

Sunday, May 3, 2009 3rd SUNDAY OF PASCHA—Tone 2. Martyrs Timothy the Reader and his wife Maura of Antinoë in Egypt (ca. 286). Ven. Theodosius, Abbot of the Kiev Caves Monastery and Founder of Cœnobitic Monasticism in Russia (1074). St. Peter the Wonderworker, Bishop of Argolis (10th c.). The “SVENSKAYA” Icon of the Most-Holy Theotokos (1288).

FIRST ANTIPHON

Make a joyful noise to God, all the earth! Sing of His name, give glory to His praise!
Through the prayers of the Theotokos, O Savior save us!

Say to God: How awesome are Thy deeds! So great is Thy power that Thy enemies cringe before Thee! **Through the prayers of the Theotokos, O Savior save us!**

Let all the earth worship Thee and praise Thee! Let it praise Thy name, O Most High!
Through the prayers of the Theotokos, O Savior save us!

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen. **Through the prayers of the Theotokos, O Savior save us!**

SECOND ANTIPHON

God be bountiful to us and bless us! Show the light of Thy countenance upon us and have mercy on us! **O Son of God who arose from the dead, save us who sing to Thee: Alleluia!**

That we may know Thy way upon the earth, and Thy salvation among all nations! **O Son of God who arose from the dead, save us who sing to Thee: Alleluia!**

Let the people give thanks to Thee, O God! Let all the people give thanks to Thee! **O Son of God who arose from the dead, save us who sing to Thee: Alleluia!**

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen. Only-begotten Son and immortal Word of God, Who for our salvation didst will to be incarnate of the holy Theotokos and ever-virgin Mary, Who without change became man and wast crucified, Who art one of the Holy Trinity, glorified with the Father and the Holy Spirit: O Christ our God, trampling down death by death, save us!

THIRD ANTIPHON

Let God arise, let His enemies be scattered; let those who hate Him flee from before His face.

Troparion: Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life.

As smoke vanishes so let them vanish; as wax melts before the fire.

Troparion: Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life.

So the sinners will perish before the face of God; but let the righteous be glad.

Troparion: Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life.

TROPARIA

(Tone 2) When You descended to death, O Life Immortal, You slew Hell with the splendor of Your Godhead. And when from the depths You raised the dead, all the powers of heaven cried out: O Giver of Life, Christ our God, glory to You!

Tone 2) The noble Joseph, when he had taken down Thy most pure Body from the tree, wrapped it in fine linen and anointed it with spices, and placed it in a new tomb. But Thou didst rise on the third day, O Lord, granting the world great mercy.

(Tone 2) The angel came to the myrrhbearing women at the tomb and said: "Myrrh is meet for the dead, but Christ has shown Himself a stranger to corruption! So proclaim: 'The Lord is risen, granting the world great mercy!'"

KONTAKIA

(Tone 2) Thou didst command the myrrhbearers to rejoice, O Christ! By Thy Resurrection Thou didst stop the lamentation of Eve, O God! Thou didst command Thy apostles to preach: The Savior is risen!

(Tone 8) Thou didst descend into the tomb, O Immortal; Thou didst destroy the power of Death. In victory didst Thou arise, O Christ God, proclaiming "Rejoice!" to the myrrhbearing women, granting peace to Thy apostles, and bestowing resurrection on the fallen.

The Prokeimenon in the Sixth Tone: O Lord, save Thy people / and bless Thine inheritance!

v: To Thee, O Lord, will I call. O my God, be not silent to me!

THE READING FROM THE ACTS OF THE HOLY APOSTLES (6:1-7)

In those days when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the twelve summoned the body of the disciples and said, "It is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word." And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochorus, and Nicanor, and Timon, and Parmenas, and Nicolaus, a proselyte of Antioch. These they set before the apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

Alleluia, Tone 8

v: Lord, Thou hast been gracious to Thy land; Thou hast restored the fortune of Jacob.

v: Mercy and truth have met, righteousness and peace have kissed each other.

THE HOLY GOSPEL ACCORDING TO SAINT MARK (15:43-16:8)

At that time Joseph of Arimathea, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he was already dead. And when he learned from the centurion that he was dead, he granted the body to Joseph. And he bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joseph saw where he was laid. And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back; -- it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you." And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to any one, for they were afraid.

THE HYMN TO THE THEOTOKOS

The Angel cried to the Lady full of grace: Rejoice, O Pure Virgin! Again I say: Rejoice! Your Son is risen from His three days in the tomb! With Himself He has raised all the dead! Rejoice, all ye people! Shine! Shine! O New Jerusalem! The Glory of the Lord has shone on you! Exult now and be glad, O Zion! Be radiant, O Pure Theotokos, in the Resurrection of your Son!

COMMUNION HYMN

Receive the Body of Christ, taste the Fountain of Immortality. Alleluia, Alleluia, Alleluia! Praise the Lord from the heavens! Praise Him in the highest! Alleluia, Alleluia, Alleluia!

IN PLACE OF "WE HAVE SEEN THE TRUE LIGHT..."

Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life.

SAINT THEODOSIUS OF THE CAVES (MAY 3)

Saint Theodosius of the Caves, was the Father of monasticism in Russia. He was born at Vasilevo, not far from Kiev. From his youth he felt an irresistible attraction for the ascetic life, and led an ascetic lifestyle while still in his parental home. He disdained childish games and attractions, and constantly went to church. He asked his parents to let him study the holy books, and through his ability and rare zeal, he quickly learned to read the books, so that everyone was amazed at his intellect.

When he was fourteen, he lost his father and remained under the supervision of his mother, a strict and domineering woman who loved her son very much. Many times she chastised her son for his yearning for asceticism, but he remained firmly committed to his path. At the age of twenty-four, he secretly left his parents' home and St Anthony at the Kiev Caves monastery blessed him to receive monastic tonsure with the

name Theodosius. After four years his mother found him and with tearfully begged him to return home, but the saint persuaded her to remain in Kiev and to become a nun in the monastery of St Nicholas at the Askold cemetery.

St Theodosius toiled at the monastery more than others, and he often took upon himself some of the work of the other brethren. He carried water, chopped wood, ground up the grain, and carried the flour to each monk. On cold nights he uncovered his body and let it serve as food for gnats and mosquitoes. His blood flowed, but the saint occupied himself with handicrafts, and sang Psalms. He came to church before anyone else and, standing in one place, he did not leave it until the end of services. He also listened to the readings with particular attention.

In 1054 St Theodosius was ordained a hieromonk, and in 1057 he was chosen igumen. The fame of his deeds attracted a number of monks to the monastery, at which he built a new church and cells, and he introduced cenobitic rule of the Studion monastery, a copy of which he commissioned at Constantinople.

Trusting in God's help, the saint did not keep a large supply of food at the monastery, and therefore the brethren were in want of their daily bread. Through his prayers, however, unknown benefactors appeared at the monastery and furnished the necessities for the brethren.

The saint was not afraid to denounce the mighty of this world. Those unjustly condemned always found a defender in him, and judges would review matters at the request of the igumen. He was particularly concerned for the destitute. He built a special courtyard for them at the monastery where anyone in need could receive food and drink. Sensing the approach of death, St Theodosius peacefully fell asleep in the Lord in the year 1074. He was buried in a cave which he dug, where he secluded himself during fasting periods. The relics of the ascetic were found incorrupt in the year 1109, and St Theodosius was glorified as a saint in 1108.

May 3, 2009

CANDLE INTENTIONS FOR THE HEALTH & BLESSINGS OF

Mary Popoff-speedy recovery from surgery.....	Uncle Joe & Teta Dorothy
Happy Birthday Arinn Pray (May 4).....	Grandma & Grandpa
Special Intention Maggie, Nancy & Ken Laycock, Diane & Art Zambito & Family, Gloria Zelenko, Cynthia Brooke, Helen & Doug Phillips, Jaxon Cords, Anne Smith.....	Anne Smith
Good health with God's blessings for a speedy recovery for Penny Elieff.....	Lewis & Evanka Elieff
Evdokia Ponomarenko.....	Lucy Hogg
Health & God's blessings Nicholas Kondyles (McLaren).....	Rosemary Vuckovich
Penny Elieff-speedy recovery from surgery.....	Joe & Dorothy Goodman
Health for Thomas Panoff on his Names Day.....	Mom & Dad
Nadja & Sean Berneche, Teri & Jeremy Hogg, Chris Hogg.....	Lucy Hogg
Tom Branoff on his Names Day.....	His Family
Health & Blessings Olga Haw, Mary Harrison, Olga Elasivich & Family, Joe Eckert, Walter Sudia, Frank Evanoff, Sick & shut-ins of St. Nicholas.....	Anne Smith
David Tome, Anne Smith, Mary Harrison, John & Gloria Zelenko, Ted Weston, Walter Sudia, Rosemary Vuckovich, My family & friends.....	J. Tome
God's blessing for Angela Bakousidis.....	Mom & Dad
God's blessings for Phillip Bakousidis.....	Mom & Dad
Katherine Gonser, Mickey Gonser.....	Allen Adams Family
Happy Birthday & God's blessings Les Ford, Niece-Mildred Kuptz, Happy Anniversary & God's blessings Jennifer & Tony Barnhart.....	Anne Smith

CANDLE INTENTIONS FOR ALL THOSE IN BLESSED REPOSE

Themyana Brown in memory of her birthday May 5.....	Joe & Dorothy Goodman
Carl Smith & our son, Mary & Joe Oginsky-Memory of Anniversary, Charlotte Moore-Memory of Birthday, Pauline Michalsky-4yrs Blessed Repose.....	Anne Smith
Blessed Repose for James Elieff-1yr April 23.....	Lewis & Evanka Elieff & Family
Frances Fekin-6yrs Blessed Repose, Themyana Brown-Memory of Birthday, Mildred & Andrew Marko-Memory of Anniversary, Ed Stockman-Memory of Birthday.....	Anne Smith
Jim Elieff-1yr Blessed Repose-Memory Eternal.....	Joe & Dorothy Goodman & Family

ANNOUNCEMENTS

We welcome all of our friends and visitors to St. Nicholas. Please, join us for coffee and donuts in the parish hall following the Divine Liturgy.

We are in need of volunteers to serve coffee and donuts this morning.

Tim & Hannah are looking for Lilacs for their Wedding on May, 9. If you have any Lilacs (Purple are preferred, white will also be fine) growing in your yard and would like to donate them, please see either Tim or Hannah.

We will be having a Rib Dinner on Sunday, May 17 following the Divine Liturgy. All proceeds will go toward the playground equipment for our children.

We would like to have a list of all of our Graduates for the June bulletin. Please, call the parish office at 744-0070, by May 15 with the following information. 1. Graduates name 2. Name of parents and grandparents 3. Name of High School. 4. Name of college they will be attending in the fall. 5. If they graduated with honors.

Schedule of Services for the week of May 3

Sunday, May 3 3RD SUNDAY OF PASCHA – HOLY MYRRHBEARING WOMEN

9:30 AM

Third Hour

10:00 AM

Divine Liturgy

Saturday, May 9

10:00 AM

Crowning in Marriage of Timothy Seeley and Hannah Johnson

4:30 PM

Great Vespers followed by Confessions

Sunday, May 10

4TH SUNDAY OF PASCHA – PARALYTIC

9:30 AM

Third Hour

10:00 AM

Divine Liturgy

OVER

PASCHA 2009

Christ is Risen! Indeed He is Risen!

To the Very Reverend and Reverend Clergy, Monastics, and Faithful
of The Orthodox Church in America

Dearly Beloved in Christ,

Beloved, let us greet one another with Paschal Joy, and exchange the kiss of peace.

Let us feast soberly, that our joy may be full. Let us not stuff ourselves to satiety with feasting, nor indulge our passions to insensibility. Most of all, let us not give ourselves over to the darkness of the fallen world from which we have sought to purify ourselves, lack of forgiveness, anger and judgment, bitterness and hatred.

Rather, let us allow our old selves to remain crucified and buried, that the New Man may live, resurrected in and with Christ. Let us live according to the Kingdom, in communion with the Holy Spirit, so that we may be renewed by the Resurrection.

Our Pascha is not simply the beautiful services and the good food. It is not just family and Easter bunnies. It is not just the fellowship and familiar old customs.

Pascha is the dawn of the Age to Come, the Kingdom of God radiating into our souls and minds and hearts. Pascha is the experience of salvation itself, the foretaste of the Messianic Banquet, and the transformation of our lives. In Pascha we behold Christ, Risen from the dead, the revelation of the Second Coming.

We have gone with Christ to His Passion, but have we been crucified with Him?

We have held vigil at His Tomb, but were we asleep, and missed Him? Did our minds betray us and we doubt His Resurrection?



P.O. Box 675
Syosset, NY 11791-0675
Tel: 516.922.0550
Fax: 516.922.0954
Website: www.oca.org

Let the fruit of our Lenten efforts be the enlightenment of our minds and the renewal of our hearts that our repentance not be in vain.

Let us sing with joy together with the Angels and Archangels, and all creation which has groaned awaiting the revelation of the Son of Man. With all creation, the living and dead, the spiritual and material, and with all the saints, let us cry:

Christ is Risen from the dead, trampling down death by death, and upon those in the tombs bestowing life!

Христос Воскресе из мертвых, смертию смерть поправ, и сущим во гробех живот даровав!

Χριστος ανεστη εκ νεκρων, θανατο θανατον πατησας και της εν τοις μνημασι ζωην χαρισαμενος.

With love and joy in the Risen Christ,

A handwritten signature in black ink, starting with a cross symbol and the name 'Jonah' in a cursive script.

+ JONAH
Archbishop of Washington and New York
Metropolitan of All America and Canada