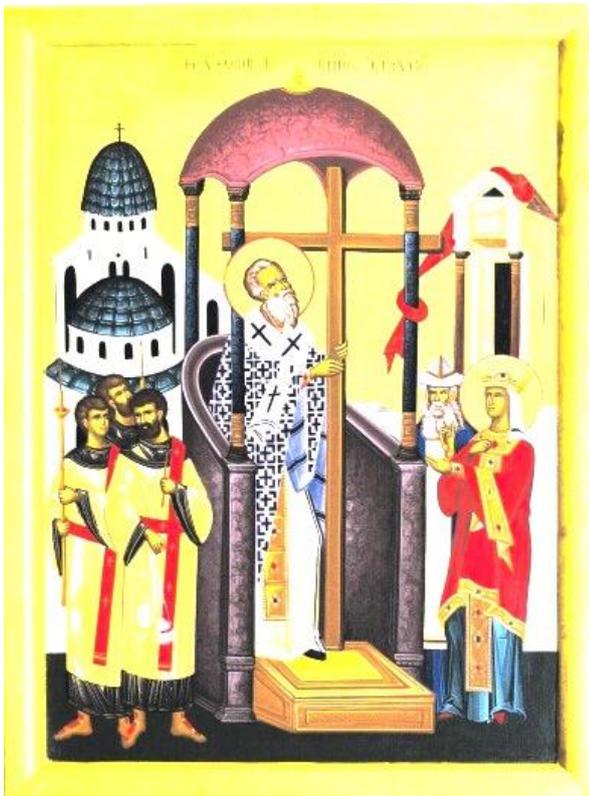




PARISH BULLETIN

HOLY ARCHANGHEL MICHAEL'S ROMANIAN ORTHODOX CHURCH

No. 176/15 September 2019



**Sunday after the Exaltation of
the Holy Cross**

Resurrectional Apolytikion. Mode 4.

Having learned the joyful proclamation of the Resurrectino from the angel, and having cast off the ancestral condemnation, the women disciples spake to the Apostles triumphantly: Death is despoiled and Christ God is risen, granting great mercy unto the world.

Seasonal Kontakion. Mode 4.

Thou Who wast raised upon the Cross of Thine own will, O Christ our God, do Thou bestow Thy compassions upon this, Thy new commonwealth named after Thee. Gladden with Thy sov'reign might our most Orthodox hierarchs, and vouchsafe them victory over every false teaching; and as They help in war may they possess the weapon of peace, the trophy invincible.

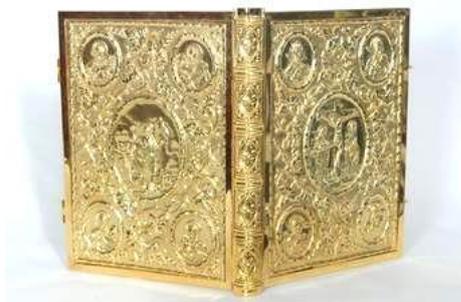
Prokeimenon. Mode 4. Psalm 103.24,1

**O Lord, how manifold are your works. You have made all things in wisdom.
Verse: Bless the Lord, O my soul.**

The reading is from St. Paul's Letter to the Galatians 2:16-20

Brethren, knowing 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.



The Gospel According to 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."

Word of the week – Reflection On the Exaltation of the Holy Cross (Sep. 14th)

"Whoever wants to be My disciple must deny himself and take up his cross and follow Me." - Mark 8:34

...The martyric Cross, upon which the Lord opened His arms to embrace all mankind, is the springboard in the spiritual journey of each of us. This Cross is the criterion and measure for healthy spirituality. Eventually every Cross becomes an opportunity and ticket to Paradise.

Whoever wants...

A prerequisite for true spirituality, and therefore of fasting, prayer and every effort in it, is freedom. This great gift of God to man is unfortunately understood by few people, fewer take advantage of it, and even fewer live it. It should be clear that a forced spiritual life has no meaning! Spirituality requires freedom, joy and bravery, not pressure, grief or anxiety. Freedom is a prerequisite in every human relationship. We must be free in all and with all. Besides, in this is the nature of the sin which causes commitment to a lack of freedom.

Must Deny Himself...

Christ clearly tells us that whoever wants to follow Him, that is, whoever wants to have a spiritual life, must deny himself. If I want to freely be a disciple of His, I must be ready to lose, to be hurt, to be humiliated, that my will not be done, that I always be last, that I be a good disciple. Unfortunately we do the opposite, and for this reason the greatest disease of our time is selfishness. It is because of this that we have so many wrecks in our relationships, so many divorces among couples, why we get irritable with our children, why we have difficulties with our parents, why there are conflicts with our co-workers. All of this is because we do the opposite of the word of our Lord.

Take Up His Cross...

The result of our egotistical positions in all things is the characteristic that we do not want any trouble in our lives. We feel discomfort when we have temptations, and if we could we would avoid it. We flee pain and discomfort when we encounter the blessing of the Cross, temptation, pain and difficulty. We do not utilize all of God's gifts. This is not understood by simple logic. Many times it seems illogical and silly. But this is what the Cross is - foolishness. It is not a difficulty, but a blessing. Not a punishment, but joy. Besides,

this is the path laid down by Christ, and followed by the cloud of martyrs, confessors, and venerable ones, who live in eternity with Him.

All of the above is what it means to faithfully follow the Lord. The prerequisites are specific, clear and simple. There should be no alteration or questioning. To follow the Lord means to follow the Church. To be obedient to the Lord means to do what the Church says and professes. This is because the Church is Christ and persists into eternity. But if my praying, my fasting, and generally my attempt at spirituality is how I want or how I think or even how it suits me, then perhaps I am following my will and not Christ.

With my blessing, hope and prayer, my beloved,...let us follow truly, essentially and spiritually the Church, each of us raising our own personal Cross, which is our ticket to Paradise.

- *Protopresbyter Christos Aigides;*
translated by John Sanidopoulos





Liturgical Schedule for this week

Wednesday <i>September 18</i>	6:00 pm	Paraklesis
Friday <i>September 20</i>	5:30 pm	Akathist
Saturday <i>September 21</i>	9:00 am 5:00 pm	Divine Liturgy & Memorial Vepers
Sunday <i>September 22</i>	9:00 am 10:00 am	Matins Divine Liturgy



Announcements:

- **Happy name day** to Sophia Penna and Sophie, David and Briana Haddad's daughter (St. Sophia – September 17th).
- **Happy birthday** to Paul Porra (September 15th).
- **Thank you** to everyone who participated in the golf tournament.
- **General assembly** – September 22nd. We will be voting on the pavilion roof project.
- **Vigil for St. Silouan the Athonite** – Monday, September 23rd, 10pm (vespers, litia, matins, Divine Liturgy).

