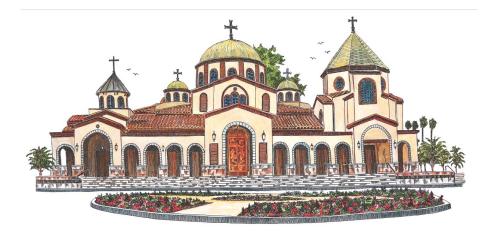
#### Saint Andrew Orthodox Church



March 24, 2024

Divine Liturgy of St. Basil the Great

# Sunday of the Triumph of Orthodoxy

Diocese of Los Angeles and the West Antiochian Orthodox Christian Archdiocese of North America Father Josiah Trenham, *Pastor* 

> Father Thomas Hernandez Father Jason Covarrubias

Father Joseph Corrigan, retired Protodeacon Elias Khoury

Church & Mail Address: 4700 Canyon Crest Dr., Riverside CA 92507
Pastoral Offices: 810 S University Dr., Riverside CA 92507
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Greek Orthodox Patriarchate of Antioch and all the East

#### Divine Liturgy

#### Today's Hymns and Readings for Your Participation in the Divine Liturgy

#### Apolytikion of the Resurrection Tone 1

While the stone was sealed by the Jews and the soldiers were guarding Thy Most Pure Body, Thou didst arise on the third day, O Savior, granting life to the world, for which cause the heavenly pow'rs cried aloud unto Thee: O giver of life, glory to Thy resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou who alone art the Lover of Mankind.

Apolytikion of the First Sunday of Great Lent-Tone 2

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

Apolytikion of St. Andrew-Tone 1
O Andrew first-called of the Apostles, brother of Peter the first-enthroned, intercede with the Master of all to grant peace to the world and great mercy to our souls.

#### Kontakion for Sunday of Great Lent Tone 8

To thee, the champion leader, do I offer thanks of victory O Theotokos, thou who has delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free. From all forms of danger free me and deliver me that I may cry unto thee: "Hail O Bride without Bridegroom."

#### **Prokeimenon**

Blessed art Thou, O Lord, the God of our fathers. For Thou art just in all that Thou hast done for us.

The Reading from the Epistle of St. Paul to the Hebrews (11:24-26, 32-40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share illtreatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets; who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, and put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

The Reading from the Holy Gospel according to St. John (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

Megalynarion to the Theotokos

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

#### Service Schedule for Week of March 24th

#### Sunday the 24th

7:00pm Great Vespers with Liti and Artoklasia

#### Monday the 25th

8:00am Festal Orthros

9:00am Liturgy for the Annunciation of the Theotokos

7:00pm Great Compline

#### Tuesday the 26th

8:00am Lenten Orthros

5:00pm Lenten Vespers

#### Wednesday the 27th

8:00am Lenten Orthros

5:30pm Confession

6:00pm 9th Hour and Typica

6:30pm Pre-Sanctified Liturgy

8:00pm St. John Chrysostom Catechetical School—Lecture Series: *Holy Repentance: Our Response to Christ and His Invitation*. **Family Night Dinner IS POTLUCK THROUGH THE LENTEN SEASON**. Childcare will be available. To register your children for care or to volunteer to help with childcare, go to: <a href="https://bit.ly/SA-KidzKlub-Childcare">https://bit.ly/SA-KidzKlub-Childcare</a> Register for childcare by Tuesday at 7pm.

#### Thursday the 28th

8:00am Lenten Orthros 5:00pm Lenten Vespers

#### Friday the 29th

8:00am Jesus Prayer Service

7:00pm Akathist to the Theotokos

#### Saturday the 30th

7:30am Orthros

8:00am Divine Liturgy for the Righteous Father John of Sinai, Author of the Ladder of Divine Ascent

4:00pm Catechism

4:30pm Confession

5:30pm Great Vespers

#### Sunday the 31st

9:00am Orthros

10:00am Liturgy—Sunday of St. Gregory Palamas

#### Confession before Great and Holy Pascha

All those who anticipate receiving the Holy Eucharist on Pascha must have gone to confession at least once during Great Lent. Confession will not be offered during Holy Week. Confessions must take place before Lazarus Saturday.

#### **Prayer Requests**

Prayers for the living will be retained on the list for 40 days. For exceptions, see Father Josiah.

#### Living

- Peace in the Holy Land and Ukraine
- Sophia Griffin, health
- Sarah Kassaseya, healing of foot
- Michael (Jeff) Mosely, health
- Samuel Saenz, health
- Nikki Delgado, health
- Sonia Ruben, health
- Micaela Yarber, health
- Azariah , Joziah & Seraphim Yarber, health
- Adam Khoury, health
- Elizabeth Sparrow, health
- · Harold Thomas, health
- Mildred Parsons, health
- Yuri Parfeniuk, health
- Shota Abesadze, health
- Melchiades LozanoNathanael Chavers, health
- Augustine Henkes, health

- Lee Ounanian, health
- Ruth Wilkey, health
- Joshua Wilkey, health
- Christina Sherry Horan, health

#### **Departed**

- + Our brothers and sisters departed this life in Gaza and Ukraine conflicts
- + Dorothy Henderson, newly reposed
- + Yusuf Fraywat, newly reposed
- + Anastasia Boudouvas 2019
- + Paul Ruben 2021
- + Archpriest Anthony Karbo, newly reposed



#### Mabrouk! Many Years! Khronia Polla!

#### **Name Days**

Gabriela Alexandrescu, Mary Crumpler, Evangeline Hall, Evangelina Perrine, Maria Clariza Sanjuro-Casado, Mary Eva Scines St. Evangelia-Eve Grimes

Mar. 26-St. Larissa-Larissa Oceguera Holy Archangel Gabriel-Gabriel Alexandrescu, Gabriela Sonia Edwards, Gabriel Gomez, Gabriel Moes, Gabriel Bryson Taylor

Mar. 27-St. Rupert of Salzburg-Robert Yocum

**St. Rostislav of Kiev-**Rastislav Yeramishyn

Mar. 30-St. John Climacus-Sean Carnohan

#### **Birthdays**

Mar. 24-Barbara Ball, Elizabeth Leanna

Farraj, Sami Morcos

Mar. 25-Feast of the Annunciation-Maria
Gabriela Alexandrescu, Mary
Crumpler, Evangeline Hall,
Mar. 25-Paul Řex Brown, Majed Dabboura,
George Roger Sayegh
Mar. 26-Gabriela Alexandrescu, Maria

Alexandrescu, Natasha Martinelli, Nectarios Saliba Saba, Rastislav Yeramishyn

Mar. 28-Sam Gammo, Nectarios James Hall, Nina Jackson, Romanos Caleb Reagan, Michael Zarour

Mar. 29-Lucy Hanna, James Scheer

Mar. 30-Kimberly Munteanu

#### **Anniversaries**

Mar. 24-Salvador and Regina Quintero Mar. 25-Nectarios Robert and Christina

Sherry Horan

Mar. 27-Shawn and Sophia Yuko Kehoe Michael Jeffrey and Mary Tawnya Mosley

Ministry Volunteer Service Schedule			
Sunday	March 24	March 31	April 7
Agape Hour	Captain: Stephanie Shannon Winifred Elliot Glory Hicks Magdalena Cindy Mura Christina Thomazin Diana Parsons Natalee Estrada Food Prep Only Debra Parrish Carrina Jimenez	Captains: Anastasia Sedochenkoff & Olena Colosimo Larissa Oceguera Ksenia (Aksana) Yeramishyn Adelia Mayo Aliona Iachimov & Daniel Ganea Tamar Gvelesiani Nino Gvichia Tracy Davis	Captain: Hannah Zaid Araya Hannah Waynee Solomon Anna Gunah Fraywat Cecilia Anderson Teresa Nixon Crissy Parrish Rachel Munteanu Food Prep Only Deborah McDonald- Amaly Hensley
Bookstore	Adriana Kazanjian	Patrick Melville	Mary Shawna Jackson
Visitor Welcoming	Suzanne Rombach Cecilia Anderson	Daniel Roum Hannah Simpson	Simeon Blevins Rdr. Dionysius Buhler
Playground Safety	Dionysius Keith Buhler Elizabeth Lindsay Buhler Hannah Laurman	Arielle Martinez Anna Roohr Tabitha Moes	Stephanie Gamo Matrona Ward Tabitha Moes
Prosphora	Sophia Yuko Kehoe	Rachel Bordeaux Lauren Geoffrion	Sophia Griffin Anastasia Sedochenkoff
Ushers, Icons and Candles	Captain: Miriam Saenz Ushers Christina Thomazin Vasiliki Lisa Barsamian Bonnie Moro Candles and Icons Magdalena Cindy Mura	Captain: Anastasia Nixon Ushers: Miriam Saenz Elizabeth Lewko Candles and Icons Larissa Soares	Captain: Miriam Saenz Ushers Elizabeth Lewko Vasiliki Lisa Barsamian Christopher Kassaseya Candles and Icons Seraphim Dillion Huran Mary Jasmine Arana Sam Lucas
Saturday	March 23	March 30	April 6
Grounds Prep for Sundays	Leader: James Nolan Captain: Kevin Maroufkhani Gabriel Estrada Evan Gronberg Salvador Quintero Martin Bernard	<u>Leader:</u> James Nolan Martin Bernard Nathan Duffy Sean Carnohan Family	Leader: James Nolan Sean Carnohan Family Kyle Wiedeman John Barron

Words of Wisdom

Joy, radiant joy streams from the face of him who gives and kindles joy in the heart of him who receives.

† St. Seraphim of Sarov

#### **Prayer for the Catechumens**

Abboud, John Abborino, Guy Acuña, Arthur Addison, Maria Baker, Colt Capacio, Nick Carnohan, Brooke Carnohan, Finn Carnohan, Troy Celis, Ava Celis, Charlotte Celis, Eve Chavers, Nathanael Chavers, Suzette Collins, Luna Collins, Nicole Crandell, Casev Crandell, David Crandell, Jameson Cruz, Francisco DeLeon, Brandon Dooley, Benjamin Dussault, Alex Espinoza, Aaron Evans, Morgan Evans, Alvssa

Evans, Joanna Gallegos, Edgar Gregson, Erik Gronberg, Evan Gruener, Conrad Guardado, Amy Guardado, Hector Guardado, Lucas Heneise, Daniel Hicks, Broedy Hicks, Glory Horan, Dakota Horan, Dalton Jones, Leah Jones, Jaylee Jones, Sunshine Jones, Juniper Kevs, Dean Lamberth, Matthew Logan, Jaime Logan, Jonah Lozano, Cathy Lozano, Edwin Lozano, Noah Lucas, Samuel Maroufkhani, Aidan

Maroufkhani, Callan Maroufkhani, Cassian Maroufkhani, Kevin Maroufkhani. Shannon Monsma, Staycie Morales, Anastasia Morales, Abraham Morales, Brian Morales, Ezequiel Morales, Isabella Morales, Liliana Morales, Zulema Moran, Arelis Morris, Padraic Munoz, Maximiliano Nicassio, Santino Nixon, Teresa Neuenswander. Anthony O'Brien, John O'Brien, Heather Ounanian, Leroy Paige, Tyleen Parish, Rebeckah Plumhoff, Charles

Quintero, MiaSolei Ouintero, Regina Ouintero, Sal Reves, Bardo Robles, Beniamin Rodriguez, Benjamin Rodriguez, Emilio Rodriguez, Frank Rodriguez, Gabriela Saenz, Yosef Scheer, Jim Serrano, Sophia Soares, Larissa Solorzano, Paul Solorzano, Tabitha Spurling, John Spurling, Sarah Straver, Crystal Straver, Joshua Straver, Zion Tucker, John Tucker, Ronnalee Vagenas, Kimberly Williams, Victoria Zavala, Christina



#### National Orthodox Baby Shower Sponsored by St. Andrew Orthodox Christians for Life

We are joining with Orthodox parishes across the country this month to hold a "baby shower" to support mothers who choose life for their unborn children! Join us in collecting new baby items to be donated to Riverside Life Services, our local pregnancy resource center.

### Donations may be dropped off at Agape Hour each Sunday in March

#### Look for our display

Contact Adriana Kazanjian with questions: adrikazo1@gmail.com or 760.713.1982



#### **Time to Get Plastic Easter Eggs and Candy**

Time to go to stores to get the plastic eggs and candy for our annual Easter Egg Hunt (May, 5) while these things can be found — western Easter is early this year — March 31, so we need to get them for our Pascha before they disappear from the stores. As Pascha draws near there will be boxes outside of the temple to receive your plastic eggs and candy.



#### 50 Hours of Prayer for the Lives of the Unborn

Friday, April 19 at 10am through Sunday, April 21th at 9am

The prayer will be in the St. John Chrysostom Chapel, and will consist of Akathists and the Jesus Prayer. To register for a prayer time go to: <a href="https://bit.ly/50HoursOfPrayer">https://bit.ly/50HoursOfPrayer</a>. If you have any questions, email Ezekiel here: <a href="mailto:rlizarraga163@gmail.com">rlizarraga163@gmail.com</a>

#### **Antiochian Women's Lenten Retreat**

Diocese of Los Angeles and the West

April 19-21, 2024

Ascending the Mountain: Moving Deeper into the Heart of God Guest Speaker: Kh. Susan Wallace of St. James Orthodox Church, Stillwater OK

Full Weekend 2 Nights/5 Meals - Early Registration—by April 4th

\$175 by credit card at <u>tithe.ly/event-registration/#/85234483</u> \$170 by check—mail Georgette Malouf, 1021 N. Orchard Drive, Burbank, CA 91506

Registration after April 4th—\$186 credit card—\$180 by check One Day —\$83 by credit card—\$80 by check

Registration Form for Mail in Checks and Additional Info bit.lv/LentenWomenRetreat2024

Retreat Scholarship Application—bit.ly/WomenRetreatScholarship2024



#### Lenten Spinach Pie Sale—April 7

In hall following Liturgy

\$15 per dozen

Preorder this Sunday on the plaza Or contact Barbara Ball at barbarahball28@gmail.com

#### Holy Week—April 29th-May 4th Pascha—May 5th

#### Full schedule will be posted in coming bulletin

Services are held morning, evening and sometimes in the afternoon all through Holy Week. We attend as many of these services throughout the week as we can. Those of us who have jobs often take time off so that we can attend all of the services. It is a rich and beautiful time in the life of the Church.

#### LOTS HAPPENING ON LAZARUS SATURDAY—April 27th



#### **Annual Lazarus Family Day**

- Divine Liturgy 8AM
- Children's & Teen's Choir Rehearsal for Palm Sunday
- Learn How to Fold Palm Crosses and help make them for the Parish on Sunday
- Learn How to Weave a Shaneeheh for Palm Sunday. \$10 for materials—order your palm frond from Jeanette Zarour after Liturgy today. Must provide your own flowers.
- Bring Food to share for brunch and snacks!

#### **Annual Lazarus Saturday Workday**

Everyone is encouraged to come to the church Lazarus Saturday to participate in our annual workday where we prepare the temple and grounds for Holy Week and Pascha. We will meet right after Liturgy in the morning, have a light breakfast, and then work, work.

**Temple and Chapel:** We will clean and oil all of the wood in the temple and chapel, clean the icons, clean the floors and make sure everything is beautiful and presentable.

*Grounds:* We will pull all of the weeds around the temple, prune roses, clean the terrace and pickup trash from the property.

# April 28th Children's Choir Annual Fish Fry 10 donation per person \$45 per family Proceeds go to the Myrrhbearer Antiochian Women's Project Donations welcome! Hosanal



#### A Palm Sunday Tradition Woven Palm Fronds—Shaneeheh

At St. Andrew many of our families meet on Lazarus Saturday and weave palm fronds into baskets. They fill these little baskets with flowers and bring them forward to be blessed by the priests on Palm Sunday. After the fronds are blessed people go forward and get their palm branches for the Palm Sunday celebration at the end of Liturgy.

At end of Liturgy Father calls all of the children forward and tells the gospel story of Christ's entry into Jerusalem riding on the colt of a donkey. People hold up and wave their woven palms during the celebration and shout "Hosanna" when prompted by Father. It is great fun!

To order a Shaneeheh palm frond to weave on Lazarus Saturday visit the table that will be setup on the Plaza this Sunday or contact Jeannette Zarour at jzandjz1@gmail.com

Palm Fronds are \$10 each (flowers not included)
All proceeds go to Project Mexico





## Do You Know a Person Graduating this Spring?

It is soon that time of year when we honor our high school and college graduates. Please send the office:

- Name of graduate
- Name of high school or college
- Degree if college.

#### REGULARLY SCHEDULED ACTIVITIES

**Agape Hour**—After Liturgy on Sunday mornings in the hall

Parish Bookstore Outreach Ministry—Open following Liturgy on Sundays

Coffee and Donuts with Prez-Sunday mornings following Liturgy

Young adults gather in the rectory

**Homeless Meals**—1st and 3rd Saturdays of the month

Meet at Hulen Shelter at 5am to prepare breakfast. Breakfast served at 6am.

To learn more and to volunteer, email Winifred at j.winifred@protonmail.com or call 909-633-4775

Breakfast Club—4th Saturday of the month—9am in the hall

Moms, Grandmothers and Godmothers pray the Akathist for children and enjoy a pot luck breakfast. Bring your prayer list!

Bereavement SUPPORT—3rd Saturday of the month—9am in the Chapel

The group prays the Akathist for the Departed and then moves to the hall for support and care.

**Sweeter Side**—Last Thursday of the month at 11:30am in the hall Presentation, lunch and fellowship for adults 60+ years of age

Man's Work Group—3rd Saturday following Liturgy

Bring helpful things: Tools, work gloves, water

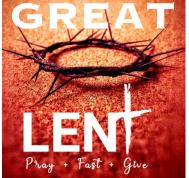
#### Welcome to Our Visitors

We are delighted to have you join us at our service today in worshiping the Holy Trinity. Please take a moment after the service to introduce yourself to our pastor, Fr. Josiah. You are cordially invited to join us for the Agape Meal after services. We would love to greet you and to answer any questions you may have about our church. If you are not Orthodox Christian, please do not approach the chalice during the distribution of Holy Communion. If you are an Orthodox Christian, please note that Communion must be prepared for by fasting, reconciliation, and recent confession.

#### **Our Parish Family**

If you have begun to regularly attend St. Andrew Orthodox Church we welcome you. If you are an Orthodox Christian, and you would like to become a member of our parish family so that we can include you in our communications and ministries, please contact the office to make an appointment to speak with Father Josiah. If you are not an Orthodox Christian, and you are interested in learning more about our faith we invite you to contact the parish office to make inquiries:

saintandrewoffice@saintandrew.net or 951-369-0309



#### GREAT LENT & HOLY WEEK FAST MARCH 18—MAY 4

The Church prescribes a common fasting discipline for the faithful during Lent. M-F we abstain from flesh-meats, dairy products, fish, wine and oil. On weekends we are allowed as a relaxation wine and oil. On the Great Feasts of the Annunciation (March 25) and Palm Sunday (April 28), we are allowed fish. During the week we attempt to limit the number of our meals. It is customary for Orthodox to abstain from eating and drinking until noon. When we fast from food we also do from marital relations. The goal of this fast has little to do with food. The prescribed fast is a means to obtain a little hunger and to pro-

duce in us hunger and thirst for the Kingdom of God as well as sympathy for the hungry of the world that would drive us to almsgiving. As well by fasting the Spirit of God tames our unruly desires of the flesh, exposes sin that should be repented of as we recognize our addictions to earthly pleasures and things, frees up time normally taken by food preparation and consumption for spiritual reading, confession, visitation, and other good deeds. We turn our attention away from eating dead things that perish in order to give our attention to eating things which abide forever, such as the Word of God and the Holy Eucharist. If we have a negative attitude toward fasting we are completely missing the point and wasting our time. Fasting is a joy. We don't have to fast. We get to fast. It was precisely this change of attitude concerning fasting from joy to burden that led to the fall of man. If you don't feel positive ask yourself why you don't and hear your Lord's counsel to anoint your head when you fast. Are there specific things God is calling you to fast from? (TV, cell phone, speaking, sleeping too much, criticizing, unedifying reading, movies, internet, social media, eating out, smoking, computer games, shopping, theatre, coffee, sweets. . . .) May your fasting be blessed for your salvation!

#### FOOD FOR HUNGRY BOXES AVAILABLE TO PICK UP TODAY Pick up yours in the Narthex



During Great Lent each year we show our love for the hungry, hurting people in our own neighborhoods, as well as to those in hidden corners of the world by filling Food for Hungry boxes with our alms. We return our full to overflowing boxes to the Church and place them on the Solea on Palm Sunday. This is a central part of our fasting, prayer and alms giving during this holy season.

#### Through this tradition we have:

- Helped the homeless and the sick
- Fed hungry babies, children, and adults
- Sheltered and guided run-away teenagers
- Aided and visited those in prison, and cared for their families
- Provided food and medicine for war-torn and disaster struck victims

This will enable us to embrace the world with the love of Christ in these, 'the least of our brethren', saving ourselves as we work to save others.

