

THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

Volume XXI

Number 02

9 / 22 September 2019

SUNDAY BEFORE THE EXALTATION OF THE CROSS

FOURTEENTH SUNDAY AFTER PENTECOST (Tone 5)

Afterfeast of the Nativity of the Theotokos; Saints Joachim & Anna

SCHEDULE OF SERVICES THIS WEEK

SUNDAY BEFORE THE EXALTATION (Tone 5)

Afterfeast of the Nativity; Ss Joachim & Anna

Saturday, 21 September (8 September, o.s.)

6:00 PM Vigil Service;
Confessions

Sunday, 22 September (9 September, o.s.)

9:10 AM Third and Sixth Hours

9:30 AM Divine Liturgy;
Coffee Hour

12:30 PM 'Lunch with Father' for older Children

EXALTATION OF THE HOLY CROSS

Saturday, 26 September (13 September, o.s.)

6:00 PM Vigil Service;
Confessions

Friday, 27 September (14 September, o.s.)

9:10 AM Third and Sixth Hours

9:30 AM Divine Liturgy

SUNDAY AFTER THE EXALTATION (Tone 6)

Afterfeast of the Exaltation; Grt Martyr Euphemia

Saturday, 28 September (15 September, o.s.)

6:00 PM Vigil Service;
Confessions

Sunday, 29 September (16 September, o.s.)

9:10 AM Third and Sixth Hours

9:30 AM Divine Liturgy;
Coffee Hour

12:30 PM 'Lunch with Father' for older Children

FASTING DAYS Week of 22 September

Day of Week	Date	Commemoration and Type of Fast
Wednesday	25 September (12 Sept, o.s.)	Apodosis of Nativity of Theotokos Fast: Wine & Oil permitted
Friday	27 September (14 Sept, o.s.)	EXALTATION OF THE CROSS Strict Fast: Wine & Oil permitted

SCRIPTURE READINGS

Week of 22 September

<i>Su</i>	Sunday before the Exaltation of the Cross	
	14th Sunday after Pentecost	
	<i>3rd Resurrectional Matins Gospel:</i> Mark §71 (16:9-20)	
	Gal. §215 (6:11-18)	John §9 (3:13-17)
	2 Cor. §170 (1:21-2:4)	Mt §89 (22:1-14)
15TH WEEK after PENTECOST		
<i>M</i>	Gal. §202 (2:11-16)	Mark §21 (5:24b-34)
<i>Tu</i>	Gal. §204 (2:21-3:7)	Mark §22 (6:1-7)
<i>W</i>	Gal. §207 (3:15-22)	Mark §23 (6:7-13)
<i>Th</i>	Gal. §208 (3:23-4:5)	Mark §25 (6:30-45)
<i>F</i>	EXALTATION OF THE HOLY CROSS	
	<i>Vespers Paramia:</i> (1) Exodus 15:22-16:1a • (2) Proverbs 3:11-18 • (3) Isaiah 60:11-16	
	<i>Matins Gospel:</i> John §42a (12:28-36a)	
	1 Cor. §125 (1:18-24)	John §60 (19:6-11a, 13-20); §61 (25-28a, 30b-35a)
<i>F</i>	Gal. §210 (4:8-21)	Mark §26 (6:45-53)
<i>Sa</i>	Saturday after the Exaltation of the Cross	
	1 Cor. §125a (1:26-29)	John §30 (8:21-30)
<i>Sa</i>	1 Cor. §132 (4:17-5:5)	Mt §97 (24:1-13)
<i>Su</i>	Sunday after the Exaltation of the Cross	
	15th Sunday after Pentecost	
	<i>4th Resurrectional Matins Gospel:</i> Luke §112 (24:1-12)	
	Gal. §203 (2:16-20)	Mark §37 (8:34-9:1)
	2 Cor. §176 (4:6-15)	Mt §92 (22:35-46)

THIS WEEK'S ANNOUNCEMENTS

Metropolitan Hilarion has directed a special collection to be taken on the second Sunday of September to benefit the Synodal Music Commission, which oversees the Synodal Church Singer's School and the organization of the Church Singer's Conferences. The 28th Russian Orthodox Church Musician's Conference, entitled 'Continuity & Growth: Ensuring the Future of Liturgical Chant in our Parishes.', will take place at Church of the Epiphany in Boston, Massachusetts, from 2 - 6 October of this year. At St Elizabeth's we will be collecting for this good work in our Church during the Sundays of September.

Next week there will be a 'Lunch with Father' for the Middle School aged children of the parish. The topic will be the confusing messages our society is advocating about personal identity, marriage, and relationships that are opposed to our Orthodox Christian Faith. Parents are welcome to listen in, but not participate actively.

On Monday, 23 September, from 7:30 pm - 8:30 pm there will be a performance of *'Hymns of the Russian Orthodox Church and Folk Songs from Russia,'* by the LYRA Vocal Ensemble, an *a cappella* group of four professional singers from St. Petersburg, Russia. The performance will be held 4 miles from St Elizabeth's, just beyond Kingston at Princeton Windrows (near Forrestal Village, off Route 1 and Mapleton/Seminary Road). Admission is free. The first part of the concert, which will be sacred music of the Russian Orthodox Church, will include ancient songs to works of famous masters and little known but remarkable Russian composers of the 18th-19th centuries. The second part of the program will be Russian folk songs: lyric, dancing, and love songs. Should anyone want to attend and/or get more information, please contact Deborah Westbrook at deb.westbrook@att.net.

Donations are sought for flowers to adorn the Holy Cross on the Feast of the Exaltation (14 / 27 September). If you would like to make a donation toward flowers for that day, please place it in the collection basket marked 'flowers.' You may certainly include a commemoration list so that your loved ones may be remembered at the Liturgy on that day.

The Exaltation of the Holy and Life-giving Cross (14 / 27 September) is one of the most important of the Twelve Great Feasts of the Orthodox Church. Its preeminence is demonstrated by the fact that a special Epistle and Gospel are appointed for the Saturday and Sunday both before and after the Feast, like the Great Feasts of Christmas and Theophany. This Feast Day commemorates the finding of the True Cross by St Helena, the mother of St Constantine the Great, and various miracles associated with the True Cross throughout history. At the end of the Vigil service on the Eve of the Feast, the Holy Cross, adorned on a tray with flowers or basil, is brought out of the Altar in procession to the center of the church where it is venerated by the faithful.

The Feast of the Exaltation of the Holy Cross is also a fast day on whatever day it falls. On this day we glory in the Cross of Christ on Which He suffered for our salvation, but we also mourn our Saviour's terrible passion and death upon the Cross. Because it is a strict fast day, the Typicon appoints only one meal to be taken on this day, at which we abstain from all animal products and fish. In Russian practice wine and oil are always permitted on this day. In Greek practice, wine and oil are generally not permitted unless the Feast falls on a Saturday or Sunday.

On Sundays and all Great Feasts of the Saviour, we neither kneel nor make prostrations in our prayers at home or in services in church. This proscription against kneeling is from eve until evening, i.e. it begins at the prayer 'Vouchsafe, O Lord...' at the Vigil on the eve and lasts until the same prayer at the Vespers on the evening of the Feast itself. The only exception to this rule is on the

Feasts of the Cross (i.e. on the Feast of the Exaltation of the Cross on 14 / 27 September and on the Sunday of the Veneration of the Cross on the Third Sunday of the Great Fast) when we make prostrations before the Holy Cross set out in the church. This exception underscores the great importance that the Holy Cross plays in our salvation.

The Exaltation of the Cross is celebrated for the usual eight days, from the Feast Day itself through the *Apodosis* (Leave-taking) of the Feast on 4 October (n.s.). The troparion and kontakion of the Exaltation are chanted or read at all the services of the Church on each of the eight days. The texts for these hymns may be found in the *Jordanville Prayer Book*. To celebrate the Feast at home, the troparion of the Feast ('*Save, O Lord, Thy people...*') can be sung instead of the 'Our Father' before meals, while the kontakion of the Feast ('*O Thou Who wast lifted up willingly on the Cross...*') can be sung instead of the usual thanksgiving troparion after each meal. It would also be most appropriate to sing the troparion and kontakion of the Feast at the end of our morning and evening prayers at home.

Father can provide written excuses for absence or lateness for students attending Liturgy for a Great Feast. Just let him know you need it in advance.

Concerning Confession and Holy Communion: Those who have been to any time during the two weeks prior to Feast of the Exaltation of the Holy Cross, may receive Holy Communion on the Feast, provided that no serious sin has been committed which would require another Confession and that the other usual preparations for Holy Communion are observed (i.e. attendance of the Vigil Service the evening before Holy Communion, reading the Pre-Communion Prayers, and the forgiveness of others). Likewise, those who have been to Confession for Holy Cross Day may receive Holy Communion at the Liturgy the following two Sundays under the same conditions.

St Elizabeth's Annual Picnic will be held on the last Sunday of September instead of our usual Sunday coffee hour. Please plan to attend. It will be a great opportunity for Parish fellowship. Hamburgers, hot dogs, and buns will be provided by the parish. We need salads, side dishes, desserts, chips, drinks, and other accompaniments brought by parishioners. Please let Matushka know if you plan to attend and what you plan to bring.

Good news! We have again been invited to hold our Parish Picnic at the home of the Yanovsky family at 10 Steele Drive, West Windsor, New Jersey. Many thanks to Inna & Ken!

