

# HOLY TRINITY ORTHODOX CHURCH

~ a Pan-Orthodox parish of the Antiochian Orthodox Christian Archdiocese ~

His Eminence Metropolitan JOSEPH, Archbishop of New York  
and Metropolitan of all North America

His Grace Bishop NICHOLAS, Auxiliary Bishop of the Diocese of Miami  
Archpriest Joseph Bittle, Pastor



**SUNDAY AFTER THE ELEVATION OF THE HOLY CROSS**

**SEPTEMBER 15, 2019**

## Preparing to Worship the Thrice-Holy God

### *Upon Entering the Church*

I will come into thy house in the multitude of thy mercy;  
and in thy fear I will worship toward thy holy temple.

*(Ps. 5:7)*

### *A Prayer before Holy Communion*

O Sovereign Lord Jesus Christ, our God,  
who alone hast authority to forgive men their sins:  
overlook in thy goodness and love for mankind all my offences  
whether committed with knowledge or in ignorance;  
and make me worthy to receive without condemnation  
thy divine, glorious, spotless, and life-giving Mysteries,  
not for punishment, nor for an increase of sins, but for purification and sanctification and as a  
pledge of the life and the kingdom to come,  
as a protection and help, and for the destruction of enemies,  
and for the blotting out of my many transgressions.  
For thou art a God of mercy and compassion and love for mankind, and to thee we send up  
glory, to the Father and to the Son and to the Holy Spirit. Amen.

*(St. John of Damascus)*

### **A Word for Newcomers**

A warm welcome to all those worshipping with us at Holy Trinity! If you are from a non-Orthodox background you may see many new and unfamiliar things. Rest assured that everything has a solid biblical foundation and a long history among Christian people. Please join us for coffee after the service. And feel free to ask Fr. Joseph any questions you may have.

***About receiving Holy Communion:*** The Orthodox Church understands the Eucharist, or Lord's Supper, to be – among other things – the paramount expression of Christian unity. Since participation in the Eucharist expresses a formal unity with all the dogma and practice and discipline of the Orthodox Church, **non-Orthodox** guests **do not** receive Holy Communion. **Orthodox** communicants are reminded that we approach the Chalice with due preparation including recent Confession, keeping the appointed fasts of the Church, and appropriate prayers of *preparation* for the reception of Holy Communion and *thanksgiving* after.

# DIVINE LITURGY of ST. JOHN CHRYSOSTOM

*Variable Hymns and Readings*



## FIRST ANTIPHON

(Verses for Exaltation of Holy Cross)

Vs: O God, my God, attend to me; why hast Thou forsaken me?

**Refrain: Through the prayers of the Theotokos, O Savior, save us.**

Vs: Far from my salvation are the words of my transgressions.

Vs: My God, I will cry by day, and wilt Thou not hearken?  
And by night, and it shall not be unto folly for me.

Vs: But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel.

Glory to the . . . Now and Ever . . .

## SECOND ANTIPHON

(Verses for Exaltation of Holy Cross)

Vs: O God, why hast Thou cast us off unto the end?

**Refrain: O Son of God, who wast crucified in the flesh,  
save us who sing to Thee. Alleluia.**

Vs: Remember Thy congregation  
which Thou hast purchased from the beginning.

Vs: This is Mount Sion, wherein Thou hast dwelt.

Vs: God is our King before the ages,  
He hath wrought salvation in the midst of the earth.

Glory to the . . . Now and ever . . . Only begotten Son ...

## THIRD ANTIPHON

(Verses for Exaltation of Holy Cross)

Vs: The Lord is king, let the peoples rage.  
He sitteth upon the cherubim, let the earth be shaken.

Byzantine Tone 1

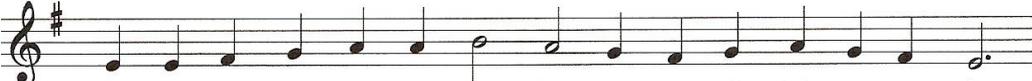
arr. F. Karam

1



O Lord, save Thy peo - ple and bless\_ Thine in - her - i - tance,

2



grant - ing to Thy peo - ple vic - t'ry o - ver all their en - e - mies,

3



and by the pow - er of Thy Cross pre - serve Thy com - mu - ni - ty.

Vs: The Lord is great in Zion; He is high above all peoples.

Vs: Let them confess Thy great name, for it is terrible and holy.

## AFTER LITTLE ENTRANCE

### Troparion for Resurrection (Tone 4)

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

### Troparion for the Holy Cross (Tone 1)

*See the sheet music from Third Antiphon above.*

**Troparion for Pentecost, patronal feast of the parish (Tone 8)**

Blessed art Thou, O Christ our God, who hast revealed the fisherman as most wise, by sending down upon them the Holy Spirit; through them Thou didst draw the world into Thy net. O Lover of Man, glory to Thee!

**Kontakion for Holy Cross (Tone 4)**

Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

**EPISTLE: Galatians 2:16-20** *(Sun. after Exaltation of Cross)*

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove 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 Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

**GOSPEL: St. Mark 8:34-9:1** *(Sun. after Exaltation of Cross)*

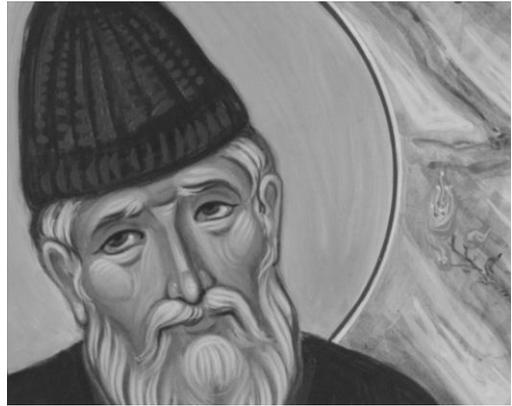
The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of 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.”



## *Inner Activity Makes External Activity Possible*

"If we work to correct ourselves and look more intently towards our “inner” activity rather than our external, giving precedence to divine help, we can in turn be of greater and more positive help to others. We will also achieve an inner serenity that will quietly help the souls of the people we encounter because spiritual serenity reflects the virtue of the soul and transforms souls.



When someone applies himself to external activity before having polished his spiritual inner state, he may struggle spiritually, but he will be fraught with worry, anxiety, lack of confidence in God and frequent loss of serenity. If he does not improve himself, he cannot say that his interest for the common good is pure. When he is liberated from the old self and all things worldly, then he will receive divine Grace and be not only at peace with himself, but also able to bring peace to everyone else. But if he has not received the Grace of God, then he can neither govern himself nor help others in order to bring about a divine effect. He must first be immersed in divine Grace and then utilize his resulting sanctified powers for the salvation of others."

~ *St. Paisios of Athos (+1994)*

# Ladies Night Out

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All Ladies are invited!

Tuesday, September 17<sup>th</sup>  
5:30 at Sharon Lear's house  
12812 Morrison Rd

We are having tacos again!

Sign up during coffee hour if you would like to bring  
a taco component or side dish.

Hope to see you there!

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## UPCOMING

**Church School** began today! If you missed, no problem, see you next week.

The yearly **Parish General Meeting** will be held after Divine Liturgy on Sunday, September 29<sup>th</sup>.

**Parish Fall Retreat** will take place the weekend of November 1-3, and will be led by V. Rev. Fr. Stephen Rogers, pastor emeritus of St. Ignatius, Franklin, TN. More details to come soon. Also, that weekend, on Sunday, we will have our annual **Fall Picnic**.

# THIS WEEK

**Fast Days: Wednesday and Friday**

Monday, September 16 Great-martyr Euphemia the all-praised; Martin the bishop; Newmartyrs Isaac and Joseph of Georgia; Martyr Ludmilla, grandmother of Wenceslaus prince of the Czechs; Venerable Prokopios of Sazava in Bohemia

Tuesday, September 17 Martyrs Sophia and her daughters Faith, Love and Hope; Hieromartyr Herakleidos of Cyprus; Martyr Agathokleia; Venerable Anastasios and Euxiphios

**5:30 pm Ladies Night Out (Sharon Lear's home)**

Wednesday, Sept. 18 Eumenios the wonder-worker, bishop of Gortyna; Martyr Ariadne of Phrygia

**6:00 pm Vespers**

Thursday, Sept. 19 Martyrs Trophimos, Dorymedon, Savvatio and Susanna; Hieromartyr Januarios of Benevento and his companions; Theodore, prince of Smolensk, and his sons David and Constantine, wonder workers of Yaroslav; Theodore of Tarsus, archbishop of Canterbury

Friday, September 20 Great-martyr Eustathios and his family; Venerable-martyr Hilarion of St. Anne Skete on Athos; Venerable John of Crete; Martyrs Michael, prince of Chernigov, and his councilor Theodore

Saturday, Sept. 21 Apostle Quadratos of the Seventy; Prophet Jonah; uncovering of the relics of Demetrios, bishop of Rostov

**6:00 pm Great Vespers**

**6:45 pm Confessions**

Sunday, September 22 LORD'S DAY - Hieromartyr Phocas of Sinope the wonder-worker; Newmartyrs Isaac and Martin; Twenty-six Venerable-martyrs of Zographou monastery on Athos; Venerable Cosmas the Bulgarian of Zographou monastery on Athos

**9:00 am Church School**

**9:00 am Orthros**

**10:00 am Divine Liturgy**

**11:30 am Coffee Hour**

## E-MAIL LIST UPDATE

From your preferred email address, please send a simple email to me at [frjosephbittle@gmail.com](mailto:frjosephbittle@gmail.com) with the subject line "Email Address as Requested." Please do so even if you believe I already have your email address. This will assist me in updating my database for communicating parish news with you and your families. Thank you. ~ Fr. Joseph