



# Orthodox Church of the Holy Cross

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[www.holycrossmedford.org](http://www.holycrossmedford.org)

**Sunday, April 17, 2022**

**Epistle:** Philippians 4:4-9

**Gospel:** John 12:1-18

## **ENTRY OF OUR LORD INTO JERUSALEM.**

Palm Sunday . Hieromartyr Simeon, Bishop in Persia, and those with him: Martyrs Abdechallas and Ananias—Presbyters, Usthazanes, Fusicus (Pusicius), Ascitrea, Azades the Eunuch, and many others (344). Saint Akakios, Bishop of Melitēné (ca. 433). Ven. Zosíma, Abbot of Solovétsky Monastery (1478). Uncovering of the Relics of Ven. Alexander, Abbot of Svir (1641). Martyr Adrian of Corinth (251). St. Agapitus, Pope of Rome (536). Repose of Ven. Makarios of Corinth (1805).

## **Connect UP Campaign**

Goal: \$59,202

Raised to Date: \$5,250

All are invited to participate in this very important project. Pick up a flyer in the vestibule to read all about it and make your commitment to support the Connect UP Campaign.

*A search for compromise will be the characteristic disposition of men. Straightforwardness of confession will vanish. Men will cleverly justify their fall, and an endearing evil will support such a general disposition. Men will grow accustomed to apostasy from the truth and the sweetness of compromise and sin.*

*St. John of Shanghai & San Francisco*

## **Liturgical and Events Schedule**

- *All services are Live Streamed unless otherwise noted.*
- *Masks are no longer mandatory.*

### **Sunday, April 17 ~ Palm Sunday**

9:15 am: Confessions

10:00 am: Divine Liturgy & Sunday School

### **Holy Monday, April 18**

7:00 pm: Bridegroom Matins

### **Holy Tuesday, April 19**

7:00 pm: Bridegroom Matins

### **Holy Wednesday, April 20**

7:00 pm: Bridegroom Matins and Healing Service with Anointing

### **Holy Thursday, April 21**

4:00 pm: Vespers Liturgy

7:00 pm: Matins of Holy Friday with the 12 Gospel Readings

### **Holy Friday, April 22**

3:00 pm: Vespers

7:00 pm: Matins of Holy Saturday

### **Holy Saturday, April 23**

9:00 am: Vespers Liturgy

11:30 pm: PASCHAL NOCTURNES, MATINS, AND LITURGY

### **Sunday, April 24**

Noon: Paschal Matins

### **Bright Monday, April 25**

9:00 am: Divine Liturgy

### **Thursday, April 28**

7:00 pm: Parish Council Meeting (Zoom)

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## How to Seek Inner Peace

January 4, 2021 by Orthodox Editors

[https://www.orthodoxytoday.org/blog/2021/01/how-to-  
seek-inner-peace/](https://www.orthodoxytoday.org/blog/2021/01/how-to-seek-inner-peace/)

In the beginning of our spiritual journey we realize that we lack an inner peace, and realize that the way we are seeking to find it only seems to bring more turmoil. We have a feeling that God is distant from us and that our inner being is seeking a peace it cannot find. This motivates us to renew, or even begin for the first time, our search for God, and a deep inner spiritual peace only He can bring. This effort is brought about by our conscience and engages our will to take actions that will help us change our way life.

We seek spiritual books to read, we seek out a spiritual father to teach us the way, and we begin to attend worship services more regularly. With our sincerity in this effort, we are properly guided and encouraged to also actively participate in the sacramental life of the Church, primarily Confession and Holy Communion. We learn about, and begin, the ascetic disciplines of fasting and daily prayer, and learn how to properly prepare to receive Holy Communion regularly.

Through our participation in the Sacraments, our self-knowledge increases, and we become aware of how often we miss the mark in fulfilling God's commandments. With this increased knowledge we receive the gift of God's grace, the Holy Spirit, which begins to work from within us.

Saint Theophan the Recluse put it this way: "If all goes well, a man who seeks after God will, upon reflection, decide to give up distractions and a life lived in self-denial, inspired by fear of God and by his conscience. In answer to this decision the grace of God which until now has acted from without, enters within through the sacraments; the spirit of man, previously important, now becomes full strength."

We begin our Christian journey with the insight that we are separated from God and an awareness that our soul seeks an inner peace that only comes from the Holy Spirit working from within our being. We read and get advice from a spiritual doctor, most commonly our parish priest, and begin to nurture our soul through the sacramental life in the Church.

We experience this sacramental way of life as the spiritual medicine that brings God's Grace, Christ Himself, and the Holy Spirit, to grow within us. It is this spiritual force that warms our heart, purifies it, brings us into a closer relationship with God, and develops an unshakable inner peace. We discover that this is a peace that is not disturbed by the trials and tribulations of our earthly life.

*Reference: Saint Theophan the Recluse  
in The Art of Prayer, p 167*

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### Entry of Our Lord into Jerusalem (Palm Sunday) -

Troparion — Tone 1

By raising Lazarus from the dead before Your passion,  
/ You did confirm the universal Resurrection, O Christ  
God! / Like the children with the palms of victory, /  
we cry out to You, O Vanquisher of death: / Hosanna  
in the Highest! / Blessed is He that comes in the Name  
of the Lord!

Troparion — Tone 4

When we were buried with You in Baptism, O Christ  
God, / we were made worthy of eternal life by Your  
Resurrection! / Now we praise You and sing: /  
Hosanna in the highest! / Blessed is He that comes in  
the Name of the Lord!

Kontakion — Tone 6

Sitting on Your throne in heaven, / carried on a foal on  
earth, O Christ God! / Accept the praise of angels and  
the songs of children who sing: / Blessed is He that  
comes to recall Adam!