

SAINT ELIZABETH ORTHODOX CHURCH



Sunday Bulletin

March 24, 2024—First Sunday of Great Lent.
Triumph of Orthodoxy.



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Welcome to St. Elizabeth

WELCOME VISITORS! We are delighted you are here. It is our sincere desire that your participation today in the Divine Liturgy will draw you closer to Christ and His Church. Please join us after the service for coffee and refreshments in our fellowship hall. If you have questions about any facet of Orthodox worship, our priest—Father John Strickland—would be very happy to meet and assist you in any way possible.

If you are not familiar with the Orthodox Church, you may see some things that are new to you—icons and incense, the sign of the cross, veneration of the saints, and a lot of standing. These elements have been part of traditional Christian worship from ancient times. They reflect the heavenly nature of the Church.

If you would like to learn more about Orthodoxy, we have a small bookstore where Orthodox publications may be purchased and a lending library where many Orthodox books and periodicals can be borrowed. If you would like to learn more about our parish, please visit our website at <https://stelizabethorthodox.org>. There, you can find a link to our parish YouTube page where you can view Father John's Sunday homilies.

Please note that Orthodox priests may serve Communion only to baptized and chrismated members of the Orthodox Church. The Eucharist is the paramount expression of unity among Christians; but the reality today is that many Christians are not united in matters of doctrine and practice. While some Christians are content to agree to disagree, we believe true unity will occur only when modern Christians are reconciled to the ancient Church, with its faith and life delivered “once, and for all.” In light of this, we respectfully request that rather than partaking of the Eucharistic Chalice, our non-Orthodox guests join us in receiving the *antidoron*—or blessed bread—served at the end of the Divine Liturgy.

Please feel free to contact Fr. John any time at (360) 598-9700 or rector@stelizabethorthodox.org.

—Thank you for joining us today. Glory to Jesus Christ!

Bulletin News

- ❖ Collection for Matushka Xenia Oleksa—We received over \$1,000 in our collection for Matushka Xenia at our showing of *Sacred Alaska* on March 16th, plus several more donations since that time. These donations—plus \$555 approved by the parish council from our reserve fund—have allowed our parish to send a check for \$4,000 to the Diocese of Alaska to help Matushka Xenia following the death of her husband, Fr. Michael Oleksa, may his memory be eternal. Thank you for your generous donations!
- ❖ Fifth-Sunday Potluck—As the fifth Sunday of the month, March 31st will be an all-parish potluck after Liturgy. If you can contribute a dish, please sign up on the sheet posted on the bulletin board.

March Name Days, Anniversaries, and Birthdays

- ❖ Name days—Annunciation of the Theotokos (Mar. 25); St. Larissa (Mar. 26); St. Innocent of Alaska (Mar. 31)
- ❖ Birthdays—Nancy Conrad (Mar. 18)
- ❖ Anniversaries—Josh & Allison Toth (Mar. 27)

This Week at St. Elizabeth

Mar. 24th—Sunday (Today)
5:00pm WOCA Lenten Vespers
at Three Hierarchs Romanian,
Mountlake Terrace

Mar. 25th—Tuesday (Annunciation)
6:30pm Vesperal Divine Liturgy

Mar. 27th—Wednesday
5:00pm Confessions by Appt.
6:30pm Presanctified Divine
Liturgy

Mar. 30th—Saturday
6:00pm Great Vespers
(confessions follow)

Mar. 31st—Sunday
10:00am Divine Liturgy
5:00pm WOCA Lenten
Vespers at St. Katherine
OCA, Kirkland

Today's Hymns

First Sunday of Lent: Sunday of Orthodoxy & Forefeast
of the Annunciation—Tone 1

Tone 1 **Troparion** *(Resurrection)*

When the stone had been sealed by the Jews,
while the soldiers were guarding Thy most pure body,
Thou didst rise on the third day, O Savior,
granting life to the world.
The powers of heaven therefore cried to Thee, O Giver of Life:
“Glory to Thy Resurrection, O Christ!
Glory to Thy Kingdom!//
Glory to Thy dispensation, O Thou Who lovest mankind!”

Tone 2 **Troparion** *(Sunday of Orthodoxy)*

We venerate Thy most pure image, O Good One;
and ask forgiveness of our transgressions, O Christ our God.
Of Thine own will Thou wast pleased to ascend the Cross in the
flesh
and deliver Thy creatures from bondage to the Enemy.
Therefore with thankfulness we cry aloud to Thee:
“Thou hast filled all with joy, O our Savior,//
by coming to save the world.”

Tone 4 **Troparion** *(Forefeast)*

Today is the prelude of joy for the universe!
Let us anticipate the feast and celebrate with exultation:
Gabriel is on his way to announce the glad tidings to the Virgin;
he is ready to cry out in fear and wonder://
“Rejoice, O Full of Grace, the Lord is with thee!”

Glory . . .

Tone 8 Kontakion *(Sunday of Orthodoxy)*

No one could describe the Word of the Father;
but when He took flesh from thee, O Theotokos, He accepted to be
described,
and restored the fallen image to its former state by uniting it to
divine beauty.//

We confess and proclaim our salvation in words and images.

Now and Ever . . .

Tone 8 Kontakion *(Forefeast)*

Thou art the beginning of salvation for all of us on earth, Virgin
Mother of God.

For the great Archangel Gabriel, God's minister, was sent from
heaven to stand before thee to bring thee joy://

Therefore, we all cry to thee: "Rejoice, O unwedded Bride!"

Today's Scripture Readings

*Blessed art Thou, O Lord God of our fathers, and praised and glorified is
Thy Name forever! (Song of the three Holy Children, v. 3)*

Epistle Reading—Hebrews 11:24–26 & 11:32–12:2

By faith Moses, when he became of age, refused to be called the son of
Pharaoh's daughter, choosing rather to suffer affliction with the people of
God than to enjoy the passing pleasures of sin, esteeming the reproach of
Christ greater riches than the treasures in Egypt; for he looked to the
reward.

And what more shall I say? For the time would fail me to tell of Gideon
and Barak and Samson and Jephthah, also of David and Samuel and the
prophets: who through faith subdued kingdoms, worked righteousness,

obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they might obtain a better resurrection. Still others had trial of mockings and scourgings, yes, and of chains and imprisonment. They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented – of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth. And all these, having obtained a good testimony through faith, did not receive the promise, God having provided something better for us, that they should not be made perfect apart from us. Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Gospel Reading—John 1:43–51

The next day Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Beth-sa'ida, the city of Andrew and Peter. Philip found Nathan'a-el, and said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathan'a-el said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathan'a-el coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathan'a-el said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathan'a-el answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

Today's Commemorations

The Annunciation (March 25th)

When the All-holy Virgin had completed the fourteenth year after her birth and was entering her fifteenth year, after having spent eleven years of living and serving in the Temple of Jerusalem, the priests informed her that, according to the Law, she could not remain in the Temple but was required to be betrothed and enter into marriage. To the great surprise of the priests, the All-holy Virgin answered that she had dedicated her life to God and that she desired to remain a virgin until death, not wanting to enter into marriage with anyone! Then according to God's providence and inspiration, Zacharias, the high priest and father of the Forerunner, in agreement with the other priests, gathered twelve unmarried men from the tribe of David, so that they might entrust the Virgin Mary to one of them to preserve her virginity and care for her. She was entrusted to Joseph of Nazareth, who was her kinsman. In the house of Joseph, the All-holy Virgin continued to live as she did in the Temple of Solomon, occupying her time in the reading of sacred Scripture, in prayer, in godly thoughts, in fasting, and in handiwork. She rarely went anywhere outside the house and was uninterested in worldly matters and events. She spoke very little to anyone, if at all, and never without special need. She most often associated with Joseph's two daughters. When the fullness of time had come, as prophesied by Daniel the Prophet, and when God was pleased to fulfill His promise to the banished Adam and to the prophets, the great Archangel Gabriel appeared in the chamber of the All-holy Virgin. This occurred, as some Church writers have related, precisely at the same moment that she held open the book of the Prophet Isaiah and was contemplating his great prophecy: Behold, a virgin shall be with child, and bear a son! (Isaiah 7:14). Gabriel appeared in all of his angelic brightness and saluted her: Rejoice, thou that art highly favored, the Lord is with thee! (Luke 1:28), and the rest, as it is written in the Gospel of the blessed Luke. With this angelic annunciation and the descent of the Holy Spirit upon the Virgin, the salvation of mankind and the restoration of all creation began. The history of the New Testament was opened by the words of the Archangel Gabriel: Rejoice, thou that art highly favored. This shows that the New Testament signified joy to mankind and to all created things. Therefore the Annunciation is considered not only a great feast but also a joyful feast.

—Prologue of Ohrid

The Nicene Creed: the Symbol of Faith (sung together)

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages: Light of Light, true God of true God; begotten, not made; of one essence with the Father; by Whom all things were made; Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; and He was crucified for us under Pontius Pilate, and suffered, and was buried; and the third day He rose again, according to the Scriptures, and ascended into heaven, and sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead; Whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father; Who with the Father and the Son together is worshipped and glorified; Who spoke by the prophets.

In one Holy, Catholic, and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead and the life of the world to come. Amen.

Pre-Communion Prayers (said together)

I believe, O Lord, and I confess that Thou art truly the Christ, the Son of the Living God, Who camest into the world to save sinners, of whom I am first. I believe also that this is truly Thine own pure Body, and that this is truly Thine own precious Blood. Therefore I pray Thee: have mercy upon me and forgive my transgressions both voluntary and involuntary, of word and of deed, of knowledge and of ignorance. And make me worthy to partake without condemnation of Thy most pure Mysteries, for the remission of my sins, and unto life everlasting. Amen.

Of Thy Mystical Supper, O Son of God, accept me today as a communicant; for I will not speak of Thy Mystery to Thine enemies, neither like Judas will I give Thee a kiss; but like the thief will I confess Thee: Remember me, O Lord in Thy Kingdom.

May the communion of Thy Holy Mysteries be neither to my judgment, nor to my condemnation, O Lord, but to the healing of soul and body. Amen.

