

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

It was revealed to Abba Anthony in his desert that there was one who was his equal in the city. He was a doctor by profession and whatever he had beyond his needs he gave to the poor, and every day he sang the Holy, Holy, Holy with the angels.

‘Whoever hammers a lump of iron, first decides what he is going to make of it, a scythe, a sword, or an axe. Even so we ought to make up our minds what kind of virtue we want to forge or we labor in vain.’

Abba Anthony  
The Sayings of the Desert Father

Abba Isidore said, "If you fast regularly, do not be inflated with pride, but if you think highly of yourself because of it, then you had better eat meat. It is better for a man to eat meat than to be inflated with pride and to glorify himself."

“For Thy servant Thy grace has become a refuge, strength, a defense, ennoblement, praise, and food for the whole of his life."

St Ephraim the Syrian

Obedience is the tomb of the will and the resurrection of humility.

St. John of the Ladder

“Thy love draws me to Thee, O Savior, O praise of my life. Thy grace makes it sweet for me to follow Thee with my mind."

St Ephraim the Syrian

Seek out, with much care and thought, a teacher who will be a safe guide to you; one who knows well how to lead such as are journeying towards God; a teacher who is rich in virtues and wise in the Holy Scriptures.

St Basil the Great

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## St. John Orthodox Church



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*~ March 19, 2017 ~*

*Adoration of the Precious and Life-Giving Cross*

ST. JOHN ORTHODOX CHURCH  
1663 TUTWILER AVENUE  
MEMPHIS, TN 38107  
(901) 274-4119

[www.stjohnmemphis.org](http://www.stjohnmemphis.org)

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

V. Rev. Fr. Philip Rogers  
Pastor

V. Rev. Fr. John Troy Mashburn, Jr.  
Pastor Emeritus

Rev. Fr. Donald Berge  
Attached

V. Rev. Fr. Basil Cushman  
Associate Pastor

Rev. Fr. Alexander Mackoul  
Assistant Pastor

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

March 19, 2017

## Adoration of the Precious and Life-Giving Cross

Epistle: Hebrews 4:14-5:6

Gospel: Mark 8:34-9:1

The Holy Bread for Eucharist is offered by the **Lynda Spinolo**.

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 19 - 26 (Great Fast)

- Sunday** -Youth Choir practice, coffee hour  
-AWSJ Baby Shower for Chelsea Yadron, 12:30 p.m., Lori O'Brien's home  
- Soup Kitchen, 1:30 p.m.  
- Vespers, 4:30 p.m.
- Monday** -First Hour, 6:45 a.m.  
-Great Compline, 6:00 p.m.  
-Bible Study – Revelations, 7:00 p.m., Ch. 8-12
- Tuesday** -Third Hour, 9:00 a.m.  
-Men's Lunch, 12:00 p.m.  
-Catechumen/Inquirers Class, 7:00 p.m., Topic: Holy Trinity
- Wednesday** -Third Hour, 9:00 a.m.  
-Presanctified Liturgy, 6:00 p.m.  
-Parish meal following liturgy
- Thursday** -Third Hour, 9:00 a.m.
- Friday** -First Hour, 6:45 a.m.  
-Third Hour, 9:00 a.m.  
-Sixth Hour, 12:00 p.m.  
-Orthros for Annunciation, 5:00 p.m.  
-**Divine Liturgy for Annunciation, 6:00 p.m.**  
-Potluck Meal following liturgy
- Saturday** - Ninth Hour and Great Vespers, 5:50 p.m.
- Sunday** -Orthros, 9:00 a.m.  
-Church School, 9:00 a.m.  
-**Divine Liturgy, 10:00 a.m.**

### DIVINE LITURGY

PRIEST: Fr. Alex  
READER: Jack Turner  
HOLY BREAD: Reem Mansour  
ALTAR SERVERS: Pavel, Trent, Nicholas, Max, Alex  
COFFEE HOUR: Nawar & Reem Mansour, Aaron & Melissa White

### Sunday, March 26, 10:00 a.m.

HOMILY: Fr. Alex  
USHER: Thomas Yadron

### Memorial Today

Elias Mansour, 40 days.

\*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 19:** Martyrs Chrysanthos, Daria, Jason, Mauros and Diodoros of Rome; Martyr Pancharios of Nicomedia; New-martyr Demetrios of Constantinople; Venerable Innocent of Komel.

**March 20:** The holy fathers slain at the monastery of Mar Sabbas; New-martyr Myron of Crete.

**March 21:** Venerable-confessor James the New, bishop of Catania; Thomas, patriarch of Constantinople; New-martyr Michael.

**March 22:** Hieromartyr Basil of Ancyra; Martyr Kallinika of Rome; Venerable-martyr Euthymios of Prodromou Skete on Athos.

**March 23:** Venerable-martyr Nikon of Sicily and with him 199 disciples; Venerable-martyr Luke of St. Anne Skete on Athos.

**March 24:** Venerable Zechariah the recluse and Artemon, bishop of Seleucia; New-hieromartyr Partheios, patriarch of Constantinople.

**March 25:** The Annunciation of the Theotokos.

**March 26:** The Synaxis of the Archangel Gabriel; Stephen the Confessor.



**DAILY SCRIPTURE READINGS**

**March 19 - 26**

Sunday	Hebrews	4:14-5:6	Mark	8:34-9:1
Monday	Genesis	8:21-9:7	Proverbs	11:19-12:6
Tuesday	Genesis	9:8-17	Proverbs	12:8-22
Wednesday	Genesis	9:18-10:1	Proverbs	12:23-13:9
Thursday	Genesis	10:32-11:9	Proverbs	13:19-14:6
Friday	Genesis	12:1-7	Proverbs	14:15-26
Saturday	Hebrews	6:9-12	Mark	7:31-37
Sunday	Hebrews	6:13-20	Mark	9:17-31



**Pray for our catechumens: Memphis** –Justin Bowles; Wendy Weatherall (Brody & Eli); Lucas Whatley.

**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), Sarah Finley (pregnant), Caitlin Romero (pregnant), Caitlyn Maas (pregnant), Lawrence Elliott (pregnant), Ernestine Pruitt (Nicholas Hill’s mother), Brenda Thomas, Doris & Jim (Brenda Thomas’ family), Dot Lawson (Lawson Bowick’s grandmother), Lisa Catlett (Fr. Don & Kh. Martha’s daughter), Glenda Brooks, Anna Grace (Joyce Grossman’s granddaughter), Elfrieda Drobashovsky, Maria Bellaflores, Sharon (Larry Ichniowski’s mother), those suffering in the Middle East, most especially the Christians.

**Confessions for Lent** – As you think about making your confession for Lent **please make every effort** to have you 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 29<sup>th</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 Service Change** - Please note that there has been a change to the service schedule for Annunciation. We will pray Orthros for Annunciation at 5:00 p.m. followed by Divine Liturgy at 6:00 p.m. on **Friday, March 24.**

**A light potluck will follow liturgy.** Please bring a dish to share. Per Fr. Philip, fish, wine, and oil will be allowed! Any help cleaning up will be greatly appreciated.

**Monday Bible Study** – *New this Lent* –Fr. Philip is leading a Bible study on the book of Revelations following Compline on Mondays during Lent. He will be covering chapters 8-12 this week if you would like prepare ahead of time.

**Youth Choir at St. John - The Time Has Come!!!** Starting **Sunday, March 19<sup>th</sup>** following **liturgy** we will be having our first Youth Choir rehearsal at church. Come join us (ages 6 and up) as we practice two hymns we’ll be singing on Palm Sunday. We will meet with Fr. Alex after the kids have a quick snack (20 minutes) at coffee hour.

**Sons of Thunder Men’s Book Club** will meet on March 26 at 6:30 p.m. at Dn. James’ home.

**Online Donations** – You may now make your tithes and donations to the new parish hall online! Simply click on the “Donate” button on the right hand side of the homepage of the St. John website (underneath the calendar).

**Wednesday Lenten Meals** – There is one final date available to cook a Lenten meal this year, **April 13, Holy Thursday**, following Vespers Divine Liturgy. If you would like to provide this meal, please contact Trish in the office or sign up online.

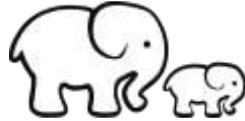
**Master Plan Updates**

**Progress on building** – Thank God! The week got off to a slow start, but in spite of the weather, the slab was poured. It took a full day of work and 13 trucks of concrete to complete the slab. Lord willing, our new hall is being built firmly upon the rock. Once the slab is set, we will see progress moving up! O Holy Father, Raphael, pray unto God for us!

**Fund raising** – Thank you for your help thus far!! There are pledge cards for the building fund available downstairs. Every little bit helps!

*The Women of St. John are invited to a  
Baby Shower honoring Chelsea Yadron*

**Today following Coffee Hour**  
at the home of Lori O'Brien  
2205 Cross Drive, Memphis



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**Birthdays, Anniversaries, & Namedays**

**Thursday, 3/23:** Glenda Brooks  
**Saturday, 3/25:** Trent Calcote  
*Theotokos: Reem Mansour*

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**UPCOMING AT ST. JOHN**

**March 24** **Orthros for Annunciation, 5:00 p.m.**  
**Divine Liturgy for Annunciation, 6:00 p.m.**  
**Potluck Dinner** to follow liturgy. Fish, wine & oil allowed!  
**April 1** **Holy Baptism** of Emma Jane Leopold  
**April 2** **Memorials** – Jill Healy, 3 years; Esther Longa, 7 years; Paul Parham, 5 years

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**Women of St. John – AWSJ Calendar**

**March 26** **AWSJ Business Meeting**, coffee hour  
**April 6** **Women's Teaching**, 10:00 a.m., Kh. Pamela's home  
**April 21** **Painting Party** - details to come  
**April 27** **Women's Discussion Group**, 6:30 p.m., Lynda Spinolo's home. Please bring appetizer, dessert or beverages to share!  
**May 1** **AWSJ Book Club** will be discussing *Ascent to the Summit...the Life and Martyric Death of Igor Rozin*

**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 SPEC SCH) by Alexander Schmemmann, *Sermons on the Major Holy Days* (CAT SAC CON) by Anthony M. Coniaris, and *St. Helen Finds the Cross of Jesus* (KID STS HEL).

St. Nikolai Velimorovich (3/18) is a "modern" church father. His wisdom is recorded in the following books by and about him:

*The Faith of Chosen People* (PAT NIK)  
*Kassiana* (HAG NIK)  
*The Life of St. Sava* (HAG SAV NIC)  
*Mystery and Meaning of the Battle of Kosovo* (PAT NIK)  
*Orthodox Christian Journey* (CAT GEN OCPM)  
*Prayers by the Lake* (PAT NIK)  
*Portraits of American Saints* (HAG - - - GRA)  
*The Prologue from Ochrid* (REF/HAG- - -NIK)  
*Recently Canonized Saints* (HAG - - - DEV)  
*Serbian Patericon* by Fr. Francis Rogich (HAG- - -ROG)  
*Struggle for Faith* (PAT NIK)  
*Treasury of Serbian Orthodox Spirituality* (PAT NIK)

Do you know why the Platytera is in the apse? You will find the answer to this question and most of your others in the St. John Library which devotes a whole category of books to the Most Holy Theotokos. In honor of the Annunciation (3/25), these will all be on display this week. (Hint: Platytera is the icon of the Mother of God, on the wall behind the altar.)

Our thoughts (and questions) often turn to the Church Calendar during Lent and Holy Week. This is a busy time in our parish with several services and feast days which all keep the mystery of *time* on our minds. You may have noticed that the Annunciation, as well the Nativity of the Theotokos (9/8) and the Elevation of the Cross (9/14) and others, have *forefeasts* and *leavetakings*. The feast days assigned for them and their length is determined by the class or ranking of them as set out in *The Festal Menaion* and *The Pentecostarion*. These are books that set the cycle of services in the Church.

New books for St. John families!!!

*In the Candle's Glow* ( KID CHU JOH) The journey of a little girl's prayers through the story of our candles.  
*Parenting Towards the Kingdom: Orthodox Christian Principles of Child-Rearing* (SPR FAM MAM)