



“Love, Pray, Repent” / Welcome All!
“One, Holy, Catholic & Apostolic Church”

SAINT GEORGE ORTHODOX CHURCH

211 E. Minnesota St., Spring Valley, IL 61362

815-664-4540 www.springvalleyorthodox.com

office@springvalleyorthodox.com

Patriarch JOHN X of Antioch

Antiochian Orthodox Christian Archdiocese of North America

Vicar Metropolitan ANTONIOS, Elect Metropolitan SABA

Diocese of Toledo and the Midwest Bishop ANTHONY

Sunday, 19 March 2023, Tone 7 / Eothinon 7 Third Sunday of Lent



MATINS/ORTHROS, 8:45 AM • DIVINE LITURGY, 10:00 AM

PASTOR: Father Mark Sahady

PARISH COUNCIL MEMBERS:

Elected / Appointed Members

George Nimee, *Chair & Antiochian Men*

Melanie Thompson, *Treasurer*

Rdr Michael Baum, *Ecclesiarch*

Wayne Sanders, *Vice-Chair*

Nicholas Schaefer, *Secretary*

Sbdn David Anderson, *Sunday School*

Organization Representatives

Genie Sanders, *Chanters/Choir*

Nicholas Medawar, *Order of St Ignatius*

Dee Khoury, *Antiochian Women*

Robert Abraham, *Facilities*

19 March 2023

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Sunday Bulletin

BULLETIN PART ONE – ANNOUNCEMENTS & INFO

WORSHIP On Youtube: https://www.youtube.com/channel/UCVy__6R3xbIrx-UI8H63AUA

STUDIES & MEETINGS (when noted) On Zoom: <https://us02web.zoom.us/j/5822049765>

SCHEDULE OF EVENTS

March 17, Friday, **6:30 pm Akathist/Medayeh/Salutations to the Theotokos**
7:30 pm Tribute to Saint Patrick – see Mike Baum for brew tasting info

March 18, Saturday, **5:30 pm Vespers**

March 19, Lent 3rd Sunday, **8:45am Matins, 10am Divine Liturgy,**

10 yr Memorial for Fr Gregory Buss, 11:15am Fellowship, 11:45 am Parish Council Mtg

March 20, Monday, **6:30 pm Grand Compline with Canon**

March 22, Wednesday, **5:30pm PreSanctified Liturgy(Communion), 7pm Soup & Show**

March 23, Thursday, **2 pm Spiritual Life Study** at Rectory & [On Zoom](#).

March 24, Friday, **6:30 pm Vespers for the Feast of Annunciation**

March 25, Saturday, **8:30 am Matins, 9:30 am Divine Liturgy for Annunciation**

March 25, Saturday, **5:30 pm Vespers**

March 26, Lent 4th Sunday, **8:45am Matins, 10am Divine Liturgy,** 11:15am Fellowship

March 27, Monday, **6:30 pm Grand Compline with Canon**

March 28, Tuesday, **2 pm Senior Share** (Social, Healthy Lives Education, Table Games)

March 29, Wednesday, **5:30pm PreSanctified Liturgy(Communion), 7pm Soup & Show**

March 30, Thursday, **2 pm Spiritual Life Study** at Rectory & [On Zoom](#).

March 31, Friday, **6:30 pm Last Akathist/Medayeh/Salutations to the Theotokos**

April 1, Saturday, **4 pm Tea Talk Q&A** (in Church Hall & Zoom), **5:30 pm Vespers**

MARCH BIRTHDAYS

March 1 – Markella Fousekas

March 6 – Dee Khoury

March 13 – Nick Schaefer

March 13 – Sandy McLaughlin

March 21 – Anthony Herrera

March 22 – Matthew Panizzi

March 23 – Anne Abraham

March 24 – George Kaleel

March 25 – Calliope Grace Leonard

March 30 – Christopher Baran, Dina Desai

CHURCH FINANCES

Seminarian Collection

Thank you to those who donated last two weeks for the Seminaricians of our Archdiocese. The collection was \$166.

Green Altar Boy Robes Donations

Thank you to those who donated last week for Green Altar Boy Robes. We're close to the Matching Amount for them.

Remember: you can donate directly by going to www.springvalleyorthodox.com and clicking the Donate Button at the bottom of the page with PayPal or Credit Card or contact Fr Mark for Bank Information for Direct Deposit by Transfer from your bank.

Your Stewardship Donations into the General Fund make all ministries happen.

Offering Schedule	Holy Bread & Food	Usher	Epistle Reader
Sunday, March 19	Sally Favia	Andrea Schaefer	Allyson Scandale
Sunday, March 26	Kh Barbara Sahady	Kh Barbara	Kh Barbara
Sunday, April 2	Robert Abraham		
Palm Sunday, April 9	A-Men Fish Fry / Anysia & Genie		
Pascha, April 16	Midnight Basket Share & 3 pm Potluck		
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BULLETIN PART TWO – WORSHIP

- The “Glory” hymns at the end of Matins:

THE DOXASTICON FOR THIRD SUNDAY OF LENT IN TONE EIGHT

Glory to the Father, and to the Son, and to the Holy Spirit.

The Lord of all taught us by a proverb to run away from the haughtiness of the evil Pharisees; and instructed all not to exalt themselves in their opinions from duty, having Himself become a Symbol and an Exemplar, emptying Himself unto the Cross and death. Wherefore, with the publican, let us offer Him thanks, saying, O Thou Who didst suffer for our sakes and remained an unsuffering God, deliver us from sufferings and save our souls.

Both now and ever, and unto ages of ages. Amen.

Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.

THE GREAT DOXOLOGY

- While the choir sings: “Holy God, Holy Mighty, Holy Immortal: have mercy on us”, the clergy and servers process around the church and say: **Wisdom. Let us attend!**
- The clergy sing the apolytikion of the Holy Cross once, followed by the choir twice.

APOLYTIKION FOR THE HOLY CROSS IN TONE ONE

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

- Then, the clergy sing “Before Thy Cross...” below once, followed by the choir twice.

“BEFORE THY CROSS”

Before Thy Cross we bow down in worship, Master, and Thy Holy Resurrection we glorify. Then, the clergy and altar servers return to the sanctuary while the choir sings:

THE TROPARION “Having Risen from the Dead”

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- The Hymns of the Day during the Divine Liturgy of Saint Basil the Great:

THE GREAT LITANY & THE FIRST ANTIPHON:

Verse: The light of Thy countenance, O Lord, has been signed upon us. Thou hast given to those that fear thee a sign, to flee from the bow.

Refrain: Through the intercessions of the Theotokos, O Savior, save us.

Verse: Thou hast ascended on high, Thou hast led captivity captive. Thou hast given an inheritance to those that fear Thy Name, O Lord. (**Refrain**)

Verse: Glory... Both now... (**Refrain**)

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THE LITTLE LITANY & THE SECOND ANTIPHON:

Verse: All the ends of the earth have seen the salvation of our God. Let us worship at the place where His feet have stood.

Refrain: Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia.

Verse: God is our King before the ages; He has wrought salvation in the midst of the earth. (**Refrain**)

Verse: I will be exalted among the nations; I will be exalted in the earth. (**Refrain**)

Verse: Glory to the Father... Both now and ever... O, only begotten Son and Word...

THE LITTLE LITANY & THIRD ANTIPHON:

Verse: Exalt ye the Lord our God, and worship at His footstool. O Lord, save Thy people and bless Thine inheritance. Feed them and lift them up forever.

APOLYTIKION FOR THE HOLY CROSS IN TONE ONE

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

THE EISODIKON (ENTRANCE HYMN) OF ORDINARY SUNDAY:

Priest: Come, let us worship and fall down before Christ. Save us, O Son of God,
Who art risen from the dead, who sing to Thee: Alleluia.

All: Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia

• *After the Little Entrance (Eisodos), sing these Apolytikia in the following order.*

RESURRECTIONAL APOLYTIKION IN TONE SEVEN:

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning that Thou hast risen O Christ, granting to the world the Great Mercy

APOLYTIKION FOR THE HOLY CROSS IN TONE ONE

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

APOLYTIKION OF SAINT GEORGE IN TONE FOUR:

Since thou art a liberator and deliverer of the captives, a help and succour of the poor and needy, a healing physician of the sick, a contender and fighter for the kings, O great among martyrs, thou victory-clad George: Intercede with Christ God for the salvation of our souls.

KONTAKION FOR SUNDAYS IN GREAT LENT IN TONE EIGHT:

To thee, the Champion Leader, I thy city ascribe thank offerings of victory, for thou hast delivered me from terrors, O Theotokos; but as thou hast that power which is invincible, from all dangers set me free that I may cry out unto thee: Hail, O Bride without Bridegroom

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THE ANTI-TRISAGION HYMN

Before Thy Cross we bow down in worship, Master, and Thy Holy Resurrection we glorify. (THRICE) *Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.* And we glorify Thy Holy Resurrection. Dynamis! Before Thy Cross we bow down in worship, Master, and we glorify Thy Holy Resurrection.

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• **The Scripture of the day, following the Anti-Trisagion Hymn:**

THE EPISTLE (For the Third Sunday of Great Lent)

Clergy: Let us attend!

Reader: O Lord, save Thy people and bless Thine inheritance.

Unto Thee, O Lord, will I cry, O my God!

Clergy: Wisdom!

Reader: The Reading from the Epistle of Saint Paul to the Hebrews. (4:14-5:6)

Clergy: Let us attend!

Reader: Brethren, since we have a great High Priest, Who has passed through the heavens, Jesus the Son of God, let us hold fast the confession. For we do not have a High Priest Who is unable to sympathize with our infirmities, but one Who has been in all points tempted like as we are, yet without sin. Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace to help in time of need. For every high priest, being taken from among the people, is appointed

on behalf of the people in things pertaining to God, that he may offer up both gifts and sacrifices for sins; who can have compassion on the ignorant and on those who are erring, since he himself also is encompassed with infirmity. Because of this he is bound, as for the people so also for himself, to offer up for sins. And no one takes the honor upon himself, but as being called by God, as was Aaron. So, Christ also did not glorify Himself to become a High Priest, but it was by the One saying to Him, "Thou art My Son, today I have begotten Thee." As He says also in another place, "Thou art a Priest forever, according to the order of Melchizedek."

Clergy: Peace be to thee, who readest.

Reader: And to thy spirit.

Choir: Remember Thy congregation, which Thou hast purchased of old!

God is our King before the ages; He has worked salvation in the midst of the earth!

All: Alleluia! Alleluia! Alleluia!

THE GOSPEL (For the Third Sunday of Great Lent)

The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)

The Lord said, "If any man would 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 soul? For what can a man give in return for his soul? 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 Jesus 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."

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• **Instead of "It is truly meet" sing the Saint Basil Liturgy Megalynarion:**

In thee rejoiceth, O full of grace, all creation: the angelic hosts, and the race of men, O hallowed Temple and noetic 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 He made more spacious than the heavens. In thee rejoiceth, O full of grace, all creation; and it glorifieth thee.

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• **After "One is Holy, One is Lord..." & "I Believe O Lord and I Confess..."**

Sing the following Hymns in Tone 8:

O Lord, Who freely hast spread out Thy divine hands * upon the holy and precious Cross, * grant us all with heartfelt compunction * and faith to worship it worthily, * when we have been made to shine * through fasting, prayer, and abstinence, * and through the doing of good with kindness, * as the Friend of man and good to all.

Lord, in the multitude of Thy great compassions, * blot out the multitudes of my sins, * and account me worthy, O Savior, * with a pure soul both to look upon * and to embrace Thy dread Cross * now in this week of abstinence, * since Thou art infinite in compassion * and art verily the Friend of man.

(Tone 3) What a great wonder to behold the Tree on which Christ was crucified in the flesh, with the world adoring it and being lighted therewith, crying, O the power of the Cross, which when demons behold they are burned, and by its sign it is revealed consuming them with flames. Wherefore, I bless thee, O pure Tree, honor and adore thee with fear, glorifying God Who granted me through thee unending life.

THEN THE KOINONIKON (COMMUNION HYMN) FOR THE CROSS:

The light of Thy countenance, O Lord, hath been signed upon us. Alleluia.

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- *Instead of “We have seen the true light”, sing the Apolytikion of the Holy Cross.*
- *After “Blessed be the Name” is 10yr Memorial for Fr Gregory Buss, then Dismissal.*
- *Then the priest distributes the flowers while the people venerate the Cross and the chanters offer this hymn in Tone Two:*

Come, O ye faithful, let us worship the life-creating Wood, whereon Christ, the King of Glory, stretching out His hands of His own will, lifted up to the ancient blessedness us whom the enemy had aforetime despoiled through pleasure, making us exiles from God. Come, O ye faithful, let us worship that Wood whereby we have been deemed worthy to crush the heads of our invisible enemies. Come, all ye kindreds of the nations, with hymns let us honor the Cross of the Lord. Rejoice, O Cross, thou perfect redemption of fallen Adam. In thee do our most faithful sovereigns boast, since by thy power they have mightily subjected to themselves the Ishmaelite peoples. As we Christians now venerate thee with fear, we glorify God, Who was affixed to thee, and we say: O Lord, Who wast nailed to the Cross, have mercy on us, since Thou art good and the Lover of mankind.

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COMMEMORATION: The Precious and Life-giving Cross—which we especially venerate today, the Martyrs Chrysanthos, Daria, and those with them of Rome; and the Martyr Pancharios of Nicomedia.

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BULLETIN PART THREE – MORE ANNOUNCEMENTS & INFO

Donations Welcome Now to get 6 Green Altar Boy Robes used June-July, \$255 each
Matching funds offered so that every dollar given is worth twice the amount.

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Save yellow onion skins in a plastic bag in the refrigerator and then bring them to Church by Holy Wednesday night to dye Easter-Pascha Eggs red on Holy Friday.

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Senior Share - the 2nd & 4th Tuesday, 2 - 4 pm (Next one is 28 March)

Enjoy the Social and Learning Activities, as well as table games in the church hall for all. This Program works in conjunction with the Bureau County Senior Center in Princeton.

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St. Athanasius College (SAC) is an online college with in-person opportunities. They offer three degrees: AA in General Studies, BA in Leadership and Management, and a BA in Orthodox Theology. The **Satellite Campus** is an internship program. While the online education offered at SAC is good, an incarnate community is always better. That's where the host parish can make a difference. Students will be required to volunteer at the host parish and complete two projects at the parish each school year. Lots of SAC students are working adults who are willing to relocate to have a sense of community with other Orthodox students. School hours are times when students are allowed into the church to study or take exams - this is coordinated with the Parish. Parishes may expect a small financial profit for hosting the program and a large spiritual profit for ministering to college students. Students attend SAC year-round.

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Cultivating Vision and Change - The duty of Orthodox parishes is to bring the Gospel in loving action to those God has put before us in our neighborhoods, those who come to our doorstep needy, and in the daily lives of every member of our church community.

Holy Week Schedule

April 7, Friday, Lazarus 6:30 pm Vespers with Canon

April 8, Saturday, Lazarus 9 am Matins & 10 am Divine Liturgy

11 am Confession Time while Crosses are weaved from Palms

5:30 pm Vespers

April 9, Orthodox Palm Sunday 8:45 am Matins & 10 am Divine Liturgy

Patriarchate Collection

11:15 am Fish Fry Picnic

7 pm Bridegroom Matins

April 10, Holy Monday, 7 pm Bridegroom Matins

April 11, Holy Tuesday, 7 pm Bridegroom Matins with Kassiani Hymn

April 12, Holy Wednesday, 7 pm Holy Unction

April 13, Holy Thursday, 9 am Mystical Supper

7 pm Passion Gospel Matins

April 14, Holy Friday, 10 am - Noon Royal Hours

Noon Tomb Decoration & Egg Dying

3 pm Vespers

4-7 pm Vigil at the Tomb

7 pm Lamentation Matins

April 15, Holy Saturday, 9 am Vesperal Liturgy

10 pm Nocturnes

10:20 pm The Light with Procession

10:30 pm Matins

11:30 pm Divine Liturgy

April 16, Pascha Sunday, 00:30 am Bless Paschal Baskets

2 pm Agape Vespers

3 pm Easter Egg Hunt with Parish Picnic

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The 49th Food for Hungry People & Charitable Outreach Campaign 2023. Let us embrace Lenten struggles responding to the needs of those around us & renew our faith!

Get Your Food For Hungry People Collection Boxes for Lent or make your own!

Fill your Collection Boxes & Bring Donations by Pascha “The amount we give is not judged by the largeness of our gifts, but by the largeness of our hearts.” ~*St John Chrysostom*

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Donations are welcome for two special projects for a single flat fee of \$6,000:

1) Prep and paint the deteriorating woodwork on the outside of the bell tower, which is sure to get worse and ultimately create structural problems if left untended for much longer. 2) Grade and apply gravel to the rear of our property bordering the alley, creating new parking spaces on a level with the rear entrance (through the kitchen). These spaces would provide easier and safer access to the building for persons with mobility issues, as well as our many visitors, especially during rainy and icy conditions.

<https://www.antiochianevents.com/toledo>



Diocese of Toledo & the Midwest Parish Life Conference 2023

June 28th - July 2nd
Hosted by St Mary Orthodox Church
Palos Heights, IL

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Book your \$99 room today!
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to book your room!](#)



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Join us for a PLC including divine services, our annual Bible Bowl & Oratorical, guest speakers for everyone, fun evening events, daytime activities and more!



Young Adult
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Fr. Mark
Hagan



Teen
Speaker:
Mother
Gabriella



Keynote
Speaker:
Fr. Jeremy
Davis



Women's
Speakers:
Cynthia Damaskos
Molly Sabourin



Christian Ed.
Speaker:
Bob
Snyder