

E-Bulletin – St Innocent Orthodox Church

The Church St Innocent of Irkutsk is a parish of the Diocese of the West,
The Orthodox Church in America (OCA)

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stinnocenttarzana.org

Fr. Yousuf Rassam

April 7th, 2024

Today's commemorated feasts and saints:

THIRD SUNDAY OF LENT – Tone 3. Veneration of the Cross. Repose of St. Tikhon, Patriarch of Moscow and All Russia and Enlightener of North America (1925 – March 25 O.S.). St. George the Confessor, Bishop of Mytilene (9th c.). Ven. Daniel, Abbot of Pereslavl-Zalessky (1540). Martyr Calliopus at Pompeiopolis in Cilicia (304). Martyrs Rufinus the Deacon, Aquilina, and 200 soldiers with them at Sinope (ca. 310). Ven. Serapion of Egypt (5th c.).



THE CROSS PROVIDES US SPIRITUAL STRENGTH

The Great Fast is a lengthy period of prayer, fasting and penance. It is a spiritual struggle that begins with great personal expectations and often ends with feelings of discouragement over that we perceive as a lack of accomplishment on our part.

The Church knows our weaknesses well. On the Third Sunday of Lent, to assist us in our attempt to travel the course of Lent in the proper manner, the Cross is placed before us as a powerful incentive for us to persevere in our quest for a fulfilling celebration of our Lord's Resurrection.

Today, our Church encourages us to venerate the Cross of our Lord in a very special way, so that we may be strengthened in spirit. It is significant for us to note that in the services prescribed for this day, almost no mention of the Cross is made as being an object of suffering and death. Instead, we speak of it today as a symbol of joy, victory and life. One of the hymns from Vespers for this Sunday proclaims: REJOICE, O LIFE-GIVING CROSS, MOST BEAUTIFUL PARADISE OF THE CHURCH, THE TREE OF IMMORTALITY WHICH GAVE US THE JOY OF EVERLASTING LIFE.

It is customary on the Third Sunday of Lent to carry out the Cross in solemn procession and place it on the tetrapod for veneration by the faithful. Join us as we sing: "COME, ALL YOU NATIONS, LET US EXTOL THE CROSS OF THE LORD WITH HYMNS OF PRAISE."

The Orthodox Weekly Bulletin Vestal, Cliffwood, New Jersey Litho in U.S.A.

SCHEDULE ALL SERVICES LIVE STREAMED.

Matins Gospel: John 21: 1 - 14 (*10th Matins Gospel*)

Today's Epistle: Hebrews 4: 14 - 5: 6 **Gospel:** Mark 8: 34 - 9: 1 (*Cross*)

Reader: James

Today	Liturgy of St Basil
Tuesday	12:00 noon Lenten Hours & Typika
Wednesday	6:30 pm Pre-Sanctified
Friday	6:30 pm Pre-Sanctified
Saturday	4:45 pm Soul Saturday Panikhida 5:30 pm Vespers
Sunday	9:30 am Liturgy of St Basil

Next Week's Epistle: Hebrews 6: 13 - 20 **Gospel:** Mark 9: 17 - 31

(*St John Climacus*) Ephesians 5: 9 - 19 Matthew 4: 25 - 5: 12

Reader: Matthew

Office Hours: Tuesday & Thursday, 10:30 am - 12:00 noon. **Confessions:** After Saturday Vespers and by appointment.

Receiving Holy Communion: We should draw near to our Lord and God and Savior, Jesus Christ, and receive Holy Communion often. Orthodox Christians, who have prepared themselves through prayer and fasting, and are at peace with all men, and have attended the Divine Liturgy from the beginning, (or, at the very least, have not missed the Gospel), and have made a recent Confession, should draw near.

Others should diligently seek to be properly disposed and prepared as soon as possible.

Announcements:

Our Bulletins (\$60.00)	Alla Slobodskaya
	Izolda (Zoya) & Vladimir Sogokon
Our Altar Wine (\$40.00)	Gabriela Broncă & family good health & help in our needs.
Our Altar Candles (\$40.00)	Gabriela Broncă & family good health & help in our needs.
Our Altar Incense (\$20.00)	Gabriela Broncă & family good health & help in our needs.
Vigil – Golgotha I (\$7.00 /wk)	-
Vigil – Golgotha II (\$7.00 /wk)	-
Vigil – Prothesis (\$7.00 /wk)	-
- Broncă: Gabriela, Robert, & Carmen Iuliana. Good health, & help in need. Repose: Tasia.	
- Sogokon: for the health of Zoya, Vladimir, Irina, Anastasia, Vladimir, Vladimir.	

3rd Sunday of Great Lent. This Sunday is the Sunday of the Cross, the midpoint. The Cross is venerated until Friday Vespers. The prayers “for those to be illumined” begin on the Wednesday Presanctified. Pascha is May 5.

Confessions before Presanctified, after Hours during the day, after Vespers on Saturday, or by appointment.

The Lenten Charity for the Diocese of the West is Diocese of Mexico.

Baby shower for Sofia Lombardo, Saturday, April 13, 11:30am.

2024 Wall Calendars are here at the Candle stand. Requested donation this year, \$10.00.

Lectionary. During Lent, we read (mostly), Mark & Hebrews on Weekends, and Isaiah, Genesis, and Proverbs on weekdays.

Coffee Hour, This Week: SOSI **Next Week:** Marquelle

USEFUL INFORMATION

Donations We now have a [Tithe.ly](https://tithe.ly) page to make donating to the parish easy. Just click this link: <https://tithe.ly/give?c=1324837>. Thank you and God bless!

Streamed serices can be viewed at our website <https://stinnocenttarzana.org/livestream> or <https://stinnocenttarzana.org/facebook>, the streamed services are also uploaded here <https://www.youtube.com/channel/UCEnhqUqTl5kDekOrPPERcy5g>.

The daily readings and saints may be found here: <https://stinnocenttarzana.org/dailyreadings>.

Troparion, Resurrection – Tone 3

Let the heavens rejoice! / Let the earth be glad! / For the Lord has shown strength with His arm. / He has trampled down death by death. / He has become the first born of the dead. / He has delivered us from the depths of hell, / and has granted to the world // great mercy.

Troparion, Cross – Tone 1

O Lord, save Thy people, / and bless Thine inheritance. / Grant victories to the Orthodox Christians, / over their adversaries; / and by virtue of Thy Cross, // preserve Thy habitation.

Kontakion of the Cross, Triodion, 3rd Sunday – Tone 7, by Romanus the Melodist

Now the flaming sword no longer guards the gates of paradise; / it has been mysteriously quenched by the wood of the Cross! / The sting of death and the victory of hell have been vanquished; / for Thou, O my Savior, didst come and cry to those in hell: // Enter again into Paradise.

Doxastichon of the Cross, from the Triodion Tone 3

O Christ our God, / of Thine own will Thou hast accepted Crucifixion, / that all mankind might be restored to life. / Taking the quill of the Cross, / out of love for man in the red ink of royalty with bloody fingers / Thou hast signed our absolution. / We are in danger once again of being parted from Thee; / O forsake us not! / Take pity on Thy people in distress, for Thou alone art long-suffering. // Rise up and fight against our enemies in Thine almighty power.

Reading for Lent

[The Great Fast: To See Christ as He Is, by Archbishop Dmitri](#)
[Great Lent: A School of Repentance by Fr. Alexander Schmemmann](#)

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[3rd Sunday of Lent \(Cross\) Readings, Hymns, Sermons](#)

look ahead to next Sunday:

[4th Sunday of Lent \(St. John of the Ladder\) Readings, Hymns, Sermon](#), and excerpts from "The Ladder"

Third Sunday of Lent: Veneration of the Holy Cross

On "Lord I Call ..." stikhera for Holy Cross from the Triodion, Tone 5, Podoben: "Rejoice ..."

Shine, Cross of the Lord, / shine with the light of thy grace / upon the hearts of those that honor thee. / With love inspired by God, / we embrace thee, O desire of all the world. / Through thee our tears of sorrow have been wiped away; / we have been delivered from the snares of death / and have passed over to unending joy. / Show us the glory of thy beauty / and grant to us thy servants the reward of our abstinence, // for we entreat with faith thy rich protection and great mercy.

Rejoice! life-giving Cross, / the fair Paradise of the Church, / Tree of incorruption that brings us the enjoyment of eternal glory: / through thee the hosts of demons have been driven back; / and the hierarchies of angels rejoice with one accord, / as the congregations of the faithful keep the feast. / Thou art an invincible weapon, an unbroken stronghold; / thou art the victory of kings and the glory of priests. // Grant us now to draw near to the Passion of Christ and to His Resurrection.

Rejoice! life-giving Cross, / unconquerable trophy of the true faith, / door to Paradise, / help of the faithful, / rampart set about the Church. / Through thee the curse is utterly destroyed, / the power of death is swallowed up, / and we are raised from earth to heaven: / invincible weapon, adversary of demons, / glory of martyrs, true ornament of holy monks, // haven of salvation bestowing on the world great mercy.

Come, Adam and Eve, / our first father and mother, / who fell from the choir on high through the envy of the murderer of man, / when of old with bitter pleasure ye tasted from the tree in Paradise. / See, the Tree of the Cross, revered by all, draws near. / Run with haste and embrace it joyfully, and cry to it with faith: / O precious Cross, thou art our help; / partaking of thy fruit, we have gained incorruption; // we are restored once more to Eden, and we have received great mercy.

Apostikha Doxastichon of the Cross, from the Triodion - Tone 4

O Lord who hast helped gentle David in the combat / and enabled him to overcome the Philistine, / come to the aid of Thine Orthodox people, / and by the weapon of the Cross cast down our enemies. / In Thy compassion show us Thy mercy as of old, / and make them know in truth that Thou art God, / and that we who put our trust in Thee shall conquer. / Through the constant intercessions of Thy most pure Mother, // grant us Thy great mercy.

Sessional Hymn 3 after the 3rd Ode of the Matins Canon, Tone 6:

No sooner had the wood of Thy Cross been set up, O Christ our Lord, than the foundations of death were shaken. Hell swallowed Thee eagerly, but let Thee go with trembling. Thou hast shown us Thy salvation, O Holy One, and we glorify Thee O Son of God; have mercy on us.

Of our charity, remember in your prayers:

April 7th, 2024

Special Intentions:

Christians of Syria, Egypt; Met. Paul, Abp. John, in captivity.

Natalya & Alla in Donetsk

sister Oksana McGovern & family

Metropolitan Onuphry of Kiev, the brotherhoods of the Kiev Caves Lavra, the Pochayiv Lavra, & Svyatohirsk Lavra. The faithful of the Transfiguration Cathedral in Odessa, destroyed by shelling.

The Sick and those in need of health:

Archbishop Benjamin,

Archpriests Nicolas Boldireff, Paul Waisanen, George Gray, Michael Regan, Andrew Jacobs; John Armstrong.

Abbess Susanna;

Matushki Alexandra Safchuk, Elizabeth Powell, Clara Mancantelli, Suzanne Senyo; Maria Vallens, Jean Moore;

OCA-DOW

Deacon Mark Story, Robert Peterson, Marios Perez, Barbara Anderson, Monika Cleenewerck, Marea Kuolt.

Manya Prybyla, Gregory Theophan Hoffberg; Leontina Himber; Virginia, Levon; Edmund Roschak, Darka Raicevich;

Karen Olds; Alla Miller, Mike Shinkarik, Andrew Sturmer; Bridget Merridy Strand, Assia Alexander, Scott T. Karen T.,

Dmitri G., Kyra; Linda Phillips; Ed Salm; Raphael; Magdalena Elizabeth; Ludmilla, Anna, Margarita Maximova,

Gayle Anne; Lana,

Our Parish

Jelica, Zharko

Darka, Ilija & Jovanna

Lea Ann (Leah) Bochnak

Laura Bochnak

Pia

sister Julia Azrael

Vladimir

Anya

Victoria Wilson

+Bernie Wilson

Laura, Eladia; Lydia

Manya Prybyla

Matthew, Alison.

Thaddeus Wojcik

Mildred Sturmer, Susan

Sturmer family

Martha Yarbrough

Yarbrough family

Margaret Banescu, Vona Leslee Christie, Hope Peacock and family.

Banescu family

Euphemia Marie Cox

John Ambrose Cox

George. Mihai

Maria Caratäs

Mary, George Laurentiu, cancer treatment.

Florentina

Barbara, Steve

Scott & the Thompson family

Angela Apostol

Constantine Apostol

Yekaterina

Lydia

Hieromonk Ambrose (Young), Nicholas Juried & Amy. Archriest Michael Carney,

Fr. Yousuf

Matushka Sophia Haloulakos

Protodeacon George Haloulakos

Christina Dudchenko, Dcn. Sergius Miller, Kevin, Cecilia Gonzalez-Andrieu.

Deacon Nicholas Denysenko & family

Michael Rogozik

Yulia.

Lya, Marie, Yvonne

Gay Butu

Timofey

Dilaria

Kristina DeBree

Kevin Patrick DeBree

Reader John, Catherine, Dianna Bowen.

Danks family

Walter

Irina

Larry & Emma

Abbe Kulhanek

Anna

Elena

Pearl Ruggiero. Sheena Wickens, Veronica Clarkson, Anna Cruz, Anna Rossiter; Ward; Griselda Leon.

Diane Rhodes

Bruce Anderson, Audrey Anderson.

Subdeacon Polycarp Anderson & family

Larry McHargue; Laura; Robert; Kenny; Bill & Sara Love

Anne McHargue Witz & family

Those Serving in the Armed Forces

Peter, Elijah Hoffberg, Ronnie (Barnabas) Austin, Shae, Ian & Henry.

For the Health and Salvation of the servants of God:

Catechumen: Dalen, Kelly, & Jamie, & Timothy Muster; Emma; Paulina, Louis;

Orion

Igor & Luda

Nikolina

Jovanna & Ilja

Zlata Okunev, Artemi & Erica

Charlotte, parents Jonathan & Michaela Durham

Vitaly, Lyubov, Ella, Karen, Oksana, Valentina, Irina, Sofiya, Vladimir, Olga, Natalya, Tatyana, Irina, Elena, Evgeny.

Tikhvin icon donors

Alla, Dmitriy Jr., Dmitriy, Igor, Elena, Juliya, Tamara, Fredi.

Alla Slobdoskaya

Elena, Marisa, Dimitrios (Jimmy), Nicholas, Alexander, Dimitrios, Dionisius.

+ Lola Macrina

Elijah, parents Aika & Dmitri Goudkov

Rowan. Galina.

Yelena, Anna, Wolfgang

Margarita, Christopher, John, Lauren, Ekaterina.

Margarita Maximova

Catalina, Sofia, Florentina, Doina.

Calugaru family

Sherri, Nathanael, & Christopher, Amelia Marie.

Of our charity, remember in your prayers:

For the repose of the souls of the departed servants of God:

April 7th, 2024

Newly Departed Patriarch Neofit, Metropolitan of Sofia, Patriarch of Bulgaria, +March 13, 2024.

Newly Departed Archpriest Anthony Karbo, +March 19.

OCA-DOW

Newly Departed Edward Pogyor

Eleanor Pogyor & family

Newly Departed Nancy

brother Phil Letzo

Newly Departed Aleksandra

Newly Departed Seda Grigoryan

Nelli, Katya

Newly Departed Yuri

sister Izolda

Newly Departed Felix Sebacious

Ksenia Sturmer

Newly Departed Elena + Feb 29, 2024

daughter-in-law Anna Shcheglova

Newly Departed Nina

Newly Departed Mariya, Mariya

Newly Departed Milton Knox, +Feb 22, 2024.

Diane Rhodes

Newly Departed Russ Manion, +Mar 31, 2024.

Mitred Archpriest Sergei Glagolev, +Sep 1, 2021, Matushka Gerry (Evgenia) Glagolev. +May 23, 2022.

Christia, Marina, John & family

Matushka Anisia Boldireff +Sep 1, 2021

Archpriest Nicholas, Nathalie, Tamara, Marina, Michael & family

Matushka Tresja Denysenko

Deacon Nicholas & Sofia Denysenko & family

+April 6: Matushka Margarita Gisetti, 2006; + April 7: Igumen Makary (Rak), 1951; Archpriest Alexander Pogrebniak, 1961;

Mitred Archpriest Basil Dziama, 1969; Mitred Archpriest John Nehrebecki, 2018.

OCA

Subdeacon Patrick Bernard Wilson

Diane, Victoria, Nicholas, & Stephen Wilson & family

Germogen & Olga Stephanenko

Larissa, Tatiana

Matushka Priscilla Shipley +Sep 10, 2023

Fr Ian Shipley & family, DoW

Valentina

Irina Jackson

Cor Brevet Delabruinene

Natalya Slusar Nosa & family

Rodney Lake + May 20, 2021.

son-in-law & daughter Thaddeus & Jacqui Wojcik

Paul Prybyla. +Jan, 10, 2021

Manya & family

Nicholas Vasiliev Davidovich, +October 12, 2022

Barbara Johnson

daughter Nancy Smollen

Stanislava

daughter Milena; family

Hormuzd (Emmanuel) Rassam, + Dec 21, 2022.

wife Kaye Rassam, son Fr Yousuf Rassam, daughter Najma Fowner & family

Nun Seraphima (Anna Kremenetskaya)

Konstantin, Taissia, Vladmir, Ioann Kremenetsky

Nun Nonna (Verna Harrison)

Igor

Lola Macrina

Edward Michael & Joan Sutyak

Tamara, Christina, Michael, Anne & family

Leon & Claudine Snyder

daughters Laura & Carol, & family

Dmitri

Boris

David

Mitred Archpriest Ian & Matka. Nina MacKinnon, DOW

Deacon Hennok Soot, Matushka Mariamna Soot,

DoW, Fr Stephen Soot family, Mark & Olga Soot family

Evdokiya, Anatoliy, Domnikiy, Semen, Feodosiy, Ella, Grigoriy, Nadejda, Konstantin, Svetlana,

Valentina, Anna, infant Anatoliy, Olga, Anna, Peter.

Alla Slobdoskaya

Anne Lewandowski

+ Raissa Dulian

Marina, Alexandra, Petr, Boris, Tatiana.

Margarita Maximova

Hieromonk Vonifaty, Schemanun Savva, Priest Anatoly + Sep 9, 22; Monk Aristokliy June 1, 22; Andrei Vasilenko, April, 23; Archpriest Nikolay

Palahnyuk, June 13, 23; John Markevich, Oct, 23; Viktor Kotlishyn, Oct 19 23;

son Wade Aiden Greer, Fr Yousuf

Rebecca Svetlana (Photini) Gushard

Basil Rosiczka

Troparion, St Tikhon - Tone 1

Let us praise Tikhon, Patriarch of all Russia, / and Enlightener of North America, / an ardent follower of the apostolic traditions, / and good pastor of the Church of Chrst, / who was elected by Divine Providence, / and laid down his life for his sheep. / Let us sing to him with faith and hope, / and ask for his hierarchical intercessions: / Keep the Church in Russia in tranquility, / and the Church in North America in peace; / gather her scattered children into one flock, / bring to repentance those who have renounced the True Faith; / preserve our lands from civil strife, // and entreat God's peace for all people!

Kontakion, St Tikhon - Tone 2

A gentle manner adorned thee: / Thou didst show kindness and compassion to those who repented; / thou wast firm and unbending in confessing the Orthodox Faith, / and zealous in loving the Lord. / O holy Hierarch of Christ and Confessor Tikhon, / pray for us that we may not be separated from the love of God, // which is in Christ Jesus, our Lord!