemption and to keep before them the goal of their efforts, but also to be venerated as that reality by which man must live to be saved. "He who does not take up his cross and follow me is not worthy of me" (Mt.10:38). For in the Cross of Christ Crucified lies both "the power of God and the wisdom of God" for those being saved (1 Cor.1:24).

### Troparion – Tone 4

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

### Kontakion – Tone 7

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

## Service Schedule

**Great Vespers:** 5 pm Saturdays

**Hours:** 9:45am Sundays

**Divine Liturgy:** 10:00am Sundays

**Confessions:** Will be heard every Saturday evening after Vespers or by appointment.

**Call, text or email Father Michael at (848)228-1563 or [holyspiritwantagenj@gmail.com](mailto:holyspiritwantagenj@gmail.com)**

Monthly calendar at [www.HolySpiritOrthodox.org](http://www.HolySpiritOrthodox.org)

## Dates to Remember

**Friday 17<sup>th</sup> of March**

**Presanctified Divine Liturgy at 6:30 pm**

**Saturday 18<sup>th</sup> of March**

**Great Vespers at 5 pm**

**Sunday 19<sup>th</sup> of March**

**Divine Liturgy at 10 am – Veneration of the Cross  
Deanery Lenten Vespers at Saint Vladimir Church in Trenton  
NJ at 4 pm**

**Friday 24<sup>th</sup> of March**

**Presanctified Divine Liturgy at 6:30 pm**

**Saturday 25<sup>th</sup> of March**

**THE ANNUNCIATION OF OUR MOST HOLY LADY THEOTOKOS**

**Divine Liturgy at 9 am**

**Great Vespers at 5 pm**

**Sunday 26<sup>th</sup> of March**

**Divine Liturgy at 10 am**

## ANNOUNCEMENTS!

### Thank you

Our Sincere thanks to all those who served, attended, prepared, and brought food, and provided assistance in the setup and clean up for the Presanctified Divine Liturgy with His Eminence Archbishop Michael.

### Together for Presanctified Liturgy

On Wednesday, March 15<sup>th</sup>, the Presanctified Liturgy at Holy Spirit Orthodox Church, Wantage was presided by His Eminence, Archbishop Michael with Very Reverend Father Samuel Kedala, Priest Michael Pejovic, Deacon Stephan Karlgut OCA Diocese of NY/NJ; Hieromonk Jeremiah Berbec, Romanian Archdiocese; Very Reverend Father Chris Telleos, Very Reverend Father Iakovos Fitzpatrick, Priest Neofitos Sarigiannis, Greek Archdiocese. The parishioners of Holy Spirit Orthodox Church provided a delicious Lenten meal and fellowship following the service.

### Paschal Flowers

Donations for flowers to adorn the grave are requested and very much appreciated. This is an opportunity to remember a departed loved one or to remember and honor a family member, relative, or friend. Please mark your check or note with cash, "Paschal Flowers." God Bless and many thanks.

### Pray for our Catechumens

Please remember in your prayers Glen and Delia in your prayers as they are preparing for the sacrament of the Holy Chrismation.

### Potluck Meal

Throughout Great Lent, we will aim to have an agape potluck dinner after every Presanctified divine liturgy. Please bring your favorite lenten dish to share. Thank you.

### Confessions

Will be heard every Saturday evening after Vespers or by appointment. The Great Lent is a season of repentance, and it is a great opportunity to confess our sins. This is a season of repentance and we are all called to confess our sins.

### Food Donation Cart

Whenever you are shopping remember those who are hungry and purchase one or more items for our donation cart. If you would like to know the current needs of the Sussex Help Center, please talk with Dan Taylor. Thank you and God bless you!

### Have an item for the bulletin?

Please email Father Michael at [holyspiritwantagenj@gmail.com](mailto:holyspiritwantagenj@gmail.com) or Mary Osinski at [mary.osinski@gmail.com](mailto:mary.osinski@gmail.com)