

OUR JOURNEY TO PASCHA! 2025

March 23rd – VENERATION OF THE 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. Ponder upon the words of our Lord: “He who does not take up his cross and follow me is not worthy of me!”

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 Archbishop Melchizedek, Archpriest Samuel, Archimandrite Joseph, Archpriest Paul, Protopresbyter Christos, the priest Gregory, Protodeacon John, Mark, Matushka Ellen, Matushka Svetlana, Matushka Irene, Matushka Katherine, Catherine Xenia, Karen, Nadine Olsen, Michael Olsen, Michelle, Alexander, Anastasia, Sophia Eptamenitis, Edward, Taisa, Engelsman, 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, Sunny Hunsicker, Ioana, Carmen, Michael, John, Sarah, Linda, Pamela Anne and Kimberly Marie, JoAnne, Beatrice, Christina, Orestes, Julia, Adrian, Sonya, Biljana, Pauline, Brandy, Makenzie, Tyler, Anna, Aleksei, Elena, Denis, Nadezhda, Izabella, Olga, Rita, Olga, Olga, Sofia, Iosif, John, Dawn, Pavel, Elena, Avery, Halyna (Klima), Sergey, John, Francis, Anna, Birgin, Tanya and John Francis and Pamela.

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

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www.HolySpiritOrthodox.org

<https://www.holyspiritorthodox.org/>

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The WEEKLY BULLETIN

HOLY SPIRIT ORTHODOX CHURCH

www.HolySpiritOrthodox.org

March 23rd, 2025

3rd 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: 5pm 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

Monthly calendar at www.HolySpiritOrthodox.org

Dates to Remember

Friday 21st of March

Presanctified Divine Liturgy at 6:30 pm

Saturday 22nd of March (Memorial Saturday)

Divine Liturgy at 9 am

Great Vespers at 5 pm

Sunday 23rd of March

Divine Liturgy at 10 am

Monday 24th of March

Great Vespers at 6 pm

Tuesday 25th of March

ANNUNCIATION OF THE HOLY THEOTOKOS

Divine Liturgy at 9 am

Friday 28th of March

Presanctified Divine Liturgy at 6:30 pm

Saturday 29th of March (Memorial Saturday)

Divine Liturgy at 9 am

Great Vespers at 5 pm

Sunday 30th of March

Divine Liturgy at 10 am

ANNOUNCEMENTS!

Visitor Welcome

After Sunday's Divine Liturgy you are invited to join us for light refreshment in the parish hall. You'll find a friendly welcome, good conversation and ask any question you may have.

Deanery Lenten Mission Vespers 2025

On Sunday, March 16th, the Deanery Mission Vespers at Holy Spirit Orthodox Church, Wantage was presided by His Eminence Archbishop Michael with Very Reverend Father Gary Joseph Breton, Very Reverend Samuel Kedala, Archimandrite Joseph Hoffman, Very Reverend Father Maryan Chaikivskyi, Very Reverend Father David Garretson, Very Reverend Father Stephen Evanina, Priest Michael Pejovic and Priest Boghdan Chaikivskyi. The parishioners of Holy Spirit Orthodox Church provided a delicious Lenten meal and fellowship following the service.

New Catechumen

Jesse Girardin became a catechumen on St. Gregory Palamas Sunday, March 16th. Please join us in welcoming him and keeping him in your prayers as he begins his faith journey.

Join us in worship

Please join us in worship for the Feast of Annunciation of the Holy Theotokos. Great Vespers will be served on Monday 24th of March at 6 pm. Divine Liturgy will be served on Tuesday 25th of March at 9 am.

Potluck Meal

Throughout Great Lent we will aim to have agape potluck dinner after every presanctified liturgy. Please bring your favorite Lenten dish to share. Thank you.

Confessions

Will be heard every Wednesday before Presanctified Liturgy and Saturday evening before or after Vespers. Alternatively, you can always make an appointment with me.

Lenten Retreat

St Gregory the Theologian Orthodox Church, 1500 Route 376, Wappingers Falls, NY 12590, will have their Lenten Retreat on March 22nd, 2025. The presentation will be given by Dr. Peter Bouteneff, Professor of Systematic Theology at St. Vladimir's Orthodox Theological Seminary. The retreat will start at Noon, and it will last until 4 pm. Everyone is welcomed.

Food Donation Cart

The need to continue to assist those in need continues and we ask that when you are shopping, please remember those who are less fortunate. Dan Taylor informed us that the needs of the Sussex Help Center did not change and that they are accepting peanut butter, jelly, tuna fish cans, cereal boxes and other non-perishables. **They are also in need of donation of used shopping bags.**

Have an item for the bulletin?

Please email Father Michael at holyspiritwantagenj@gmail.com or Mary Osinski at mary.osinski@gmail.com.