



Sunday, March 22nd, 2020 - Sunday of Holy Cross

This Morning's Readings

St. Paul's Letter to the Hebrews 4:14-16, 5:1-6

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

The Gospel According to Mark 8:34-38, 9:1

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

This Morning's Hymns

Let all things above in heaven rejoice and let all things below on earth be glad. With the might and strength of His arm, an eternal deed the Lord did perform. Beneath His feet, He trampled down death by death. The first born of the dead did He become. From the depths of hades did He deliver us, and to all the world has granted His great redeeming mercy.

Εύφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Save, O Lord, Your people and bless Your inheritance. Grant victory to Your leaders against the adversaries of the faith, and protect Your people by Your Holy Cross.

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

Most blessed are You, O Christ our God, Who by sending down the Holy Spirit upon them, made the fishermen wise and through them illumined the world; and to You the universe was ever drawn, all glory to You, O Lord.

Εὐλογητὸς εἶ, Χριστέ ὁ Θεὸς ἡμῶν, ὁ πανσόφους τοὺς ἄλιεις ἀναδείξας, καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον, καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας, φιλόανθρωπε, δόξα σοι.

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, from all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride!

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

THE BEATITUDES

In Thy kingdom remember us, O Lord, when Thou comest in Thy kingdom.

O blessed are the poor in spirit for theirs is the kingdom of heaven.

O blessed are those who mourn for they shall be comforted.

O blessed are the meek for they shall inherit the earth.

O blessed are those who hunger and thirst after righteousness for they shall be satisfied.

O blessed are the merciful for they shall receive mercy.

O blessed are the pure in heart for they shall see God.

O blessed are the peacemakers for they shall be called the children of God.

O blessed are those who are persecuted for righteousness sake for theirs is the kingdom of heaven.

O blessed when men shall revile you and persecute you and shall say all manner of evil against you falsely for My sake.

Rejoice and be exceedingly glad for great is your reward in heaven.

This Week at Holy Trinity Cathedral

TODAY, SUNDAY 3/22 SUNDAY OF HOLY CROSS	8:00 am - Matins 9:30 am - Divine Liturgy (Live streaming only)	
MONDAY 3/23		6:00 pm - Compline (Live streaming only)
TUESDAY 3/24		
WEDNESDAY 3/25 ANNUNCIATION	8:00 am - Matins 9:00 am - Divine Liturgy (Live streaming only)	5:30 pm - Daily Lenten Vespers (Live streaming only)
THURSDAY 3/26		
FRIDAY 3/27		7:00 pm - 4th Akathist (Live streaming only)
SATURDAY 3/28		
SUNDAY 3/22 SUNDAY OF ST. JOHN CLIMACUS	8:00 am - Matins 9:30 am - Divine Liturgy (Live streaming only)	

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Ορεκτικό *An appetizer before the main course*

Beloved Holy Trinity family,

"Aren't two sparrows sold for a penny" And yet not even one of them falls to the ground without your Father knowing it. Even the hairs on your head are numbered by God. Do not be afraid; you are more valuable than many sparrows." (Matt. 10:29-31)

I was reminded of Jesus' words this morning on my walk while I witnessed the joy of all birdlife after last night's rain. The heady scent of citrus blossoms, mesquite, and native grasses filled the air with a sweet fragrance, reminding me that God is always us.

The crisis now faced in the world requires each of us to do our part to arrest the further spread of the COVID-19 virus. Many of our friends and neighbors are becoming infected, all schools are closed in the state, entire industries have suspended operations, leaving millions without work, and a state of Emergency has been declared in Arizona.

Our first response must be one of intense prayer to Almighty God to be with us and to quickly bring an end to this viral outbreak. We must also remember those who are infected, all nurses, physicians, EMTs and paramedics, firefighters, police officers, and first responders who valiantly tend to the needs of the ailing.

And in response to this crisis, our Archbishop Elpidophoros has consulted with His All-Holiness, Patriarch Bartholomew, and all the Metropolitans of the Archdiocese, yesterday issuing the directive **that the Divine Services are to broadcast and live streamed only and to be served by a single priest and chanter**. This directive is to remain in force until the end of the month, likely to be extended as this evolving public health crisis warrants.

To be clear, no worshipers will be allowed entrance into the Cathedral for our live-streamed services until these restrictions are lifted by Federal, State, and Local authorities and by Public Health officials. Emerging data now reveals that the COVID-19 virus is impacting not only the elderly and immunocompromised, but younger victims too. We must exhibit the grace to cooperate humbly and prayerfully in the worldwide efforts to stop this virus quickly.

In the meantime, our Divine Services along with classes and reflections by Fr. Apostolos and Alexander can be viewed on the Holy Trinity Cathedral Facebook page. I am offering daily prayers on my Instagram page and YouTube channel. We will be posting our schedule of services, reflections, and prayers on our Facebook as well as emailing the community on a very regular basis with updates.

Please also be aware that area hospitals are prohibiting visitors, including clergy, at this time and home visits are on an emergency basis only.

This is clearly not the Lenten experience we anticipated as we began the Great Fast together and we cannot know how Holy Week and Pascha will be impacted. But we can be assured that God is with us especially in times of trial and anxiety. Now is the time for us to shine as followers of Jesus Christ!

LIVE-STREAMING PLATFORM INSTRUCTIONS

If you have a Facebook account, like our Facebook page: *Holy Trinity Greek Orthodox Cathedral-Phoenix, AZ* and you will receive updates when we are live!

If you do not have a **Facebook** account:

Go to www.google.com

Type in: Holy Trinity Phoenix Facebook

Click the first option

A box may pop up when you are there asking you to “sign in” but there is an option at the bottom of it for “Not Now”

Click “Not Now” if this comes up and you have access to our account and all the streams and news!

To access Father’s **YouTube**:

Go to www.youtube.com

In the search bar enter: Fr. Apostolos Hill

Click on the first option and you’re there!

To access the **Instagram** pages of Fr Apostolos and Holy Trinity:

Simply download the Instagram app to your phone or tablet and search “Fr. Apostolos Hill” and “holytrinityphx” and hit the “follow” button. If you don’t have an Instagram account you can simply follow us on Facebook and YouTube.

"So humble yourselves under the mighty power of God, and at the right time He will lift you up in honor. Give all your worries and cares to God, for He cares about you!" (1 Pet. 5:6,7)

Fr. Apostolos Hill and the members of the Cathedral Parish Council