



St. Alexander Nevsky Orthodox Cathedral

Third Sunday of Great Lent. Veneration of the Cross.

Epistle: Hebrews 4:14-5:6

Gospel: St. Mark 8:34-9:1

St. Sophronius, Patriarch of Jerusalem

Lenten Fast

V. Rev. Paul Suda, Dean
Rev. Dn. Michael Wusylko
1600 Guyton Road
Allison Park, PA 15101
Tel/Fax: 412.366.4647

Sunday, March 7, 2010

Today's Announcements

- Archdiocesan Vespers – 5 pm here at St. Alexander Nevsky, with Bishop Melchisedek presiding. We will be hosting a dinner after Vespers and the parish women are asked to stay after coffee hour to prepare and set up for the dinner.

Tuesday – March 9

- Women's Association Meeting – 7 pm

Wednesday – March 10

- Presanctified Liturgy – 7 pm

Thursday – March 11

- Adult Choir rehearsal – 7:30 pm

Friday – March 12

- Akathist of Thanksgiving – 7 pm

Saturday – March 13

- Soul Saturday Divine Liturgy – 9 am
- Vespers – 5 pm
- Daylight Savings time begins Saturday night/Sunday morning at 2 am. Be sure to set your clock forward 1 hour before going to bed Saturday night!

Next Sunday – March 14

- Church School – 9 am, including Adult Class
- Divine Liturgy – 10 am
- Parish Council
- Junior Choir

Coming Events – Mark Your Calendar!

- Lenten Retreat – March 20 at St. Nicholas Orthodox Church, McKees Rocks. Retreat Master Fr. Thomas Hopko will speak on Living in the Spirit of the Apostolic Community Today.
- Seminarians from St. Tikhon's Seminary will be visiting March 20-21.

Search Committee Signup: The search committee for our new parish priest is being opened to all interested members. If you wish to serve on the search committee, please see the signup sheet in the church hall. The deadline has been extended to March 13.

Akathist – Glory to God for All Things (continued from last week)

Ikos 5

I see Your heavens resplendent with stars. How glorious You are, radiant with light! Eternity watches me by the rays of the distant stars. I am small, insignificant, but the Lord is at my side: Your right arm guides me wherever I go.

Glory to You, ceaselessly watching over me.
Glory to You for the encounters You arrange for me.
Glory to You for the love of parents, for the faithfulness of friends.
Glory to You for the humbleness of animals which serve me.
Glory to You for the unforgettable moments of life.
Glory to You for the heart's innocent joy.
Glory to You for the joy of living, moving, and being able to return Your love.
Glory to You, O God, from age to age.

Kontakion 6

How great and how close You are in the powerful track of the storm! How mighty Your right arm in the blinding flash of the lightning! How awesome Your majesty! The voice of the Lord fills the fields, It speaks in the rustling of the trees. The voice of the Lord is in the thunder and the downpour. The voice of the Lord is heard above the waters. Praise be to You in the roar of mountains ablaze. You shake the earth like a garment; You pile up to the sky the waves of the sea. Praise be to You, bringing low the pride of man. You bring from his heart a cry of penitence: Alleluia!

Ikos 6

When the lightning flash has lit up the camp dining hall, how feeble seems the light from the lamp. Thus do You, like the lightning, unexpectedly light up my heart with flashes of intense joy. After Your blinding light, how drab, how colorless, how illusory all else seems.

Glory to You, the highest peak of men's dreaming.
Glory to You for our unquenchable thirst for communion with God.
Glory to You, making us dissatisfied with earthly things.
Glory to You, turning on us Your healing rays.
Glory to You, subduing the power of the spirits of darkness and dooming to death every evil.
Glory to You for the signs of Your presence, for the joy of hearing Your voice and living in Your love.
Glory to You, O God, from age to age.

Kontakion 7

In the wondrous blending of sounds, it is Your call we hear. In the harmony of many voices, in the sublime beauty of music, in the glory of the works of great composers, You lead us to the threshold of paradise to come, and to the choirs of angels. All true beauty has the power to draw the soul towards You and make it sing in ecstasy: Alleluia!