

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

St. Mary of Egypt took a few grains of wheat from the hands of St. Zosima and said, "That is enough with the grace of God." We must train ourselves to eat as little as possible, yet within reason, as our work permits. After meals we should feel like praying - that is the measure of moderation.

St. Silouan of Mount Athos

The value of fasting consists not only in avoiding certain foods, but in renouncing all sinful attitudes, thoughts and desires. Those who limit fasting just to food are not taking advantage of the great value it contains. If you fast, let it show in your works!

St. John Chrysostom

Be ashamed when you are going to do the sin and not when you are confessing it.

St Cosmas Aitolos

Only where Christ dwells is there blessedness. Where Christ blesses there is heavenly repose. Where Christ turns His benevolent gaze there is inexpressible true joy. Christ, with His unceasing love for us and His great humility, loves us and invisibly reproves us and reminds us through His miracles that there is life in the Kingdom of Heaven.

St. Raphael

Do not seek the perfection of the law in human virtues, for it is not found perfect in them. Its perfection is hidden in the Cross of Christ.

St Mark the Anchorite

Like bread is the most essential food of all, remembrance of death is the most essential thing compared to any other spiritual deed.

St John Climacus

The thanksgiving of the one, who receives, arouses the one who gives so that the latter may give greater gifts compared to what he had previously given.

St Isaac the Syrian

Our heart must ache because of every sin we commit, otherwise we will sin again and again.

St Paisios the Athonite

# St. John Orthodox Church

A Parish of the Antiochian Orthodox Christian Archdiocese of North America

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*~ April 14, 2019 ~*  
*Mary of Egypt*  
*Fifth Sunday of Great Lent*

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

**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. Basil Cushman, Associate Pastor

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

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

## Sunday of Mary of Egypt

**Epistle:** Hebrews 2:11-14

**Gospel:** Luke 1:24-38

The Holy Bread for Eucharist is offered by the **Lavinia Dumitrache**.

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

April 14 - 28 (Great Fast)

- Sunday** - Teen Group – 12:30 –  
- Men's Book Club, 6:00 p.m., @ church
- Monday** -First Hour, 6:45 a.m.  
-Great Compline, 6:00 p.m.  
-Bible Study, following Compline
- Tuesday** -Third Hour, 9:00 a.m.  
-Men's Lunch, Dino's, 12:00 p.m.  
-Choir, 6:30 – 8:00 p.m.  
-Catechumen/Inquirers, 7:00 p.m., Divine Liturgy, Pt. 3
- Wednesday** -Third Hour, 9:00 a.m.  
-Presanctified Liturgy, 6:00 p.m.  
- Lenten meal following services
- 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.  
-Small Compline w/ Canon of Lazarus, 6:00 p.m.
- Saturday** -**Divine Liturgy for Lazarus Saturday, 9:00 a.m.**  
-Choir, 11:00 a.m.  
-Ninth Hour and Great Vespers, 5:50 p.m.
- Sunday** -**Orthros & Church School, 9:00 a.m.**  
-**Divine Liturgy, 10:00 a.m.**  
-**Palm Sunday Potluck**

### Upcoming Churching

April 21 - Leah, Wyatt, & Noah Shull

### Upcoming Memorials

May 5 – Nicholas Golovin (Anne Castrodale's uncle)

May 7 – Nancy McGee, 40 day

### DIVINE LITURGY Palm Sunday Sunday, April 21, 10:00 a.m.

- PRIEST:** Fr. Philip  
**READER:** John Cameron  
**USHER:** Ervin Romero  
**HOLY BREAD:** Reem Mansour  
**POTLUCK:** Anyone available to help clean up

**COMMEMORATIONS**

**April 14:** Apostles Aristarchos, Pudens and Trophymos of the Seventy; Martyr Thomais of Alexandria; New-martyr Demetrios of the Peloponnesos.

**April 15:** Martyr Crescens of Myra in Lycia; Hieromartyr Leonidas, bishop of Athens.

**April 16:** Martyr Leonidas, Charissa, Niki, Galina and Thodota of Corinth; Virgin-martyrs Irene, Agape and Chionia of Illyria; New-martyr Michael of Smyrna; Venerable-martyr Christopher of Dionysiou monastery on Athos; Hieromartyr Nikita of St. Anne Skete on Athos.

**April 17:** Hieromartyr Simeon, bishop in Persia; Martyr Adrian of Corinth; Agapitos, pope of Rome, Makarios, archbishop of Corinth; Venerable Zosimas of Solovky; uncovering of the relics of Venerable Alexander of Svir.

**April 18:** Venerable John, disciple of Gregory of Decapolis; Venerable Euthymios and Athanasios of Aegina; Cosmas the Confessor, bishop of Chalcedon; New-martyr John of Epiros; Venerable Euthymios, enlightener of Karelia.

**April 19:** Hieromartyr Paphnoutios of Jerusalem; Tryphon, patriarch of Constantinople; Venerable-martyr Agathangelos of Esphigmenou monastery on Athos; Venerable Simeon of Philotheou monastery on Athos; Venerable John of Old Lavra in Palestine.

**April 20:** Venerable Theodore ‘the hair-shirt wearer’; Venerable Athanasios and Joasaph of Meteora; Apostle Zaccheos, bishop of Caesarea.

**April 21:** Hieromartyr Januaros, bishop of Benevento; Venerable Maximos and Anastasios

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<b>DAILY SCRIPTURE READINGS</b>		<b>April 14 - 21</b>		
Sunday	Hebrews	2:11-14	Luke	1:24-38
Monday	Genesis	27:1-41	Proverbs	19:16-25
Tuesday	Genesis	31:3-16	Proverbs	21:3-21
Wednesday	Genesis	43:26-31; 45:1-6	Proverbs	21:23-22:4
Thursday	Genesis	48:1-7	Proverbs	23:15-24:5
Friday	Genesis	49:33-50:26	Proverbs	31:8-31
Saturday	Hebrews	12:28-13:8	John	11:1-45
Sunday	Philippians	4:4-9	Mark	12:1-18
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**Pray for our catechumen:** Frank Pompa, David & Rose McGee, Jarrett & Kelly Wilson

**Please remember in your prayers** – Mary Clark, Ann Hicks (Dianna Hildebrand’s mother), Nicholas Hill, Ashley Powell (pregnant), Sarah Elliott (pregnant), Ernestine Pruitt (Nicholas Hill’s mother), Dot Lawson (Pam Bowick’s mother & Lawson’s grandmother), Lisa Catlett (Fr. Don & Kh. Martha’s daughter), Chris Hodges, Mickey Hodges, St. Nicholas Orthodox Church, those suffering in the Middle East, most especially the Christians.



**ST. JOHN COMMUNITY**



**Lamb Soup for Pascha** – Mitch and Sandy Childress are planning on making the lamb soup for Pascha again this year. They will be preparing it on Holy Thursday. If you are interested in helping them, please contact Sandy.

**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 is available to hear your confession following each service with the exception of the Divine Liturgy. You may also make an appointment to have your confession heard at a time other than following a service.

**Bible Study** – We are studying the book of Philippians and will meet downstairs in the classroom following Great Compline Monday evening, April 15.

**Lost & Found** – Check the table downstairs (where the Coke machine used to reside) for items that you may have left at the church.

**The Sons of Thunder Men's Book Club** will be meeting at the church on Sunday, April 14 at 6:00. They will be discussing The Death of Ivan Ilyich by Leo Tolstoy. All men are welcome. The food will be potluck, please bring a dish to share.

**Catechumen/Inquirers Class** –Tuesday, April 16 at 7:00 p.m. We will continue discussing the Divine Liturgy. Catechumen/Inquirers class is open to anyone interested in learning more about our faith whether you are brand new, catechumen, or long-time member.

**Parish Council Update** – The parish council met on Tuesday, April 9 to continue to discuss the needs of our parish. The minutes and the financial statements presented at that meeting are available in the folder in the library. At this meeting, the council continued to be updated on the 2020 PLC in Memphis as well as the new accounting and directory software that are continuing to be implemented. New items discussed were a potential schedule change, the possibility of having an Orthodox casket ready and on hand and helping to support the beautiful sacristan garden. May God continue to bless the efforts of this council!

**Birthdays, Anniversaries, & Namedays**

- Sunday, 4/14:** Bill Harter, Soren Ortwein, Dennis Daley
- Monday, 4/15:** Tekla Haymanot, Chelsea Yadron
- Wednesday, 4/17:** Christina Moore
- Thursday, 4/18:** Sue Brownlow, Andrew Yadron
- Friday, 4/19:** Lucas Whatley  
*St. Alphege: Lucas Whatley*
- Saturday, 4/20:** Heather Hetrick



## PALM SUNDAY, April 21

Next Sunday, April 21, we will celebrate the **Feast of the Triumphal Entry of our Lord into Jerusalem, or Palm Sunday**. Weather permitting, we will have an outdoor procession with our candles and palms. Traditionally at St. John, we bring our decorated baptismal/Chrismation candles for the procession, but please feel free to bring any candle you choose, if you choose.

We will have **Potluck meal** together following liturgy to celebrate the feast. Please bring a dish or dishes to share!

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### Young Adults Calendar

(Ages 18 – 40)

**Sunday, April 14 – Coffee Hour**

**Monday, May 13 – Work/Life Balance, 6:30 p.m.**

**Sunday, May 19 – Doctrine on Draft – “Ask Me Anything” w/ Fr. Philip**

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### Women of St. John Calendar

**Mon., 5/6**

**AWSJ Book Club** – 7:00 p.m., Kh. Pamela’s home. We will be discussing *Everyday Wonders* by Fr. Michael Oleksa. The 2019 book list can be found on the website for those interested. (Parish – AWSJ – Book Club)

**Thurs, 5/9**

**Women’s Teaching** – 10:00 a.m., at Sarah Hodges’ home. We are studying “Prayer: Encounter with the Living God” by Met. Hilarion.

**Sun., 5/19**

**Baby Shower honoring Sarah Elliott**

Sarah Finley’s home, 12:30 p.m.

Everyone is welcome to walk over to Sarah’s following coffee hour!

Contact Sarah Finley if you would like to contribute to the group gift or assist in any way.

Sarah is registered at Babylist.com

**Sat., 6/1**

**Wedding Shower honoring Rachel McKelroy**

June 1, 11:00 a.m., Kh. Pamela’s home

Rachel is registered at Target and Bed, Bath, & Beyond

If you would like to assist with the shower, or contribute to the group gift, contact Kh. Pamela

## PLEASE SIGN UP downstairs....



- **Palm Sunday Potluck** assistance
  - **Paschal Vigil** – The sign-up sheet is in the parish hall for those wishing to participate in the vigil that is kept from the “Taking Down” Vespers on Holy Friday until the Paschal Service. Sign up early to get the time you want!
  - **Decorating & Set Up for Paschal Feast** on Holy Saturday
  - **Kitchen assistance for feast**
  - **Agape Picnic** on Pascha afternoon
  - **COORDINATOR FOR THE EGG HUNT**
  - **Post-Pascha Clean Up** – taking down of bier Bright Week, putting decorations away
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### LIBRARY LINES

Today is St. Mary of Egypt Sunday. Last week we heard her story through the words of St. Zosimas (4/4) in the complete canon of St. Andrew of Crete. Ironically, St. Andrew (7/4) was mute as a child until age seven. He began to study the Scriptures and was tonsured as a monk at age fourteen. He attended the Sixth Ecumenical Council in 601 A.D. and was afterwards appointed a bishop of Crete. The canon was then an unknown liturgical form. He also wrote canons for the Nativity, Palm Sunday and other feast days. His poetical tradition was followed by Sts. John of Damascus, Cosmos of Maium, and Joseph the Melodist. He attended the Sixth Ecumenical Council and died in the early 8th century.

First Fruits of Prayer (SPR PRA MAT) by Frederica Mathewes-Green is a forty-day journey through this beautiful, great hymn of repentance. Each portion of the canon is printed with accompanying Scripture references and commentary. The book begins with a general introduction and historical background of the canon. I highly recommend it for catechumens and “old-timers” alike.

Often, we hear references to The Seventy. We know about Sts. Timothy, Stephen, Titus, Cleopas, Luke, and Mark; however, many of them are not familiar to us. St. Aristarchus (4/15) is mentioned several times in the Book of Acts and the Epistles of St. Paul. He traveled with St. Paul and was a bishop in Syria. All of them are commemorated on January 4 on the Synaxis of the Seventy.

Saturday, we commemorate one who helped us begin our Lenten journey, St. Zacchaeus (4/20). He is an icon to us of putting his repentance into action by climbing a tree to see Christ and giving three-fold restitution to those he had cheated. Tradition tells us that St. Peter ordained him as a bishop and that he died a peaceful death.

# PASCHAL TRADITIONS AT ST. JOHN

## CANDLES (Palm Sunday & Pascha)

During the services of the Triumphal Entry (Palm Sunday) and Pascha, we have outdoor processions (weather permitting). Traditionally at St. John, we bring our baptismal/chrisation candle if you have one. For those who do not have one, you are welcome to bring your own white candle decorated with ribbon, flowers, greenery...whatever you feel is festive. Bringing candles is completely voluntary.

## HOLY FRIDAY CHILDREN'S ACTIVITIES (following Royal Hours at 9:00 a.m.)

Following Royal Hours on Holy Friday, children, CGS and above, of the parish gather to assist in the preparation for the upcoming service which include decorating the bier.

## DECORATED BASKETS for Paschal Feast

It has been our tradition at St. John to bring foods that we have been fasting from in a basket decorated with flowers. When you come to the services on Saturday night you will put your basket on the steps of the solea the floor in front. After the liturgy, you pick up your basket and take it to the fellowship hall and place it on one of the food tables. The decorated baskets are a beautiful addition during liturgy and in the fellowship hall where we celebrate the feast.

Additionally, you may bring a decorated basket to take home after the feast is over to share with your family.

## AGAPE PICNIC

The parish gathers for our annual BBQ picnic following Agape Vespers on Sunday afternoon. The picnic is catered by Corky's BBQ which is supplemented by desserts provided by the parishioners. This is a **Bring Your Own Beverage & Lawn Chair** event and a wonderful way to spend Pascha in fellowship, fun, and food. The musicians amongst us normally join together for an impromptu concert, so bring your guitar, ukulele, mandolin, etc. if you'd like to join in.

## EGG HUNT

Our annual egg hunt is for children in the 4<sup>th</sup> Grade and under. They should bring a dozen plastic candy-filled eggs *per child* and a basket(s) for hunting the eggs! Please put eggs in the room next to the kitchen before Vespers. **NO HARD-BOILED EGGS**, PLEASE, for they will not be hidden.

## BRIGHT WEEK PIZZA PARTY

Each year we enjoy pizza in the parish hall following our Liturgy for the Life Giving Font on Thursday of Bright Week. Join us!

☞Please feel welcome to participate as much or as little as you would like.☞

# CALENDAR & INFO FOR HOLY WEEK AND PASCHA



## HOLY WEEK



### HOLY SUNDAY, MONDAY and TUESDAY

**BRIDEGROOM ORTHROS (1 ¼ hours), 6:00 p.m.** – services are so called from the haunting theme song which begins:

*Behold, the Bridegroom comes at midnight  
And happy is that servant whom he shall find watching,  
But behold, unworthy is that servant whom he shall find heedless...*  
(cf Matt. 25:1 ff, Luke 12:35 ff)

Our Lord is the Bridegroom whom His beloved bride, His people, were not ready to receive. At these services we read the scathing prophesies addressed these three days to the leaders of Israel (Matthew 21:18 - 23:39). Will we be ready when He comes again?

### HOLY WEDNESDAY

**Holy Unction (1 ¾ hours) 6:00 p.m.** – We bless oil and members are anointed with it for healing, for Our Lord's death and Resurrection are for this as well: "By His stripes we are healed" (Isaiah 53:5). At this service the choir sings the first part, but the second half is mostly readings.

*Things to know: We prepare for Holy Unction, one of the Holy Mysteries, just as we should for receiving the Eucharist. We need to have fasted and to have kept a confessional practice, which should have included a confession during Great Lent. The Holy Mystery of Unction will be given to those prepared on the night of Holy Wednesday, as is our tradition.*

### HOLY THURSDAY

**Vesperal Divine Liturgy (2 hrs), 4:00 p.m.** – We serve the Vesperal Liturgy of St. Basil celebrating the Mystical Supper at which Our Lord washed His disciples' feet and instituted the Eucharist.

*A Lenten meal will be served following the liturgy and before Orthros begins.*

**Passion Gospels (2 ¾ hrs), 7:00 p.m.** – Orthros of Holy Friday. During it we read twelve Gospel readings of Our Lord's crucifixion, interspersed with some of the most beautiful hymns of the whole year. In the middle of this service a large Cross is placed in the center of the Church for veneration.

## HOLY FRIDAY

**Royal Hours of Holy Friday (1 ½ hours), 9:00 a.m.** - We again contemplate the crucifixion, reading sections from the Gospel readings from the previous service.

***Epitaphios Canopy decoration*** – Children, kindergarten and older, stay after the service to decorate the bier flowers in preparation for the Taking Down.

***What you can offer: Donate flowers to be used for the bier.*** These should be brought Thursday night or Friday before Royal Hours and left in the room off of the kitchen. Monetary donations to offset the cost are accepted.

**Taking Down Vespers, 3 p.m.** – Great Vespers of Holy Saturday. The *Epitaphios*, a fabric with an image of the Lord taken down from the cross, representing the burial cloth of the Lord, is carried in procession and laid in the bier, which is covered with flowers. In some traditions, the bier represents His Tomb. In others, it represents the “Unction Stone” on which He was laid and wrapped in the clean linens and spices before He was placed in the tomb.

***Vigil – We will begin reading for the vigil following Taking Down Vespers until Midnight office. There will be a sheet available for signing up for those interested.***

**Lamentation Orthros (2 ½), 7 p.m.** – Orthros of Holy Saturday - The *Epitaphios* is carried in procession around the Church. The many readings and hymns of the Holy Friday services present us with many the different facets of the awesome and compelling mystery of our Lord's Passion. It is at this service that the *Epitaphios* taken from the bier to the altar, symbolizing Christ's body being placed in the tomb, which will also be the place of Resurrection.

## HOLY SATURDAY

**Vesperal Divine Liturgy (2 ½ hours), 10 a.m.** – Initiation of new members and Divine Liturgy. This is the 'Blessed Sabbath' on which God rested -- in the Tomb, the real meaning of Genesis 2:2. It is the most appropriate time for Baptism, as those baptized are 'buried' with Christ to share His Resurrection (Romans 6:3-4). Lent has its origin as the last intensive preparation for those who would be baptized this day. Today we read from the 15 Old Testament readings appointed that illuminate Baptism, including the Creation from Genesis, and the Exodus, and we read the first Resurrectional Gospel from Matthew 28.

\*\*What follows is a quote from Fr. Alexander Schmemman's Journal regarding this service:

*I am writing before leaving for my most beloved of all loved services: the Baptismal, Paschal Liturgy of St Basil the Great, when "Life sleeps and Hades shudders..." I write just to say it again. It is the day of my conversion – not of unbelief to belief, not of "out of the Church" to "Church." No; an internal conversion of faith, within the Church, to what constitutes the treasure of the heart – in spite of my sins, laziness, indifference, in spite of a continuous almost conscious falling away from that treasure, in spite of negligence, in the literal sense of the word. I don't know how, I don't know why – truly only by God's mercy – but Holy Saturday remains the center, the light, sign, symbol, and gift of everything. "Christ – the new Pascha..." And to that New Pascha, something in me says with joy and faith: "Amen."*

## ***Volunteer Opportunities Following Vesperal Divine Liturgy:***

- *Nave and Parish hall decoration*

**PASCHAL SERVICE (2 ½ - 3 hours), 11:00 p.m.** – This is **THE** service of the year for Orthodox, and no one wants to miss it. At midnight all lights in the Church are put out. This is the darkness and silence of the Tomb. Finally, the bishop or priest comes out of the altar with a candle. Everyone comes forward and lights a candle from this light. Carrying the candles, we make an outdoor procession to the front door of the Church. There we hear the greeting 'Christ is Risen!' for the first time and reply, 'Indeed He is Risen!' We will greet each other this way for forty days. We go into the Temple, now brightly lighted, and sing the joyous Paschal Orthros and the Divine Liturgy and receive the Body and Blood of the Risen Lord. After this service we go to the Parish Hall and find the tables sagging with every kind of good food, and we celebrate together until quite late.

### ***What to Bring:***

- *If you have children: pillow, blanket*
- *Pascha basket (see Paschal traditions) and/or dish(es) to share for Paschal feast*
- *Candle for procession (see Paschal traditions)*

## PASCHA, April 8

**Sunday Morning**, there is NO MORNING SERVICE (the midnight service was the Sunday Liturgy).

**Agape Vespers, 3:30 p.m.** We gather for the joyous Paschal Agape Vespers (the Gospel is read in many languages) and more feasting.

**Agape Picnic**– Following Agape Vespers the parish gathers for our annual BBQ picnic catered by Corky's BBQ and supplemented with desserts provided by parishioners. This is a Bring Your Own Beverage & Lawn Chair event and a wonderful way to spend Pascha in fellowship, fun, and food. The musicians amongst us provide entertainment by joining together for an impromptu outdoor concert. There is a suggested donation of \$10 adults and \$5 for children to assist in covering the cost of catering.

**Agape Egg Hunt** – We have an annual egg hunt for children 4<sup>th</sup> grade and under.

### ***What to Bring:***

*Lawn Chairs*

*Dessert to share*

*Beverages of your choice (alcoholic and/or non-alcoholic)*

*Instrument if you want to join in*

*If you have children: basket, 1 dozen filled plastic eggs to hide - Hard boiled eggs will not be hidden*

**\*What to Bring and Volunteer Opportunities** are simply suggestions for those that would like to contribute. Please do not feel obligated to do more than you are able or willing to do.