



St. Elias the Prophet Church

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Services Schedule

Sundays: Orthros/Matins - 8:45 AM; Divine Liturgy - 10:00 AM

Saturdays: Vespers - 5:00 PM

Weekdays and Saturdays (as announced): Orthros/Matins - 8:45 AM; Divine Liturgy - 10:00 AM

Bulletin for Sunday, March 11, 2018

Saints and Feasts



March 11

Sunday of the Holy Cross

With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labour set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.



March 11

Sophronius, Patriarch of Jerusalem

This Saint was born in Damascus. As a young man he became a monk at the Monastery of Saint Theodosius the Cenobiarch in Palestine, where he met John Moschus and became his close friend. Having a common desire to search out ascetics from whom they could receive further spiritual instruction, they journeyed together through Palestine, Syria, Asia Minor, and Egypt, where they met the Patriarch of Alexandria, Saint John the Almsgiver, with whom they

remained until 614, when Persians captured Jerusalem (see also Saint Anastasius the Persian, Jan. 22). Saint Sophronius and John Moschus departed Alexandria for Rome, where they remained until 619, the year of John Moschus' death. Saint Sophronius returned to the Monastery of Saint Theodosius the Cenobiarch, and there buried the body of his friend. He laboured much in defence of the Holy Fourth Council of Chalcedon, and traveled to Constantinople to remonstrate with Patriarch Sergius and the Emperor Heraclius for changing the Orthodox Faith with their Monothelite teachings. After the death of Patriarch Modestus in December of 634, Sophronius was elected Patriarch of Jerusalem. Although no longer in the hands of the Persians, the Holy Land was now besieged by the armies of the newly-appeared religion of Mohammed, which had already taken Bethlehem; in the Saint's sermon for the Nativity of our Lord in 634, he laments that he could not celebrate the feast in Bethlehem. In 637, for the sins of the people, to the uttermost grief of Saint Sophronius, the Caliph Omar captured Jerusalem. Having tended the flock of his Master for three years and three months, Saint Sophronius departed in peace unto Him Whom he loved on March 11, 638.

Saint Sophronius has left to the Church many writings, including the life of Saint Mary of Egypt. The hymn "O Joyous Light," which is wrongly ascribed to him, is more ancient than Saint Basil the Great, as the Saint himself confirms in his work "On the Holy Spirit" (ch. 29). However, it seems that this hymn, which was chanted at the lighting of the lamps and was formerly called "The Triadic Hymn," was later supplemented somewhat by Saint Sophronius, bringing it into the form in which we now have it. Hence, some have ascribed it to him.



March 11

Theodora the Righteous



March 15

Holy Apostle Aristobulos of the Seventy, Bishop of Britain

Saint Aristobulos, the brother of Saint Barnabas, was ordained to be bishop in Britain by the Apostle Paul, who mentions him in his epistle to the Romans (16:10). He suffered many afflictions at the hands of the pagans, but also brought many to Christ. Having established the Church there, he finally reposed in peace.



March 17

Patrick the Enlightener of Ireland

Saint Patrick, the Apostle of the Irish, was seized from his native Britain by Irish marauders when he was sixteen years old. Though the son of a deacon and a grandson of a priest, it was not until his captivity that he sought out the Lord with his whole heart. In his Confession, the testament he wrote towards the end of his life, he says, "After I came to Ireland - every day I

had to tend sheep, and many times a day I prayed - the love of God and His fear came to me more and more, and my faith was strengthened. And my spirit was so moved that in a single day I would say as many as a hundred prayers, and almost as many at night, and this even when I was staying in the woods and on the mountain; and I would rise for prayer before daylight, through snow, through frost, through rain, and I felt no harm." After six years of slavery in Ireland, he was guided by God to make his escape, and afterwards struggled in the monastic life at Auxerre in Gaul, under the guidance of the holy Bishop Germanus. Many years later he was ordained bishop and sent to Ireland once again, about the year 432, to convert the Irish to Christ. His arduous labours bore so much fruit that within seven years, three bishops were sent from Gaul to help him shepherd his flock, "my brethren and sons whom I have baptized in the Lord - so many thousands of people," he says in his Confession. His apostolic work was not accomplished without much "weariness and painfulness," long journeys through difficult country, and many perils; he says his very life was in danger twelve times. When he came to Ireland as its enlightener, it was a pagan country; when he ended his earthly life some thirty years later, about 461, the Faith of Christ was established in every corner.

Services and Information

Welcome to all visitors! Please join us for fellowship immediately following the Liturgy in the Social Hall. For those visiting an Orthodox Church for the first time, please be aware that Holy communion is a sign of unity of faith which is only offered to baptized and chrismated Orthodox Christians. However, all present are welcome to partake of the antidoron (or blessed bread) which is distributed at the end of the service. Those interested in learning more about the Orthodox Christian faith, please see Fr. Dimitri Pappas after the service.

Visit the church web site: <http://steliasnm.org/>.

Services Schedule (unless otherwise noted)

Sundays: Orthros/Matins - 9:00 AM; Divine Liturgy - 10:00 AM

Saturdays: Vespers - 5:00 PM

Weekdays and Saturdays (as announced): Orthros/Matins - 9:00 AM; Divine Liturgy - 10:00 AM

March 2018

Coffee hours from the Sunday of Orthodoxy (Feb. 25) through Palm Sunday must be *Lenten*, though Fr. Dimitri has given dispensation to allow dairy products to be included (wine and oil are also allowed).

11 Mar. (Third Sunday of Lent (Veneration of the Holy Cross)) Two Prosfora & coffee hour Anastasia Stevens. Memorial Service for Evelyn Sakona.

14 Mar. (Wed., Fourth Wednesday of the Great Fast, Presanctified Divine Liturgy) Prosforon none. No coffee hour.

16 Mar. (Fri., Salutations to the Theotokos) Service at 6:00 p.m.

18 Mar. (Fourth Sunday of Lent (Saint John Climacus)) Two Prosfora Niki Constantaras, coffee hour Zora Peters Grogan.

21 Mar. (Wed., Fifth Wednesday of the Great Fast, Presanctified Divine Liturgy) Prosforon none. No coffee hour.

23 Mar. (Fri., Salutations to the Theotokos (Akathist Hymn)) Service at 6:00 p.m.

25 Mar. (Sun., Fifth Sunday of Lent (Saint Mary of Egypt)—Feast of the Annunciation to the Theotokos) Prosforon Mac Ennis. No coffee hour. Potluck luncheon, fish, wine, and oil permitted (and dairy products, per Fr. Dimitri). Sign-up sheet posted in coffee room.

31 Mar. (Sat., Lazarus Saturday) Prosforon Mac Ennis. No coffee hour.

Volunteer Prosforon bakers: please have the Prosforon to Fr. Dimitri by 9:00 a.m.

Coffee hour hosts: please stay after the coffee hour to help clean up.

GOC Links

Greek Orthodox Metropolis of Denver <http://www.denver.goarch.org>.

Greek Orthodox Archdiocese of America <<http://www.goarch.org>>.

Orthodox Calendar <<http://www.goarch.org/chapel/calendar>>.

Orthodox Observer <<http://www.goarch.org/news/observer>>.

Parish News and Events

Parish Council Meeting

The next Parish Council meeting will be on Sunday, March 11, after the Divine Liturgy. Important: a quorum of the Parish Council members is required to appoint new Parish Council officers.

Memorial Service This Sunday

This Sunday, a 40-day memorial service is offered for Mrs. Evelyn Sakona by her daughter, Anastasia Stevens. May her memory be eternal.

Wednesday and Friday Evening Services During Great Lent

On the first 5 Wednesday evenings of Great Lent, there will be a Presanctified Divine Liturgy at 6:00 p.m. Fr. Dimitri will be in Denver picking up Tsourekia on the 6th Wednesday, March 28. On the first 5 Friday evenings of Great Lent, there will be a Salutations to the Theotokos service at 6:00 p.m. The Akathist Hymn is chanted in four parts during the first four Friday services. On the fifth Friday, the entire Akathist Hymn is chanted during the service.

Help make the pies for the Easter pita bake sale

Please help make cheese pies and green chile-cheese pies on Saturday, March 17. We will start at 9:00 a.m. in the coffee room at the church.

Beit Tikva & Friends' Teddy Bear Project

This year, St. Elias Greek Orthodox Church is partnering with Congregation Beit Tikva for their fifth annual Teddy Bear Project for the Solace Crisis Treatment Center (formerly the Rape Crisis Center). Please bring new stuffed animals and art supplies to our church and give them to Fr. Dimitri to collect for Beit Tikva. All donated stuffed animals must be new, and must not contain any batteries. If you want to donate art supplies, please contact Joan Less (954-1030; jjless@comcast.net), and ask her what they need. She has a list of wished-for items. Fr. Dimitri will collect donated items through March 27, and Beit Tikva will deliver them to the Solace Center in April, which is Child Abuse Awareness Month.

Volunteers are needed to host coffee hours and to bake prosfora

Please get in touch with Niki Constantaras to volunteer to bake prosforon and to host a simple coffee hour: some cookies, a pastry, pie, or coffee cake, some bagels—two or three items of your choice. Contact Niki at (505) 890-2939 (home), (505) 930-1940 (mobile), or yiaianiki@aol.com.

To be eligible for reimbursement, parishioners must obtain written permission from the Parish Council before purchasing any item for our Church

Recently, members of our parish have made purchases on behalf of our church without the approval of the Parish Council. This is not in accordance with Article 34 of the Uniform Parish Regulations (UPR), available on the Metropolis of Denver's web site. Section 1 addresses Parish Finances: "The Parish Council shall be the custodian of all Parish funds." Section 10 states: "All transfers of money or other property to a Parish shall be deemed gifts unless, prior to the transfer, the Parish Council acknowledges in writing that said transfer is a loan." If you want to buy something for the church, you must complete an "In Kind Donation" form to get an acknowledgement of your donation. If you want to buy something on behalf of the church, and be reimbursed for your purchase, you must get written permission from the Parish Council before you make your purchase.

2018 Stewardship

We thank all of our members who have made a stewardship pledge to our church. Through your continued and loving support, the Parish Council and Fr. Dimitrios Pappas are able to serve as caretakers and deal with the needs

and priorities that face our church. If you have not already done so, please complete your 2018 pledge card and return it to the church as soon as you can. Thank you!

Recycling for St. Elias

The church receives a donation for recycling your used toner cartridges and inkjet cartridges. When you get new ones, please bring the used ones to the church, in their packing if possible. Every bit that we recycle means more funds for our parish. Please help with this free and painless way to raise money and protect the environment.

Hymns of the Day

Resurrectional Apolytikion in the Grave Mode

Thou didst abolish death by Thy Cross; Thou didst open Paradise to the thief; Thou didst transform the myrrh-bearers' lamentation, and didst bid Thine Apostles to preach that Thou art risen, O Christ God, granting great mercy to the world.

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἠνέφξας τῷ Ληστῇ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρήνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Apolytikion for Sun. of the Holy Cross in the First Mode

Save, O Lord, Thy people and bless Thine inheritance; grant Thou unto the faithful victory over adversaries. And by the power of Thy Cross do Thou preserve Thy commonwealth.

Σώσον Κύριε τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς Βασιλεῦσι κατὰ βαρβάρων δωρούμενος καὶ τό σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

Apolytikion for St. Elias in the First Mode

The incarnate Angel and the Prophets' summit and boast, the second fore-runner of the coming of Christ, Elias, the glorious, from above he has sent down his grace upon Elisha; he doth cast out sickness and also doth cleanse the lepers; and unto all that honor him, streams of cures he poureth forth.

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Ὁ ἐνσαρκος ἄγγελος, τῶν Προφητῶν ἡ κρηπίς, ὁ δεῦτερος Πρόδρομος τῆς παρουσίας Χριστοῦ, Ηλίας ὁ ἐνδοξος, ἀνωθεν καταπέμψας, Ελισαίῳ τὴν χάριν, νόσους αποδιώκει, καὶ λεπρούς καθαρίζει, διό καὶ τοῖς τιμώσιν αὐτὸν βρῦει ἰάματα.

Seasonal Kontakion in the Plagal Fourth Mode

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"

Τὴ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, ἀναγράφω σοὶ ἡ Πόλις σου Θεοτόκε, Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων μὲ κινδύνων ἐλευθέρωσον, ἵνα κράζω σοί, Χαῖρε νύμφη ἀνύμφευτε.

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Gospel and Epistle Readings

Matins Gospel Reading

Seventh Orthros Gospel

The Reading is from John 20:1-10

On the first day of the week Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying, and the napkin, which had been on his head, not lying with the linen cloths but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the scripture, that he must rise from the dead. Then the disciples went back to their homes.

Seventh Orthros Gospel

Κατὰ Ἰωάννην 20:1-10

Τῇ δὲ μιᾷ τῶν σαββάτων Μαρία ἡ Μαγδαληνὴ ἔρχεται πρῶτ' σκοτίας ἔτι οὔσης εἰς τὸ μνημεῖον, καὶ βλέπει τὸν λίθον ἡρμένον ἐκ τοῦ μνημείου. τρέχει οὖν καὶ ἔρχεται πρὸς Σίμωνα Πέτρον καὶ πρὸς τὸν ἄλλον μαθητὴν ὃν ἐφίλει ὁ Ἰησοῦς, καὶ λέγει αὐτοῖς· ἦραν τὸν Κύριον ἐκ τοῦ μνημείου, καὶ οὐκ οἶδαμεν ποῦ ἔθηκαν αὐτόν. ἐξῆλθεν οὖν ὁ Πέτρος καὶ ὁ ἄλλος μαθητὴς καὶ ἦρχοντο εἰς τὸ μνημεῖον. ἔτρεχον δὲ οἱ δύο ὁμοῦ· καὶ ὁ ἄλλος μαθητὴς προέδραμε τάχιον τοῦ Πέτρου καὶ ἦλθε πρῶτος εἰς τὸ μνημεῖον, καὶ παρακύψας βλέπει κείμενα τὰ ὀθόνια, οὐ μέντοι εἰσῆλθεν. ἔρχεται οὖν Σίμων Πέτρος ἀκολουθῶν αὐτῷ, καὶ εἰσῆλθεν εἰς τὸ μνημεῖον καὶ θεωρεῖ τὰ ὀθόνια κείμενα, καὶ τὸ σουδάριον, ὃ ἦν ἐπὶ τῆς κεφαλῆς αὐτοῦ, οὐ μετὰ τῶν ὀθονίων κείμενον, ἀλλὰ χωρὶς ἐντετυλιγμένον εἰς ἓνα τόπον. τότε οὖν εἰσῆλθε καὶ ὁ ἄλλος μαθητὴς ὁ ἐλθὼν πρῶτος εἰς τὸ μνημεῖον, καὶ εἶδε καὶ ἐπίστευσεν· οὐδέπω γὰρ ᾔδεισαν τὴν γραφὴν ὅτι δεῖ αὐτὸν ἐκ νεκρῶν ἀναστῆναι. ἀπῆλθον οὖν πάλιν πρὸς ἑαυτοὺς οἱ μαθηταί.

Epistle Reading

Prokeimenon. Plagal Second Mode. Psalm 27.9,1.

O Lord, save your people and bless your inheritance.

Verse: To you, O Lord, I have cried, O my God.

The reading is from St. Paul's Letter to the Hebrews 4:14-16; 5:1-6.

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

Προκείμενον. Plagal Second Mode. ΨΑΛΜΟΙ 27.9,1.

Σῶσον, Κύριε τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.

Στίχ. Πρὸς σέ, Κύριε, κεκράξομαι ὁ Θεός μου.

τὸ Ἀνάγνωσμα Πρὸς Ἑβραίους 4:14-16, 5:1-6.

Ἀδελφοί, ἔχοντες οὖν ἀρχιερέα μέγαν, διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν υἱὸν τοῦ θεοῦ, κρατῶμεν τῆς ὁμολογίας. Οὐ γὰρ ἔχομεν ἀρχιερέα μὴ δυνάμενον συμπαθεῖσαι ταῖς ἀσθενείαις ἡμῶν, πεπειραμένον δὲ κατὰ πάντα καθ' ὁμοίότητα, χωρὶς ἁμαρτίας. Προσερχώμεθα οὖν μετὰ παρρησίας τῷ θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἔλεον, καὶ χάριν εὕρωμεν εἰς εὐκαιρον βοήθειαν. Πᾶς γὰρ ἀρχιερεὺς, ἐξ ἀνθρώπων λαμβανόμενος, ὑπὲρ ἀνθρώπων καθίσταται τὰ πρὸς τὸν θεόν, ἵνα προσφέρῃ δῶρά τε καὶ θυσίας ὑπὲρ ἁμαρτιῶν· μετριοπαθεῖν δυνάμενος τοῖς ἀγνοοῦσιν καὶ πλανωμένοις, ἐπεὶ καὶ αὐτὸς περικείται ἀσθένειαν· καὶ διὰ ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτως καὶ περὶ ἑαυτοῦ, προσφέρειν ὑπὲρ ἁμαρτιῶν. Καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ θεοῦ, καθάπερ καὶ Ἀαρών. Οὕτως καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασεν γεννηθῆναι ἀρχιερέα, ἀλλ' ὁ λαλήσας πρὸς αὐτόν, Υἱός μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε. Καθὼς καὶ ἐν ἑτέρῳ λέγει, Σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

Gospel Reading

Sunday of the Holy Cross

The Reading is from Mark 8:34-38; 9:1

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

Sunday of the Holy Cross Κατὰ Μάρκον 8:34-38, 9:1

Εἶπεν ὁ Κύριος· Εἴ τις θέλει ὀπίσω μου ἐλθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθεῖτω μοι. ὃς γὰρ ἂν θέλη τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἀμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

Wisdom of the Fathers

And see how He also makes His discourse unexceptionable: not saying at all, "whether you will, or no, you must suffer this," but how? "If any man will come after me."

St. John Chrysostom

Homily 55 on Matthew 16, 1. B#54, p.339., 4th Century

"I force not, I compel not, but each one I make lord of his own choice; wherefore also I say, 'If any man will.' For to good things do I call you, not to things evil, or burdensome; not to punishment and vengeance, that I should have to compel.

St. John Chrysostom

Homily 55 on Matthew 16, 1. B#54, p.339., 4th Century