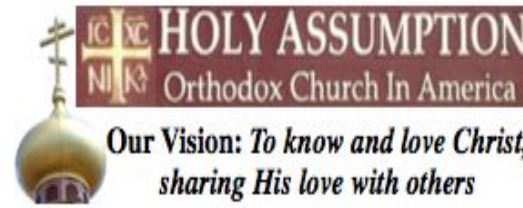


March 19 - The Third Sunday of Lent is that of the Veneration of the Cross. The cross stands in the midst of the church in the middle of the lenten season not merely to remind men of Christ's redemption and to keep before them the goal of their efforts, but also to be venerated as that reality by which 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).



[holyassumption.net](http://holyassumption.net)  
**Fr. Stacey richter**  
**330 754-6068 hm 330 312-6234 cell**  
[srichte4@ashland.edu](mailto:srichte4@ashland.edu)  
[facebook.com/holyassumption.net](https://facebook.com/holyassumption.net)

**Tone 6 Troparion** (Resurrection)

The Angelic Powers were at Your tomb;  
the guards became as dead men.  
Mary stood by Your grave,  
seeking Your most pure body.  
You took hell captive,  
not being tempted by it.  
You came to the Virgin, granting life.  
O Lord, Who rose from the dead, glory to You.

**Tone 1 Troparion** (for the Cross)

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!

**Tone 7 Kontakion** (for the Cross)

Now the flaming sword no longer guards the gates of Eden;  
it has been mysteriously 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!"



**EPISTLE HEBREWS 4:14 - 5:6** Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness. Because of this he is required as for the people, so also for himself, to offer sacrifices for sins. And no man takes this honor to himself, but he who is called by God, just as Aaron was. So also Christ did not glorify Himself to become High Priest, but it was He who said to Him: "You are My Son, today I have begotten You." As He also says in another place: "You are a priest forever according to the order of Melchizedek";

**In place of the Trisagion, we sing:**

Before Your Cross, we bow down in worship, O Master,  
and Your holy Resurrection, we glorify.

**Tone 6 Prokeimenon (Cross)**

O Lord, save Your people and bless Your inheritance!  
(Ps 27/28:9)  
*v: To You, O Lord, will I call. O my God, be not silent to me!*  
(Ps 27/28:1)

**Tone 8 \***

Alleluia, Alleluia, Alleluia!  
*v: Remember Your congregation, which You have purchased of old!*  
(Ps 73/74:2)  
*v: God is our King before the ages; He has worked salvation in the midst of the earth!* (Ps 73/74:12)

**Communion Hymn**

The light of Your countenance has shone on us, O Lord. (Ps 4/5:6)  
Alleluia, Alleluia, Alleluia!

*(Instead of "It is truly meet ...," we sing:)*

### Hymn to the Theotokos

All of creation rejoices in you, O Full of Grace:  
the assembly of Angels and the race of men. O sanctified temple and  
spiritual paradise, the glory of virgins, from whom God was incarnate and  
became a Child –  
our God before the ages. He made your body into a throne,  
and your womb He made more spacious than the heavens.  
All of creation rejoices in you, O Full of Grace.// Glory to you!

### GOSPEL: MARK 8:34 - 9:1

When He had called the people to Himself, with His disciples also, He said to them,  
"Whoever desires to come after Me, let him deny himself, and take up his cross, and  
follow Me. For whoever desires to save his life will lose it, but whoever loses his life  
for My sake and the gospel's will save it. For what will it profit a man if he gains the  
whole world, and loses his own soul? Or what will a man give in exchange for his soul?  
For whoever is ashamed of Me and My words in this adulterous and sinful generation,  
of him the Son of Man also will be ashamed when He comes in the glory of His Father  
with the holy angels." And He said to them, "Assuredly, I say to you that there are  
some standing here who will not taste death till they see the kingdom of God present  
with power."

### TODAY WE DO PROSTRATIONS:

Christians do not prostrate on Sunday because this is the day we always celebrate the  
Resurrection, and we recall how God is able to make us stand. Our standing reminds us  
of the resurrection. There are one or two Sundays a year when we do prostrate (the  
Third Sunday of Great Lent, and the Exaltation of the Holy Cross, if it falls on a Sunday.  
On this day, the hymn "Before Thy cross", which we sing while making prostration,  
teaches us what our prostrations mean:

**Before Thy Cross, / we fall down in worship, O Master, / and Thy holy Resurrection  
/ we glorify.**

When we prostrate, it is in worship of the Risen Lord, and when we raise ourselves up,  
we recall the resurrection.

A Christian prostrates when he makes the sign of the cross, and falls to his hands and  
knees (it is usually easier to have the hands touch the floor a moment before the knees),  
and bows his head to the ground, then gets back up.

<http://www.orthodox.net>

### St. Ann's Guild

All women are invited to attend and participate in the ministry of St. Ann's Guild  
Schedule of meetings : April 9, May 21, June 11, July 16, August 13.

### PRESANCTIFIED POTLUCK:

We break the fast following Friday Pre-Sanctified Liturgy together with a LENTEN  
PotLuck.

**IDEAS FOR LENTEN POTLUCK:** Pasta/marinara, humus/pita chips,  
veggies/humus, salad, lentil soup, vegetable soup, baked potatoes, pita  
bread/humus, peanut butter/jelly, bean salads, etc. The idea is to keep it simple  
without oils, dairy, meat and/or egg.

### COFFEE HOUR SCHEDULE

March 19 **Manos**, Manos, Hoffman,  
McClellan  
March 26 **Wescott**, Haywood,  
Frischkorn, Brandon  
April 2 - **Mudrak**, Tapyrik, Byrnes  
APR. 9 **Monahan**, Kisha,  
Kisha-Wise, Mathewson  
APR. 16 PASCHA  
APR. 23 **Richter**, Miller, Huba,  
Vorkapich  
APR. 30 **GATES**, Powell, Condo  
MAY 7 **CROSTON**, Wescott, Archer,  
Fedorko  
MAY 14 MOTHER'S DAY  
MAY 21 **FRISCHKORN**, Romano,  
Blanchard, McClellan  
MAY 28 **HAYWOOD**, Mailat, Tapyrik,  
Nikishin  
JUNE 4 **MANOS**, Manos, Hoffman,  
Brandon  
JUNE 11 **BYRNES**, Powell, Mudrak  
**JUNE 18 - BISHIOP PAUL VISIT**  
June 25 - **KISHA**, Kisha-Wise,  
Monahan, Condo

### UPCOMING

**Sunday, March 19**

9:10 Hours

9:30 Divine Liturgy

11:00 Coffee Hour

11:30 - Sunday School

**Deanery Akathist 5:00 pm Campbell, OH**

**Wed., March 22** - Pan-Orthodox  
Presanctified Liturgy @ St. George  
Romanian - dinner following

**Fri., March 24** - PreSanctified 6:30 HAOC

**LENTEN PotLuck Dinner**

**Sat. March 25- Great Vespers 5:00**

**Sunday, March 26**

9:10 Hours

9:30 Divine Liturgy

11:00 Coffee Hour

11:30 Sunday School

**WED., MARCH 29 - PRESANCTIFIED AT  
HAOC. - DINNER TO FOLLOW**

### ANNOUNCEMENTS

**TODAY:** The Deanery Akathist to the Cross will take place at St. John the Baptist Church in  
Campbell Ohio at 5 pm on Sunday March 19. The speaker will be Bishop Neofitos of Kenya! (He  
speaks excellent English by the way) Come out to hear about one of the most exciting Orthodox  
mission fields on the planet! The church in Kenya has been growing like a rocket

There will be a yard clean-up on Saturday, April 8 from 9:00 am to 11:00 am, or until completed, in  
anticipation for Holy Week and PASCHA!! Bring gloves, rakes, or other garden tools. All are invited  
and appreciated.

See the signup sheet to help with the Pan Orthodox Presanctified on Wed., March 29

See Marge or Father Stacey if you are interested in being an auditor.

### WELCOME VISITORS

We are delighted to have visitors with us and we pray that you will be blessed in your time with us.  
Holy Communion is treated with reverence, respect and preparation in the Orthodox Church.  
Orthodox Christians prepare with confession, prayer, and fasting. Our non-Orthodox guests are  
welcome to participate with us in any other ways including venerating the icons, Cross and  
receiving blessed bread at the conclusion of Liturgy