

**From the Fathers (and others):**

We must always remember that the Lord sees us wrestling with the Enemy, and so, we must never be afraid. Even should all hell fall upon us, we must be brave.

St. Silouan of Mount Athos

You should secretly give from what you have to those in need, so that you receive from God, Who sees in secret, a hundred times more, as well as life eternal in the age to come (cf. Mt. 6:4; Mk. 10:30).

St. Gregory Palamas

Don't criticize or judge other people – regard everyone else as if they had an angel, justify their mistakes and weaknesses, and regard only yourself as the worst sinner. This is step one in any kind of spiritual life.

Fr. Seraphim Rose

Accustom your tongue to saying, "Forgive me," and humility will come to you.

Abbot Isaiah

Sometimes God allows for a relative or a fellow worker to cause us problems in order to exercise our patience and humility. However, instead of being grateful for the opportunity God gives us, we react and refuse to be cured. It is like refusing to pay the doctor who is giving us a shot when we are ill.

St. Paisios

"Thou, O Christ our Savior, hast become for me the path of life which leads to the Father. There is but one path, and it is my joy, and at the end of it is the heavenly kingdom."

St Ephraim the Syrian

When what has been created in time according to the temporal order has reached maturity, it ceases from natural growth. But when what has been brought about by the knowledge of God through the practice of the virtues has reached maturity, it starts to grow anew. For the end of one stage constitutes the starting point of the next.

St. Maximos the Confessor

# St. John Orthodox Church

A Parish of the Antiochian Orthodox Christian Archdiocese of North America

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*~ March 4, 2018 ~*

*3<sup>rd</sup> Sunday of Lent*

*Exaltation of the Holy Cross*

**ST. JOHN ORTHODOX CHURCH**  
1663 TUTWILER AVENUE  
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[www.stjohnmemphis.org](http://www.stjohnmemphis.org)

[www.orthodoxtupelo.com](http://www.orthodoxtupelo.com)

**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 and the Southeast

**V. Rev. Fr. Philip Rogers**

Pastor

**V. Rev. Fr. John Troy Mashburn, Jr.**

Pastor Emeritus

**V. Rev. Fr. Basil Cushman**

Associate Pastor

**Rev. Fr. Alexander Mackoul**

Assistant Pastor

**V. Rev. Fr. Donald Berge**

Attached

**GREAT VESPERS**  
Saturday, 6:00 p.m.

**ORTHROS and CHURCH SCHOOL**  
Sunday, 9:00 a.m.

**DIVINE LITURGY**  
Sunday, 10:00 a.m.

*Antiochian Orthodox Christian Archdiocese of North America*  
*"...the Disciples were called Christians first in Antioch!"*  
*Acts 11:26*

## Exaltation of the Holy Cross

**Epistle: Hebrews 4:14-5:6**

**Gospel: Mark 8:34 – 9:1**

The Holy Bread for Eucharist is offered by **Lori O'Brien**.

Welcome to all those visiting St. John Orthodox Church. We are honored by your presence.

It is our sincere desire that your participation today in the Divine Liturgy will draw you closer to Christ and His Church.

If you are from a non-Orthodox background you may see new things such as icons, incense, the sign of the cross, the veneration of saints, and a great deal of standing. These can be perplexing to the uninitiated eye. Rest assured that everything we do has a solid biblical foundation and a long history among Christian people. Please feel free to participate where you feel comfortable, and feel equally as free only to observe when you prefer.

The Orthodox Church understands the Eucharist, or Lord's Supper, to be – among other things – the paramount expression of Christian unity. While it is our deepest hope that Christendom will one day fulfill Christ's desire for true unity among all those who claim His name (John 17:21), the unfortunate reality of our day is that the various segments of Christendom are not unified with the historic Orthodox faith. *Since participation in the Eucharist expresses a unity with all the dogma and practice of the Orthodox Church, non-Orthodox guests do not receive Holy Communion.* The Holy Eucharist is reserved for those members of the Orthodox Church who have prepared themselves by prayer, fasting, and recent confession. All visitors and unprepared Orthodox are invited to partake of the blessed bread as they come forward to venerate the cross at the end of the Liturgy. Thank you for your understanding.

## ST. JOHN CALENDAR

**March 11 - 18 (Great Fast)**

- Sunday** -St. Thekla choir following liturgy  
-Teen Group, teen/parent game night, 5:00 p.m.
- Monday** -First Hour, 6:45 a.m.  
-Great Compline, 6:00 p.m.  
-Bible Study, Book of James, 7:00 p.m.
- Tuesday** -Third Hour, 9:00 a.m.  
-Men's Lunch, 12:00 p.m., Crosstown  
-Choir rehearsal, 6:30 p.m.  
-Catechumen/Inquirers class, 7:00 p.m., Sources of Tradition
- Wednesday** -Third Hour, 9:00 a.m.  
-Presanctified Liturgy. 6:00 p.m.  
-Lenten Meal, following Liturgy, provided by Kh. Pamela & Sh. Margaret
- Thursday** -Third Hour, 9:00 a.m.  
-Women's Teaching, 10:00 a.m.
- Friday** -First Hour, 6:45 a.m.  
-Third Hour, 9:00 a.m.  
-Sixth Hour, 12:00 p.m.  
-Akathist, 6:00 p.m.
- Saturday** -Ninth Hour & Great Vespers, 5:50 p.m.
- Sunday** -**Orthros & Church School, 9:00 a.m.**  
-**Divine Liturgy, 10:00 a.m.**

### DIVINE LITURGY – John Climacus

**Sunday, March 18, 10:00 a.m.**

- PRIEST:** Fr. Philip  
**READER:** David Twombly  
**USHER:** John Sneed  
**HOLY BREAD:** Trish Ratliff  
**ALTAR SERVERS:** James, Nick, Elijah, Eli, Gabe  
**COFFEE HOUR:** Trent & Judy Terry, Mitch & Sandy Childress

\*As a reminder, remember the *traditional fasting discipline* is observed during the Great Fast which lasts from Pure Monday through Great and Holy Saturday (with *katalysis* for wine and oil on Saturdays and Sundays [except on Great and Holy Saturday when oil is not permitted], and for fish, wine and oil on the Annunciation [March 25th] and Palm Sunday).

## COMMEMORATIONS

**March 11:** Sophronios, patriarch of Jerusalem; Martyrs Thallo and Trophimos; Venerable George of Sinai; Theodora the empress; repose of Euthymios, bishop of Novgorod.

**March 12:** Venerable Theophanes the Confessor of Sigrane; Gregory the Dialogist, pope of Rome; Venerable Simeon the New Theologian; Righteous Phineas.

**March 13:** The translation of the relics of Nikephoros, patriarch of Constantinople; Poplias and Marios the bishops.

**March 14:** Venerable Benedict of Nursia; Euschemenos, bishop of Lampsakos.

**March 15:** Martyr Agapios of Palestine and those with him; Apostle Aristoboulos of the Seventy, first bishop of Britain; New-martyrs Manuel of Crete and Parthenios.

**March 16:** Martyr Sabinos of Egypt; Venerable Christodoulos the wonderworker of Patmos.

**March 17:** Venerable Alexios the “Man of God;” Theosteriktos the Confessor; Patrick, bishop of Armagh and enlightener of Ireland; Venerable Makarios of Kalyazin.

**March 18:** Cyril, patriarch of Jerusalem; Martyrs Trophimos and Eukarpos of Nicomedia and those with them; Nikoai (Velimirovic), bishop of Zica in Serbia.



### **DAILY SCRIPTURE READINGS**

Sunday	Hebrews	4:14-5:6
Monday	Genesis	8:21-9:7
Tuesday	Genesis	9:8-17
Wednesday	Genesis	9:18-10:1
Thursday	Genesis	10:32-11:9
Friday	Genesis	12:1-7
Saturday	Hebrews	6:9-12
Sunday	Hebrews	6:13-20

### **March 11 - 18**

Mark	8:34-9:1
Proverbs	11:19-12:6
Proverbs	12:8-22
Proverbs	12:23-13:9
Proverbs	13:19-14:6
Proverbs	14:15-26
Mark	7:31-37
Mark	9:17-31



**Pray for our catechumens: Memphis** – Kendall Ichniowski, Nelvia Agnew, John Agnew, and Calen and Katherine Verbist.

**Please remember in your prayers** - Mary Clark, Ann Hicks (Dianna Hildebrand’s mother), Charles Ingram, Ted Greathouse (Shelley Snowden’s father), Allen Sudduth (Paul’s father), Janet Berry, Nicholas Hill, Mary Sue Johnson (Jason Guntharpe’s grandmother), Chelsea Yadron (pregnant), Heather Hetrick (pregnant), Julie Hight (pregnant), Anne Katherine Vanlandingham (pregnant), Ernestine Pruitt (Nicholas Hill’s mother), Brenda Thomas, Doris & Jim (Brenda Thomas’ family), Dot Lawson (Pam Bowick’s mother & Lawson’s grandmother), Lisa Catlett (Fr. Don & Kh. Martha’s daughter), Glenda Brooks, Anna Grace (Joyce Grossman’s granddaughter), Maria Bellaflores, Sharon (Larry Ichniowski’s mother), Chris Hodges, those suffering in the Middle East, most especially the Christians.



## ST. JOHN COMMUNITY



**Bible Study** - Our Bible Study on the book of James continues Monday evening following Great Compline. Join us for fruitful discussion of the Scriptures!

**Confessions for Lent** – As you think about making your confession for Lent **please make every effort** to have your confessions heard before the beginning of Holy Week. Fr. Philip and Fr. Alex are available to hear your confession following each service with the exception of the Divine Liturgy, so there are many opportunities. An excellent time to make your confession is during the Great Canon of Repentance of St. Andrew of Crete at compline on the night of March 21<sup>st</sup>. Additionally, many people make an appointment to make their confession at a time other than after a service. Just contact the priest to do so.

**Feast of the Annunciation, Sunday, March 25** – We will have a potluck following liturgy to celebrate Annunciation.. Fish, wine, and oil are allowed! Any help cleaning up will be greatly appreciated.

**St. Thekla Choir** – The St. Thekla choir will meet again today for rehearsal with Fr. Alex following liturgy.

**St. John Yearbook** – Many memories are made at St. John and we would like to begin commemorating them with an annual yearbook! As 2017 was such a momentous year for our parish, we will begin there. Please share your favorite pictures (2017 - present) with us by emailing them to Buddy Bowick at [WCB4TH@yahoo.com](mailto:WCB4TH@yahoo.com), or you can text them to him at 901-497-0917 (please include your name if texting).

**Becoming Truly Human** - St John is co-sponsoring with Annunciation and St George a screening of the Orthodox Feature Film, *Becoming Truly Human*. This documentary film explores the so-called ‘nones,’ those who claim no religious affiliation. The screenings will be held at 3 different Malco Theaters: **Malco Forest Hills, Tuesday, April 24 @ 7 pm; Malco Studio on the Square, Wednesday, April 25 @ 7 pm; and Cordova Town Cinema, Thursday, April 26 @ 7 pm.** There is no cost, but a ticket is required. You can follow the link for tickets on our website. Mark your calendars, spread the word and invite a friend!

**Online Sign Up** - Links to all of our sign ups can be found on the St. John website under *Parish-Online Assignments and Sign Ups*: **Coffee Hour, Lenten Meals**

**Sons of Thunder Men’s Book Club** – We will meet on March 18th in the church library at 6:30 p.m. The meal is potluck. The book is *The Song of the Sirin*. For those who want to read further *The Curse of the Raven* is the second book in the Raven Son trilogy by Nicholas Kotar.

**Parish Council Update** - Memphis Audio is completing their design and model for the acoustic panels in St. Raphael Hall. We should have a layout to approve by early this week! Stay tuned for more details. Thank you for your patience!

## Birthdays, Anniversaries, & Namedays

- Tuesday, 3/13:** Sarah Finley  
**Wednesday, 3/14:** Kera White  
**Thursday, 3/15:** Stephanie Harants, Joyce Grossman, James Elliott, Marissa Kizer  
**Saturday, 3/17:** *St. Patrick: Patrick Koplín*

### *Women of St. John Calendar*

**March 15** Women's Teaching - 10:00 a.m., Sarah Hodges' home

**May 7** AWSJ Book Club – *Catherine of Sienna* by Sigrid Undset

### ***STOCK UP THE FOOD PANTRY FOR GREAT LENT!***

#### Week 1: Feb. 18-24

\*Canned meats:  
Spam  
Vienna Sausages  
Canned chicken  
Tuna

#### Week 2: Feb. 25-Mar. 3

Peanut Butter (*creamy*)  
Crackers

#### Week 3: Mar. 4-10

\*Canned Goods:  
Soup (*Ready to eat*)  
Veggies/ beans/fruit  
Drinks/drink boxes

#### Week 4: Mar. 11-17

**Dry Items:**  
**individual cereal boxes**  
**oatmeal packets**  
**granola bars or cereal bars**  
**nabs**

#### Week 5: Mar. 18-24

Toiletries:  
Toilet Paper  
Toothpaste/toothbrush  
Shampoo

#### Weeks 6: Mar. 25-31

\*Canned meals:  
Chef Boy R Dee  
Chili  
Mac n Cheese

\* Many of the patrons of the food pantry are homeless and have no means by which to open cans and/or cook their food. When possible, please buy items with pop-tops that are ready to eat.

\*\*Please donate baby items to Birthright.

## **Library Lines**

The Cross is the focus of our attention many times throughout the year. March 6, we commemorated the finding of the Cross by St. Helen. In September we celebrate the Elevation of the Cross, specific events centered around the true Cross. Today is Veneration of the Cross Sunday on which we remember the great significance the Cross plays in our salvation. In Great Compline, we beseech the “invincible and ineffable power of the precious and life-giving Cross, forsake not us sinners.” We look to it and find encouragement in our journey at the halfway point through Lent. Read about the history and traditions surrounding feast days of the Cross in *A Dictionary of Greek Orthodoxy* (HIS PAT), *Great Lent* (CAT LNT HLWK SCH) by Alexander Schmemmann, *Sermons on the Major Holy Days* (CAT CAL CON) by Anthony M. Coniaris, and *St. Helen Finds the Cross of Jesus* (KID STS HEL).

St. Gregory (3/12) the Dialogist and Pope of Rome was descended from a family of saints. He reluctantly accepted the office of bishop of Rome, considering himself unworthy. He used his excellent education in service of the Church. He authored the *Commentary on the Book of Job* and compiled the *Liturgy of the Presanctified Gifts* in Latin. His *Pastoral Rule* describes the role of a true pastor. He was given the title *Diologus* for his work on the Italian Fathers. Read more about him in *Orthodox America*, Sept.–Oct., 1993, p. 5-7.

Saint Benedict (3/14) was born in Italy in the fifth century. He studied in Rome as a teenager but was troubled by the immorality of the city and left to live in asceticism. His pious life drew many disciples, and he settled them into twelve communities. His monastic order brought some critics, so he moved his monks and founded a monastery which became a theological center for the Western Church. The Rule of St. Benedict was based on the lives and counsels of the desert fathers and St. John Cassian. It ordered obedience, the renunciation of personal possessions, and manual labor. Older monks preserved the writings from early Christianity and instructed the younger monks. The head (igumen) of the monasteries taught and explained the Faith to the others. He asked advice from the experienced monks but made the final decisions. St. Benedict died in 547. We owe much of our knowledge of his life from the second *Dialogue* of St. Gregory the Great. Children will enjoy reading about him and his sister in *Holy Twins* (KID STS BEN).

What do St. Patrick (3/17) and St. Nicholas (12/6) have in common? They are both Orthodox Saints who are recognized in the popular culture with secular celebrations. Read about St. Patrick in *Saints of the British Isles* (HAG - - - PET), *Apostles of Medieval Europe* (HAG - - - SPA), *The Life of Saint Patrick* (KID STS PAT), and Tomie dePoalo's *Patrick, Saint of Ireland* (KID STS PAT). There's much more to his life than chasing snakes out of Ireland. Check the bulletin board in St. John Library for a list of all our titles on Celtic Saints.