

**Antiochian Orthodox Christian Archdiocese of North America**

*The Diocese of Eagle River and the Northwest*

**Antiochian Orthodox Church of the Annunciation**

**كنيسة البشارة الأرثوذكسية الأنطاكية**

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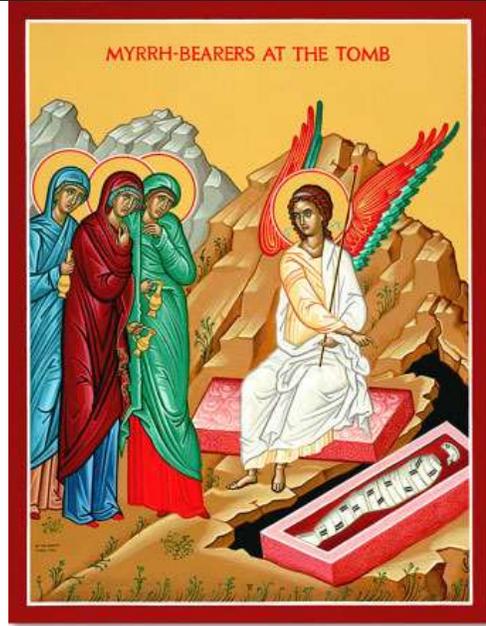
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**Sunday April 30th, 2017**

**Christ is Risen. Indeed He is Risen**

المسيح قام حقا قام



أحد حاملات الطيب و عيد القديسين يوسف الرامي و نيقوديموس

Sunday of the Myrrh-Bearing Women and Saints Joseph of Arimathea and Nicodemus

المسيح قام! حقاً قام!

## CHRIST is Risen! Indeed He is Risen!

الموت بالموت، ووهب الحياة للذين في القبور! المسيح قام من بين الأموات، ووطيء

Christ is risen from the dead, trampling down death by death,  
and upon those in the tombs bestowing life!

### Changes in the Liturgy

#### تغييرات في القداس

#### First Antiphon

Shout with joy to God, all the earth.  
Sing to His name; give glory to His  
praises.

**Through the intercessions of the  
Theotokos, O Saviour save us!**

Say to God: "How awesome are thy  
works." Let all the earth worship Thee,  
and sing to Thee. Let it sing a song to  
Thy Name, O Most High.

**Through the intercessions of the  
Theotokos, O Saviour save us!**

Glory to the Father, and to the Son,  
and to the Holy Spirit. Now and ever,  
and unto ages of ages. Amen.

**Through the intercessions of the  
Theotokos, O Saviour save us!**

#### الانتيفونة الأولى

هللوا لله يا جميع الأرض، رتلوا لاسمِهِ أعطوا مجداً لتسبحتِهِ.

**بشفاعاتِ والدةِ الإلهِ يا مخلصُ خلصنا!**

قولوا لله ما أرهَبَ أعمالك، كلُّ مَنْ في الأرضِ يسجدونَ لك ويرتلونَ  
لاسمِكَ أيها العلي.

**بشفاعاتِ والدةِ الإلهِ يا مخلصُ خلصنا!**

المجد للآب والإبن والروح القدس الآن وكل أوان وإلى دهر الداهرين  
أمين.

**بشفاعاتِ والدةِ الإلهِ يا مخلصُ خلصنا!**

#### Second Antiphon

May God have mercy upon us, and  
bless us, and may He cause His face to  
shine upon us, and have mercy on us.

**Save us, O Son of God, who art risen  
from the dead, who sing to thee,  
Alleluia!**

#### الانتيفونة الثانية

ليترأف الله علينا ويباركنا، وليضئ بوجهه علينا ويرحمنا.

**خلصنا يا ابن الله يا من قام من بين الأموات لترتل لك هلوليا!**

لثُعرف في الأرض طريقك وفي جميع الأمم خلاصك.

**خلصنا يا ابن الله يا من قام من بين الأموات لترتل لك هلوليا!**

That thy way may be known upon earth, thy salvation among all nations. Let the peoples give thanks to Thee, O God; let all the peoples give thanks to Thee.

***Save us, O Son of God, who art risen from the dead, who sing to thee, Alleluia!***

May God bless us, and may all the ends of the earth fear Him.

***Save us, O Son of God, who art risen from the dead, who sing to thee, Alleluia!***

Glory to the Father, and to the Son, and to the Holy Spirit. Now and ever, and unto ages of ages. Amen.

***O only-begotten Son, etc.***

تَعْتَرِفُ لَكَ الشُّعُوبُ يَا اللَّهُ تَعْتَرِفُ لَكَ.

**خَلِّصْنَا يَا ابْنَ اللَّهِ يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ لِنُرْتَلِ لَكَ هَلِّلُويَا!**

المجدُ للأبِ والإبْنِ والروحِ القدس، الآنَ وكلَّ أوانٍ وإلى دهرِ الدَّاهِرِينَ،  
أَمِين.

... يَا كَلِمَةَ اللَّهِ الْإِبْنَ الْوَحِيدِ

### Third Antiphon

Let God arise, and let his enemies be scattered, and let those who hate Him flee from his face.

**Christ is risen from the dead, trampling down death by death, and upon those in the tombs, bestowing life!**

As smoke vanishes, let them vanish; as wax melts before the fire.

**Christ is risen, etc.**

So let the sinners perish before God, but let the righteous rejoice.

**Christ is risen, etc.**

This is the day which the Lord has made; let us rejoice and be glad in it.

**Christ is risen, etc.**

### الانتيفونا الثالثة

ليقم الله ويتبدد جميع أعدائه ويهرب مبغضوه من أمام وجهه.  
المسيح قام من بين الأموات، ووطئ الموت بالموت، ووهب الحياة للذين في القبور!

كما يباد الدخان يبادون وكما يذوب الشمع من أمام وجه النار.  
...المسيح قام من بين الأموات

كذلك تهلك الخطاة من أمام وجه الله والصديقون يفرحون ويتهللون أمام الله ويتنعمون بالسرور.

...المسيح قام من بين الأموات

هذا هو اليوم الذي صنعه الرب لنفرح ونتهلل به.

...المسيح قام من بين الأموات

### الايصوديكون (بالحن الثاني)

في المجامع باركوا الله، الرب من ينابيع إسرائيل. خلصنا يا ابن الله، يا مَنْ قام من بين الأموات، لنرتل لك هلوليا!

### Entrance Hymn (Tone Two)

In the gathering places, bless ye God the Lord from the springs of Israel. Save us O Son of God, Who art Risen from the dead, who sing unto thee: Alleluia!

### طروبارية الفصح (بالحن الخامس)

المسيح قام من بين الأموات، ووطئ الموت بالموت، ووهب الحياة للذين في القبور!

### Paschal Troparion (Tone Five)

Christ is risen from the dead, trampling down death by death, and upon those in the tombs, bestowing life! (3x)

### طروبارية القيامة (بالحن الثاني)

عندما انحدرت إلى الموت أيها الحياة الذي لا يموت. حينئذ أمت الجحيم ببرق لاهوتك. وعندما أقمت الأموات من تحت الثرى. صرّح نَحْوَك جميع القوات السماويين. أيها المسيح الإله معطي الحياة المجدلّك.

### Troparion of the Resurrection (Tone Two)

When thou didst submit thyself unto death, O thou deathless and immortal one, then thou didst destroy Hell with thy Godly power, and when thou didst raise the dead from beneath the earth, all the powers of heaven did cry aloud unto thee, O Christ, thou giver of life, glory to thee.

### طروبارية القديس يوسف الرامي (باللحن الثاني)

إن يوسف المتقي أهدرَ جسدك الطاهرَ مِنَ العودِ وَلَقَّهُ بالسَّبَّانِي النقيَّةِ وَحَنَطَهُ بالطيبِ وَأَضَجَّعَهُ فِي قَبْرِ جَدِيدٍ. لَكِنَّكَ قُمْتَ لثَلَاثَةَ أَيَّامٍ يَارَبِّ. مَانِحاً العَالَمَ الرَّحْمَةَ العُظْمَى

### Troparion of St. Joseph (Tone Two)

The pious Joseph, having brought down thy pure body from the Tree, wrapped it in fine linen, embalmed it with ointment, provided for it, and laid it in a new tomb. But thou didst verily rise, after three days, O Lord, granting the world the Great Mercy.

### طروبارية حاملات الطيب (باللحن الثاني)

إن الملاك قد حَضَرَ عِنْدَ القَبْرِ. قَائِلاً للنِّسوةِ حَامِلَاتِ الطيبِ. أَمَا الطيبُ فَانهُ لَانْتَقُ بِالأَمْوَاتِ. وَأَمَا المَسِيحُ فَقَدْ ظَهَرَ غَرِيباً مِنَ الفَسَادِ. وَلَكِنْ اهْتَفَنَ قَائِلَاتٍ: قَدْ قَامَ الرَّبُّ مَانِحاً العَالَمَ الرَّحْمَةَ العُظْمَى.

### Troparion of Myrrh-Bearing Women (Tone Two)

Verily, the angel came to the tomb and said to the ointment-bearing women, the ointment is meet for the dead, but Christ is shown to be remote from corruption. But cry ye, the Lord is risen, granting the world the Great Mercy.

### (Troparion of the Annunciation – Tone 4)

Today is the beginning of our salvation, and the manifestation of the mystery from the ages; for the Son of God becometh the Son of the Virgin, and Gabriel proclaimeth grace. Wherefore, do we shout with him to the Theotokos, Rejoice, O full of grace! The Lord is with thee.

### (للبيشارة – باللحن الرابع)

*اليوم رأس خلاصنا، وإعلان السر الذي منذ الدهور، لأن ابن الله يصير ابن البتول، وجبرائيل بالنعمة يبشر، فذلك ونحن معه لنهتف نحو والدة الإله، افرحى أيها الممتلئة نعمة الرب معك.*

### القنطاق (باللحن الثامن)

ولئن كنت نزلت إلى قبرٍ يا مَنْ لا يموت. إلا أنك حطمت قوَّة الجحيم وقُمت غالباً أيها المسيح الإله. وللنِّسوةِ الحَامِلَاتِ الطيبِ قَلْتَ افرحْنَ ولرُسُلِكَ وهبت السلام. يا مانحِ الواقعينَ القيامَ.

### Kontakion of Pascha (Tone Eight)

O Immortal One, when Thou didst descend into the tomb, Thou didst destroy the power of Hades; and Thou didst rise victorious, O Christ God. Thou hast said to the ointment bearing women:

Rejoice! And Thou gavest peace to Thy Disciples, O Bestower of Resurrection to those who had fallen.

## الرسالة لأحد حاملات الطيب

### Epistle for the Sunday of the Myrrh-Bearing Women

*The Lord is my strength and my song!*

*The Lord has chastened me sorely!*

**The Reading is from the Acts of the Apostles (6:1-7).**

In those days, when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the twelve summoned the body of the apostles and said, "It is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word." And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochoros, and Nicanor, and Timon, and Parmenas, and Nicolaos, a proselyte of Antioch. These they set before the apostles, and they prayed and laid hands upon them. And the word of the God increased; and the number of the disciples multiplied greatly in Jerusalem, and many of the priests were obedient to the faith.

*قَوَّتِي وَتَسَبَّحْتِي الرَّبُّ!*

*أَدْبَاباً أَدَّبَنِي الرَّبُّ!*

**فصل من أعمال الرسل القديسين الأَطْهَارِ (6:1-7).**

في تلك الأيام لما تكاثرت التلاميذ حدثت تدمر من اليونانيين على العبرانيين بأن أراملهم كن يُهملن في الخدمة اليومية\* فدعا الاثنا عشر جمهور التلاميذ وقالوا لا يحسن أن نتترك نحن كلمة الله ونخدم الموائد\* فانتخبوا أيها الاخوة منكم سبعة رجال مشهود لهم بالفضل ممتلئين من الروح القدس والحكمة فقيمهم على هذه الحاجة\* ونواظب نحن على الصلاة وخدمة الكلمة\* فحسن الكلام لدى جميع الجمهور. فاختاروا استفانوس رجلاً ممتلئاً من الإيمان والروح القدس وفيليبس وبروخورس ونيكانور وثيمون وبرمناس ونيقولاوس دخيلاً أنطاكياً\* وأقاموهم أمام الرسل. فصلوا ووضعو عليهم الأيدي\* وكانت كلمة الله تنمو وعدد التلاميذ يتكاثر في اورشليم جداً. وكان جمع كثير من الكهنة يطيعون الإيمان.

## الإنجيل لأحد حاملات الطيب

### Gospel for the Sunday of the Myrrh-Bearing Women

**The Reading is from the Holy Gospel according to St. Mark (15:43-16:8).**

At that time, Joseph of Arimathea, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether Jesus was already dead. And when he learned from the centurion that he was dead, he granted the body to Joseph. And he bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joses saw where he was laid. When the Sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back—it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not

**فصل شريف من بشارة القديس مرقس الإنجيلي البشير، التلميذ الطاهر (15:43-16:8).**

في ذلك الزمان جاء يوسف الذي من الرامة مشيراً تقياً وكان هو أيضاً منتظراً ملكوت الله. فاجترأ ودخل على بيلاطس وطلب جسد يسوع\* فاستغرب بيلاطس أنه قد مات هكذا سريعاً. واستدعى قائد المئة وسأله هل له زمان قد مات\* ولما عرفت من القائد وهب الجسد ليوسف\* فاشترى كتاناً وأنزله ولفه في الكتان ووضع في قبر كان منحوتاً في صخرة ودحرج حجراً على باب القبر\* وكانت مريم المجدلية ومريم أم يوسى تنظران أين وضع\* ولما انقضى السبت اشترت مريم المجدلية ومريم أم يعقوب وسالومة حنوطاً ليأتين ويدهنه\* وبكرن جداً في أول الأسبوع وأتت القبر وقد طلعت الشمس\* وكن يقفن فيما بينهن من يدحرج لنا الحجر عن باب القبر\* فتطلعن فرأين الحجر قد دحرج لأنه كان عظيماً جداً\* فلما دخلن القبر رأين شاباً جالساً عن اليمين لابساً حلة بيضاء فانذهلن\* فقال لهن لا تنذهلن. أنتن تطلبين يسوع الناصري المصلوب. قد قام ليس هو ههنا. هوذا الموضع الذي وضع فيه\* فاذهبن وقلن لتلاميذه وليطرس إنه يسبقكم إلى الجليل. هناك ترونه كما قال لكم\* فخرجن سريعاً وقررن من القبر وقد أخذن الزعدة والدهش. ولم يقفن لأحد شيئاً لأنهن كن خائفات.

be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you.” And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to any one, for they were afraid.

*التعظيم لوالدة الإله (باللحن الأول)*

إن الملاك هتف نحو الممثلة نعمة أيتها العذراء النقية افرحي. وأيضاً أقول إفرحي لأن ابنك قد قام من القبر في اليوم الثالث. استنيري استنيري يا أورشليم الجديدة. لأن مجد الرب أشرق عليك. افرحي الآن وتهللي يا صهيون، وأنت يا والدة الإله النقية اطربي بقيامة ولدك.

*Megalyrnarion (Tone One)*

The angel spake to her that is full of grace, saying, O pure Virgin, rejoice. And I say also, Rejoice. For thy son is risen from the tomb on the third day.

Shine, shine, O new Jerusalem; for the glory of the Lord hath risen upon thee. Rejoice and exult now, O Zion, and thou, O pure one; Theotokos, rejoice at the Resurrection of thy Son.

**الكينونيكون**

جسد المسيح خذوا، والينبوع الذي لا يموت ذوقوا. هلوليا!

*Koinonikon (Communion Hymn)*

Receive ye the Body of Christ, and taste ye Him who is the Fountain of Immortality.

Alleluia!

وبدلاً من "قد نظرنا"، نرتل "المسيح قام" (مرة واحدة)

Instead of "We have seen the true light", we sing "Christ is Risen" (Once)

**We continue greetings each other for the next 40 days with: Christ is Risen! Indeed He is Risen.**

**Fr. Mathew the Poor said: "He who enter into a covenant of prayer with the Father in the name of Christ has first to consign himself to "Chastisement Kindergarten," then to "Suffering Primary School," then to**

the “Higher Institute of Affliction.” “For it was fitting that he...should make the pioneer of their salvation perfect through suffering” (Heb2:10). For it is impossible to share his glory without first sharing with him in his sufferings.”

### ❖ Church Announcements

- 1) **Konafi Sunday: The ladies will sell Konafi on Sunday April 30<sup>th</sup>. Please, support them.**

**+Church Growth:** if you are interested in why some churches grow and some other don't grow, read this article:

[www.assemblyofbishops.org/news/2017/evangelization-study-report](http://www.assemblyofbishops.org/news/2017/evangelization-study-report)

**Go and Make Disciples: Evangelization and Outreach in US Orthodox Parishes**

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- 2) **Mother's Day is May 14<sup>th</sup>: Do the men want to do something for their wives? See Father.**
- 3) **Sunday School will resume this Saturday at 4:30 PM. No Sunday school on May 20<sup>th</sup>. Sunday school graduation celebration is tentatively scheduled for Sunday June 4<sup>th</sup>.**
- 4) **May Schedule: The Ascension of our Lord: Vespereal Liturgy on May 24<sup>th</sup> at 7 PM.**

**A good book to read: Orthodoxy and Heterodoxy: Finding the Way to Christ in a Complicated Religious Landscape (2nd edition). You can buy this book from St. Nicholas bookstore, or [www.ancientfaith.com/publishing](http://www.ancientfaith.com/publishing).**

- 5) **Graduates: Please send to Father the names of all those graduating High School and University this year so we can honor them one Sunday.**

- 6) **Vacation Bible School:** Father would like to have VBS done during the summer for our kids at our church, please see Father if you like to help. We have all the material and training resources available.
- 7) **Food for Hungry People Boxes:** Please, bring back your sacrificial offering for the poor. Please, don't bring coins, convert them into bills. **Write on the envelope for the poor.**
- 8) **Home Blessing/visitation:** **Father will continue visit families and blessing homes, please see Father or call him at 403/993-7945.**
- 9) **Camp St. Innocent:** If you are interested to apply as a **volunteer, counselor, or camper** at Camp St. Innocent please see Father or visit [www.campstinnocent.org](http://www.campstinnocent.org)
- 10) **Don't forget to visit:** [www.ancientfaith.com](http://www.ancientfaith.com) [www.myocf.net](http://www.myocf.net)  
[www.journeytoorthodoxy.com](http://www.journeytoorthodoxy.com), [www.myocn.net](http://www.myocn.net), [www.patristicnector.org](http://www.patristicnector.org) , visit on "You Tube" **Be the Bee for teachings on the Orthodox Church.**
- 11) **Giving back to God:** Our church depends on your generous giving back to God for all His blessings in your life. **Please, give generously and regularly and God will bless you back a 100 times.** **Give a percentage of your income**. Make a commitment to increase your giving for 2017. Write your name on the envelope for a receipt.
- 12) **PLC:** The Parish Life Conference for the Diocese of Los Angeles and the West will on July 5<sup>th</sup>-9<sup>th</sup> hosted by St. Michael Church, Van Nuys, California. It will be held at Los Angeles Airport Marriott call (310) 641-5700.

**The Archdiocese Convention:** The 2017 Archdiocese Convention will be in Miami from July 23<sup>rd</sup>-30<sup>th</sup>. Visit <http://www.ac2017miami.org/>

13) **Blessing of Homes:** will be resumed after Pascha.

14) **Let us make a commitment not to miss church this year.**

## Church Etiquette English

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During Liturgy, the Priest or Deacon says,  
“With the fear of God, and with faith and love, draw near!”  
Let this be the way believers approach the Church to worship.

### **WHEN YOU ARRIVE AT CHURCH:**

Remind yourself why you are here: Jesus Christ. You have an appointment every Sunday morning at 10:30am with Him, so you should not be late. Would you be late to any other appointment? Get extra rest so that you can make it to Church on time.

Shut off all beepers, phones, and electronic devices. NO text messaging!

As we sing in the Liturgy, “Let us lay aside all earthy care.”

When entering the Church, venerate/kiss the icon at the entrance, cross yourself in prayer, and light a candle.

### **YOU MAY NOT ENTER THE CHURCH AT THE FOLLOWING PERIODS:**

During the Entrance of the Holy Gospel

During the reading of the Epistle and the Holy Gospel

During the Sermon

During the Entrance of the Gifts (bread and wine)

If you arrive during the above mentioned times, please wait in the Narthex (back) until the particular period is over.

When you enter or exit the Church, use only the side aisles. No one is to use the middle aisle at any time during the service, except for the Communion line.

### **YOU SHOULD NOT BE SEATED DURING THE FOLLOWING MOMENTS:**

The singing of the Great Doxology (“Glory to Thee who has shown us the Light”)

At “Blessed is the Kingdom of the Father, Son, and of the Holy Spirit...”

During the Entrance of the Holy Gospel

During the reading of the Holy Gospel

During the Entrance of the Gifts

During the Consecration of the Gifts

During the Creed and the Lord’s Prayer (“Our Father”)

While the priest and deacon are distributing Holy Communion

Any time the priest blesses you with his hand or the cross

### **CONDUCT IN CHURCH:**

It is important to keep a reverent attitude and demeanor in Church at all times.

Be on time! The proper time to arrive is before the service begins before the bells are rung. Should you have an emergency and think you will be late to Church, still come, pray, and give thanks to God for all things!

You are there to pray, so focus on the prayers and hymns of the Liturgy

Do not cross your legs while seated; please be firm while standing

Do not stand with your hands in your pockets or your arms crossed

Do not chew gum; absolutely no eating or drinking

Do not talk during the Divine Liturgy, especially during the Gospel reading and in Communion line (wait until Coffee Hour to say hello)

If your child is being disruptive and you cannot contain him, please calmly take your child out of the Church and calm him down without disturbing others and then RETURN to the Church.

Communion is not the end of Liturgy; do not leave until Liturgy is completely over and you have kissed the cross. You may not go to the Hall during Liturgy.

### **MAKING THE SIGN OF THE CROSS:**

The sign of the Cross is extremely powerful due to the reminder it gives of Christ's sacrifice. Tracing the sign of the Cross on ourselves serves as the accepting of that sacrifice and the blessing to emulate it in our everyday life. Making the sign of the Cross is the reception of the blessing bestowed on you by the Bishop or the Priest. It is the pious custom of devout people to trace themselves with the sign of the cross at important parts of the Divine Liturgy. The fingers put together first touch the forehead, then the chest, then the right shoulder, and finally the left shoulder (the heart). This can only be a reminder that we should love the Lord our God with all our mind, our soul, our strength, and our heart.

### **WHEN TO MAKE THE SIGN OF THE CROSS:**

At the beginning and end of prayers and services

Upon entering Church and leaving Church

At the mention of the "Father, Son, and Holy Spirit"

When offering glory or blessedness to God

At any prayerful invocation of God

When the priest exclaims "Peace be to all"

When the priest blesses the faithful with his hand or cross

When the priest censens the people

During the Entrance of the Holy Gospel

During the Trisagion Prayers or Hymn (Holy God, Holy Mighty, Holy...)

After receiving Holy Communion (after you have taken a few steps away from the chalice)

### **BOWING YOUR HEAD:**

There are certain times in the service when parishioners should bow their heads:

When the priest exclaims "Peace be to all"

At the exclamation "Bow your heads unto the Lord"

When the priest blesses the faithful with his hand or cross or censer

When the priest or deacon bows toward the people during the services

During the Entrance of the Holy Gospel

When the Holy Gospel is read

During the Entrance of the Gifts

During the Consecration of the Gifts

When you feel you need to focus on the service as to not get distracted

### **RECEIVING HOLY COMMUNION:**

To receive Holy Communion a person should:

Prepare by prayer, by repentance, ultimately by receiving the Sacrament of Confession

Prepare by fasting from food and drink (except for those with medical reasons) upon rising in the morning

Refrain from smoking or chewing gum upon rising in the morning

Ask forgiveness of anyone you have wronged

Offer forgiveness to anyone who has wronged you

Approach the chalice with reverence and thanksgiving, with arms crossed or hands folded with one's mind on Christ

Say your name to the priest as you approach the Holy Chalice

Tilt your head back and open your mouth as wide as you can

You should NOT receive Holy Communion if you arrive to Church after the reading of the Gospel.

Quietly return to your place and recite the Thanksgiving prayers on page 128.

### **CHURCH ATTIRE:**

Use Good Judgment! Common Sense!

We should offer Christ our “Sunday Best”, not our everyday or common wear. Our dress should always be becoming of a Christian, and exemplify Christian values.

No Jeans, No T-Shirts, No Tank-tops, No Sunglasses on head (or baseball caps)

No Gym Shoes, No shorts, No Sandals, No Flip-Flops

Dresses and skirts must fall below the knee and must be worn loosely; not tight

Ladies’ blouses should not be revealing and must cover the chest and shoulders

Excessive make-up must be avoided. Women who wear lipstick should make sure lips are dry before receiving Communion, kissing cross or the priest’s hand.

This attire is to be for all ages!

This attire is to help us realize how to respect our bodies, the Church, and to properly offer up prayer for our sins

This attire is to help us NOT become a distraction to others who are trying to focus themselves

Help lead others to salvation, NOT sin.

## **Do What He Says**

April 24, 2017 · [Fr. Barnabas Powell](#)

### **Christ is Risen!**

I have never found obedience particularly easy. In fact, being a head strong and prideful person, obedience has always made me uncomfortable and even fearful that I was “giving myself away.”

So, why is the notion of obedience so prominent in Orthodox Christian teachings and the wisdom of the fathers who have come before us?

It has everything to do with just why obedience is so tough. It’s because obedience uncovers our need for growth. Obedience reveals the absolute truth that I am not, despite all my protests to the contrary, self-sufficient. I need to grow. I need to mature. I need to develop an honest ability to look at myself in an honest way. Because the truth is, left to myself, by myself, I am either too easy on myself or too hard on myself. And the spiritual discipline of obedience offers me the path to a more honest ability to be truthful about my own, real, condition.

In short, the discipline of obedience brings me to reality. And reality is the only place where I can clearly see both my weaknesses and my strengths without the polluting influence of arrogance and pride.

In our Gospel Lesson today we see the power of obedience in action. In John 2:1-11 we read the familiar story of the Lord's first miracle at the Wedding in Cana. You know the story by heart. The Lord and His mother are at a wedding celebration and the host runs out of wine. The Lord's mother tells her Son "they have no wine." (verse 3) This statement by Mary sets in motion several revelations that reveal the power of obedience.

First, we see the Lord moved to action by intercession. His mother has told Him of the serious social breach of etiquette that will bring shame on the host and even cloud the memories of the families involved in the wedding feast. She has compassion on these dear people and she turns to her Son Whom she knows can help. Some may be surprised by the Lord's response to Mary: "O woman, what have you to do with me? My hour has not yet come." (verse 4) But remember, the Lord says nothing in the scriptures for His own benefit. All these statements of the Lord in the scripture are for our instruction. His statement reveals the power of intercession. If you learn to obey the simply command of "Ask and you shall receive" you will learn the power of acknowledging both your need for help AND the trustworthiness of your Lord Who loves you.

Next, we see Mary reveal the heart of obedience. "Do whatever he tells you." (verse 5) A heart that can trust and obey is a heart that has been conditioned by humility and love. Mary's statement to the servants at this moment reveals the wisdom that comes from obedience. She was trained in this path by her years in the Temple and when she was confronted with the Angel's promise that she would be the mother of the Messiah, she said "Let it be done to me as you have said. I am the Lord's handmaiden." Her direction to the servants nearby was simply a continuation of her life of obedience. Turns out obedience becomes more of a way of life the more you practice it!

Finally, we see the joy of obedience. The Lord has the servants fill the clay pots with water and then take some to the master of the feast. By the time the water reaches the lips of the master of the feast it has become the finest of wines. As difficult as obedience may be, the end result is always deeper joy and clearer sight. When the servants didn't hesitate to do what seemed to be silly; taking a cup of water to the master of the feast; they showed both trust and a willingness to be misunderstood and even ridiculed for such a ridiculous act. That takes courage. But that's what obedience builds in a life – the courage to do what must be done.

Today, I know it's a struggle to learn to obey, especially in a society that seems to be obsessed with "self-esteem." But the Orthodox Christian path makes no sense without the spiritual discipline of obedience. And this spiritual discipline is best put to use in a regular prayer life, a consistent participation in the liturgical life of the Church, and a willingness to regular confession and direction

of a trusted spiritual father. These normal Orthodox obediences lead to spiritual strength, joy, and peace no matter what life throws at you. So, today, “do whatever He tells you.”