

From the Fathers (and others):

Without the cross, no one has been saved or can be saved. Just as the Lord entered into glory after having suffered on the Cross, so all those who follow Him will enter into glory together with Him through their own personal cross. Do you wish to partake of this glory? Then first of all, ascend the cross – and from the cross you shall enter Heaven.

- *St. Theophan the Recluse*

It is impossible to represent and to think of the cross without love. Where the cross is, there is love; in the church you see crosses everywhere and upon everything, in order that everything should remind you that you are in the temple of the God of love, in the temple of love itself, crucified for us.

- *St. John of Kronstadt*

How great is the power of the Cross! How great is the change made by it in the human race! How from the deep darkness it has led us to the boundless light, from death it has restored us to eternal life, from corruption it has transferred us to incorruption.

- *St. John Chrysostom*

What does it mean to take up your cross? It means the willing acceptance, at the hand of Providence, of every means of healing, bitter though it may be, that is offered. Do great catastrophes fall on you? Be obedient to God's will, as Noah was. Is sacrifice demanded of you? Give yourself into God's hands with the same faith as Abram had when he went to sacrifice his son. Is your property ruined? Do your children die suddenly? Suffer it all with patience, cleaving to God in your heart, as Job did. Do your friends forsake you, and you find yourself surrounded by enemies? Bear it all without grumbling, and with faith that God's help is at hand, as the apostles did.

- *St. Nikolai Velimirovich*

To take up one's cross means to accept without complaint everything unpleasant, painful, sad, difficult and oppressive that may happen to us in life. In other words, to bear all laughter, scorn, weariness, sorrow and annoyance from others; to bear all poverty, misfortune, illness, without regarding yourself as offended.

- *St. Innocent of Alaska*

Do not do anything without signing yourself with the sign of the Cross! When you depart on a journey, when you begin your work, when you go to study, when you are alone, and when you are with other people, seal yourself with the Holy Cross on your forehead, your body, your chest, your heart, your lips, your eyes, your ears. All of you should be sealed with the sign of Christ's victory over hell. Then you will no longer be afraid of charms, evil spirits, or sorcery, because these are dissolved by the power of the Cross like wax before fire and like dust before the wind.

- *Elder Cleopas of Romania*

St. John Orthodox Church

A Parish of the Antiochian Orthodox Christian Archdiocese of North America



~ April 7th, 2024 ~

Adoration of the Holy and Life-giving Cross

Third Sunday of Great Lent

ST. JOHN ORTHODOX CHURCH
1663 TUTWILER AVENUE
MEMPHIS, TN 38107
(901) 274-4119
www.stjohnmemphis.org

His Eminence Metropolitan SABA
Archbishop of New York and Metropolitan of All North America
Antiochian Orthodox Archdiocese of North America

His Grace Bishop NICHOLAS
Auxiliary Bishop of the Diocese of Miami and the Southeast

V. Rev. Fr. Philip Rogers, Pastor

V. Rev. Fr. Basil Cushman, Associate Pastor

V. Rev. Fr. John Troy Mashburn, Jr., Pastor Emeritus

V. Rev. Fr. Donald John Berge, Attached

GREAT VESPERS
Saturday, 6:00 p.m.

ORTHROS
Sunday, 9:00 a.m.

DIVINE LITURGY
Sunday, 10:00 a.m.

Antiochian Orthodox Christian Archdiocese of North America
“...the Disciples were called Christians first in Antioch!”
Acts 11:26

Adoration of the Holy and Life-giving Cross

Epistle: Hebrews 4:14-16; 5:1-6

Gospel: Mark 8:34-38; 9:1

The Holy Bread for Eucharist is offered by Mindy Williams.

Welcome to all those visiting St. John Orthodox Church. We are honored by your presence. It is our sincere desire that your participation today in the Divine Liturgy will draw you closer to Christ and His Church.

If you are from a non-Orthodox background, you may see new things such as icons, incense, the sign of the cross, the veneration of saints, and a great deal of standing. These can be perplexing to the uninitiated eye. Rest assured that everything we do has a solid biblical foundation and a long history among Christian people. Please feel free to participate where you feel comfortable and feel equally as free only to observe when you prefer.

The Orthodox Church understands the Eucharist, or Lord's Supper, to be – among other things – the paramount expression of Christian unity. While it is our deepest hope that Christendom will one day fulfill Christ's desire for true unity among all those who claim His name (John 17:21), the unfortunate reality of our day is that the various segments of Christendom are not unified with the historic Orthodox faith. *Since participation in the Eucharist expresses a unity with all the dogma and practice of the Orthodox Church, non-Orthodox guests do not receive Holy Communion.* The Holy Eucharist is reserved for those members of the Orthodox Church who have prepared themselves by prayer, fasting, and recent confession. All visitors and unprepared Orthodox are invited to partake of the blessed bread as they come forward to venerate the cross at the end of the Liturgy. Thank you for your understanding.

ST. JOHN CALENDAR

April 7 – April 14

(Great Fast)

- Sunday** - Orthros, 9:00 am
- Divine Liturgy, 10:00 am
- Sons of Thunder Men's Book Club, 6:00 pm
- Antiochian Orthodox Medical Professionals Fellowship Zoom, 6:00 pm
- Monday** - First Hour, 6:45 am
- Great Compline, 6:00 pm
- Parish Council, 7:00 pm
- Tuesday** - Third Hour, 9:00 am
- Men's Lunch, 12:00 pm
- Wednesday** - Third Hour, 9:00 am
- Women's Teaching, 10:00 am
- Presanctified Liturgy, 6:00 pm
- Lenten Meal, following Presanctified Liturgy
- Bible Study, 8:00 pm
- Thursday** - Third Hour, 9:00 am
- Friday** - First Hour, 6:45 am
- Third Hour, 9:00 am
- Sixth Hour, 12:00 pm
- Small Compline with the Akathist, 6:00 pm
- Saturday** - Byzantine Chant Class, 4:30 pm
- Ninth Hour & Vespers, 5:50 pm
- Sunday** - Orthros, 9:00 am
- Divine Liturgy, 10:00 am

Upcoming Churching – April 14:
Marija & Bogdana Pavlovic

Birthdays, Anniversaries, Nameday

Sunday, 4/7

None

Wednesday, 4/10

Birthday: Sarah Hodges

Monday, 4/8

Birthday: Susannah Hetrick,
Clark McGee

Thursday, 4/11

Birthday: Joyce Bittle

Tuesday, 4/9

None

Friday, 4/12

None

Saturday, 4/13

Birthday: Gabby Sneed

Commemorations

April 7: Martyr Kalliopios of Cilicia; Venerable George, bishop of Mitylene; repose of Tikhon, patriarch of Moscow and Enlightener of North America.

April 8: Apostles Agabos, Rufos, Phlegon, Asynkritos, Herodion and Hermas of the Seventy; Celestine, bishop of Rome.

April 9: Martyr Eupsychois of Cappadocia; Venerable-martyrs Vadim, Raphael, Nicholas and Irene; Venerable Simeon.

April 10: Martyrs Terence and Pompeios of Carthage together with Alexander and their forty companions; New-hieromartyr Gregory V, patriarch of Constantinople; New-martyr Demas of Smyrna.

April 11: Hieromartyr Antypas, bishop of Pergamum; Venerable Tryphainis; Kallinikos of Cernica, bishop of Rimnicului in Romania.

April 12: Basil the Confessor, bishop of Parium; Venerable Anthusa of Constantinople; Venerable Akakios the Younger, founder of Kafsokalyvia skete on Athos.

April 13: Martin the Confessor, Pope of Rome; Martyr Eleutherios of Persia; Martyrs Zoilos of Rome and Theodosios; Hieromartyr Artemon, presbyter of Laodicea in Syria.

April 14: Apostles Aristarchos, Pudens and Trophymos of the Seventy; Martyr Thomais of Alexandria; New-martyr Demetrios of the Peloponnesos.

DAILY SCRIPTURE READINGS

Sunday	Hebrews	4:14-16; 5:1-6	Mark	8:34-38; 9:1
Monday	Genesis	8:21-9:7	Proverbs	11:19-12:6
Tuesday	Genesis	9:8-17	Proverbs	12:8-22
Wednesday	Genesis	9:18-10:1	Proverbs	12:23-13:9
Thursday	Genesis	10:32-11:9	Proverbs	13:19-14:6
Friday	Genesis	12:1-7	Proverbs	14:15-26
Saturday	Hebrews	6:9-12	Mark	7:31-37
Sunday	Hebrews	6:13-20	Mark	9:17-31

Remember in Your Prayers

Our catechumens: Jeff Bennett; Ben Haag; Thomas & Christy Potts; Andrew Potts; Brian, Danielle, Luree, John, & River Pfeister; Billy & Stacey Murray; Leigh Ann Pompa; John & Lisa Weaver; Hannah Gibson; Richard & Lucas Luper; Michael Pritchett; Taylor Tawbush; Kyle, Jane, Isla & Lachlan Esposito; Michael Youngblood; Ronald Coleman; Brandon Daley

Prayer Requests: Mother Raphaela; Schemamonk Paul; Fr. Don & Martha Berge; Bill Stanek & family; Sally & Jason Boyle and their daughters Magdalena & Evangelia; Ken Alvis (Dianna Hildebrand's brother); Mary Elliott & family; Chris Hodges; Mickey Hodges; St. Nicholas Orthodox Church; St. Paul Orthodox Mission; Samuel Brownlow; Elizabeth Turner (Jack's mother); Aleksandra Klimkowski & family; Shawn McClenny (Miriam Redmond's brother-in-law); Stephen Hill (Nicholas Hill's brother) & family; Xander Moody (David & Rose McGee's nephew) & family; those suffering in the Middle East, most especially the Christians.

Expecting: Heather Hetrick, Courtney Hagebauer, Aryanna Smith

Diocesan Seminarian: Caleb McGee



ST. JOHN COMMUNITY



Orthodoxy 101 will next meet on Monday, April 15th & 22nd, at 7pm. The topic will be *The Holy Mysteries of the Church – Part 1 & 2*. All are welcome to attend either in person or via Zoom.

***Please note date change to Monday nights during Lent.**

The Sons of Thunder Men's Book Club will meet at the church at 6pm tonight to discuss *Welcoming Gifts: Sacrifice in the Bible and Christian Life* by Fr. Jeremy Davis. All men are welcome.

The Inaugural Lecture for the Antiochian Orthodox Medical Professionals Fellowship will take place via Zoom at 6pm tonight. Daniel B. Hinshaw, M.D., will speak about "Orthodoxy Christianity and Medical Practice: Understanding the Basics." All medical professionals are invited to attend. To register, please see the weekly emails.

Parish Council Update

The next meeting of the Parish Council will be Monday at 7pm, following the Great Compline service. The council will discuss some general maintenance issues both on the interior and exterior of the building. There will also be continued discussion about the update of the website. Thank you for your continued support of the ongoing ministries of the Church!

A New Rustom! David and Ioana Rustom welcomed new baby Julia Amelia on Sunday, March 31 at 4:21. She weighs 6 pounds and all are well. May God grant them many years! Meal information for the family will be provided at a later date.

Great Fast Reminder

As a reminder, the *traditional fasting discipline* is observed during the Great Fast which lasts from Pure Monday through Great and Holy Saturday (with *katalysis* for wine and oil on Saturdays and Sundays [except on Great and Holy Saturday when oil is not permitted], and for fish, wine and oil on the Annunciation [March 25th] and Palm Sunday).

May we all use this season to draw closer to our God through our voluntary ascetical work of prayer, fasting, and almsgiving!

St. John Eagles Basketball – Come out to support our men's basketball team on Monday nights at the JCC and join us for fellowship afterwards! The games will begin at 8pm. There is a \$3 spectator fee. We hope to see you in the stands and hear your cheers!

Photos on Bulletin Board – Is your family pictured on the bulletin board leading into St. Raphael Hall? If not, please see Mr. Trent Terry! He will take your picture and add you to our photos. There are so many new people and it is great to have a tool to put a name to a face.

Save the Date for April 27th – Lazarus Saturday – Parish Breakfast

Join us Lazarus Saturday morning following Divine Liturgy for breakfast and activities for the kids. Fr. Philip will be hearing the children's confessions following breakfast.

Icon Painting Workshop

Sts. George and Alexandra Orthodox Church in Fort Smith, Arkansas is hosting a 6-day intensive Icon Painting Workshop from June 24-29. To learn more information and/or to register for a spot, please see the weekly parish emails.

St. John Youth

Today: Sunday, 4/7 -	No Youth Group
This Week: Wednesday, 4/10 - Sunday, 4/14 -	Host Presanctified Dinner, 5:00-8:30pm Lunch at Someone's Home (Bring Sides & Desserts), <i>Host Needed</i> , 1:30-3:30pm
Looking Ahead: Sunday, 4/21 - Saturday, 4/27 -	Discussion & Donuts @Overton (Lunch Provided), 12:45-2:45pm Youth Host Lazarus Saturday Breakfast & Kids Retreat, 10:30am-1pm

Women of St. John Calendar

4/10 (Wed.) AWSJ Teaching, 10am – Women's Teaching will meet via Zoom this week to discuss *A Voice for Our Time* by Fr. Alexander Schmemmann.

Birthright Donation Drive – The AWSJ is collecting donations for baby items to be donated to Birthright for our Lenten Service Project. You may leave new or gently used items (0-9 months) in the bin in the Library. See weekly emails & insert for donation list & more details.

4/20 (Sat.) DOMSE Lenten Retreat, 10am-12pm via Zoom – The third annual hub & spoke DOMSE Lenten Retreat will feature a generational panel discussion “Embracing our Season in Life”. If you are interested in attending the DOMSE Lenten Retreat as a group, please sign up on the sign up genius link in the weekly emails. The Zoom link will not be distributed individually.

5/11 (Sat.) Bridal Shower for Mary Elise O'Brien, 1pm – Please join us May 11th at Reem Mansour's home for a bridal shower honoring Mary Elise O'Brien. Contact Trish Ratliff if you would like to contribute to the group gift (Venmo @Trisha-Ratliff). The registry can be found at: <https://www.zola.com/registry/maryeliseandjoe>

LIBRARY LINES

The Cross is the focus of our attention many times throughout the year. March 6, we commemorated the finding of the Cross by St. Helen. In September, we celebrate the Elevation of the Cross, specific events centered around the true Cross. Today is Veneration of the Cross Sunday on which we remember the great significance the Cross plays in our salvation. In Great Compline, we beseech the “invincible and ineffable power of the precious and life-giving Cross, forsake not us sinners.” We look to it and find encouragement in our journey at the halfway point through Lent. Read about the history and traditions surrounding feast days of the Cross in *A Dictionary of Greek*

Orthodoxy (HIS PAT), *Great Lent* (CAT LNTHLWK SCH) by Alexander Schmemmann, *Sermons on the Major Holy Days* (CAT CAL CON) by Anthony M. Coniaris, and *St. Helen Finds the Cross of Jesus* (KID STS HEL).

St. Tikhon (4/7), born in Russia in 1865, was an American saint. A studious and pious youth, he was tonsured a monk at age 26 and was appointed bishop of the Aleutians and Alaska in 1898. He worked tirelessly in the United States building churches and founded the first Orthodox seminary in the United States, named after his patron, St. Tikhon of Irkutsk. In 1917 he was recalled to Russia and was later elevated to the rank of Patriarch of Moscow. His struggles against the repression of the Church during the revolutionary period and his imprisonment by the Soviets undermined his health, and he reposed in 1925. Read more about him in *Journey Across America* (KID STS GID).

Monday, we commemorate a family member and a friend of the Apostles. St. Herodion (4/8) of the Seventy was related to St. Paul. He traveled with him on his missionary journeys and St. Paul ordained him as the first bishop of Patara in the Balkans. He was martyred around 67 AD. Hieromartyr Antipas (4/11) was a disciple of our St. John the Evangelist. He converted many in Pergamum from idol worship to the True God. The pagan priests burned him in a hot furnace where sacrifices were made to idols. The Faithful removed his unharmed body from the furnace and buried him. We ask his intercessions for diseases of the teeth. Read more about them in *Orthodox Saints* (HAG- -POL).

St. Africanus (4/10) hailed from Carthage, a city of several saints of whom St. Cyprian (8/31) was the most famous. Emperor Decius had ordered the citizens to sacrifice to idols. Those who refused were raked with hot irons and their wounds were rubbed with many irritants. The emperor knew that Africanus and his companions were influential in leading others to Christ, so he showed their bodies to them hoping to make them renounce Jesus from fear. They refused and were put in chains and left to starve. They remained healthy, so sorcerers locked them in a dungeon with snakes. The next day they opened the door and the men were unharmed. The snakes slithered to the door and bit the sorcerers. Africanus and the friends were then beheaded.

Friday we commemorate St. Anthusa (4/12), an 8th century princess and her namesake. The first Anthusa was an abbess who was charged before the emperor for honoring icons. Although he threatened her with torture if she did not renounce the practice, she told him that his pregnant wife would have a safe delivery and healthy children. She was released and lived out her life for many years. The emperor's daughter was named in her honor. The princess Anthusa became a nun and lived in humility and care for others. She died peacefully in her 50s. Learn more about her in *Orthodox Saints* (HAG- -POL).

Saturday we commemorate a young Christian wife. Thomais (4/13) was a devout child who loved reading spiritual books. She was married at age fifteen to a Christian fisherman. She was well loved and respected by her husband's family with whom they lived. One night when Thomais's husband was working, the evil one ensnared her father-in-law to seduce her. She rebuffed him and he killed her with a sword. Her body was buried in a monastic cemetery. Her intercession is asked by those struggling with sexual passions. See more about her life in *Married Saints of the Church* (HAG- -MOS).