

EMMANUEL ORTHODOX CHURCH



FIRST SUNDAY OF LENT

March 5, 2017

A Western Rite Parish of the Antiochian Orthodox Christian
Archdiocese of North America

FOR OUR VISITORS

WELCOME to all our visitors today! Thank you for coming to worship with us. We hope you will feel at home. Please join us at our coffee & fellowship hour immediately following the Mass to learn more about our community and life in Christ.



ABOUT EMMANUEL ORTHODOX CHURCH

EMMANUEL Orthodox Church is a Western Rite parish of the Antiochian Orthodox Christian Archdiocese of North America. In the Acts of the Apostles we read, “in Antioch they were first called Christians” (11:26). The Orthodox Church has maintained an unbroken communion with these Christians of the first century, preserving the liturgies and doctrines handed down to us. Our mission is to draw close to the Holy Trinity in worship and love, to “put on Christ” (Gal. 2:27), and in Him to be “the light of the world” (Matt. 5:14).

His Eminence, Metropolitan JOSEPH

His Grace, the Right Reverend Bishop JOHN

The Rev. Fr. Christopher Nerreau

A NOTE REGARDING HOLY COMMUNION

IN the Orthodox Church, the Sacrament of Holy Communion is given only to baptized, chrismated Orthodox Christians who have duly prepared themselves by prayer, fasting, and confession. We do invite all visitors to receive a blessing from the priest and to partake of the blessed bread distributed by the altar servers.

HYMNS & READINGS AT MATTINS & MASS

MATTINS

The English Office & St. Ambrose Hymnal are used for Matins

Opening Sentence: I will arise and go to my Father, and will say unto him, Father, I have sinned against heaven, and before thee, and am no more worthy to be called thy son. —*Luke xv. 18, 19*

Psalms: 24, 25, 26 (pg. 54)

First Lesson: 2 Samuel 11:2-4a; 12:1-7, 9-10, 12-13a

Second Lesson: Luke 11:10-14

Office Hymn: *Now Christ, Thou Son of Righteousness* 81

℣. God shall give his angels charge over · thee.

℟. To keep thee in all thy · ways.

Antiphon on Benedictus: Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil: and when he had fasted forty days and forty nights, he was afterward an hungred.

MASS

All music is found in the St. Ambrose Hymnal

Processional: *The Glory of These Forty Days* 88

Asperges 351

Kyrie Handout

Offertory: *A Song, a Song of Gladness* 75

Sanctus Handout

Our Father 369

Agnus Dei Handout

Communion: *Bread of the World in Mercy Broken* 151

Recessional: *Lord, Who Throughout These Forty Days* 80

PROPERS OF THE MASS

Introit. *Psalm 91:15-16. Invocabit Me.* He shall call upon me, and I will hear him: I will deliver him, and bring him to honour; with long life will I satisfy him. *Ps. 91:1.* Whoso dwelleth under the defence of the Most High, shall abide under the shadow of the Almighty. *℟.* Glory be to the Father...

Collect. O God, who year by year through this Lenten observance dost cleanse and renew thy Church: grant unto us thy servants; that as by abstinence we strive to win thy pardon, so by good works we may effectually obtain the same. Through...

Epistle: *The continuation of the Epistle of Blessed Paul the Apostle to the Corinthians.* Brethren: We then, as workers together with him, beseech you also that ye receive not the grace of God in vain. (For he saith, I have heard thee in a time accepted, and in the day of salvation have I succoured thee: behold, now is the accepted time; behold, now is the day of salvation.) Giving no offence in any thing, that the ministry be not blamed: But in all things approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses, In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings; By pureness, by knowledge, by long suffering, by kindness, by the Holy Ghost, by love unfeigned, By the word of truth, by the power of God, by the armour of righteousness on the right hand and on the left, By honour and dishonour, by evil report and good report: as deceivers, and yet true; As unknown, and yet well known; as dying, and, behold, we live; as chastened, and not killed; As sorrowful, yet alway rejoicing; as poor, yet making many rich; as having nothing, and yet possessing all things. (II Corinthians 6:1-10)

Gradual. *Psalm 91:11-12.* God shall give his angels charge over thee, keep thee in all thy ways. *℟.* They shall bear thee in their hands, that thou hurt not thy foot against a stone.

Tract. *Psalm 91:1-7, 11-16.* Whoso dwelleth under the defence of the most High, shall abide under the shadow of the Almighty. *℟.* I will say unto the Lord, Thou art my hope, and my stronghold: my God, in him will I trust. *℟.* For he shall deliver thee from the snare of the hunter, and from the noisome pestilence. *℟.* He shall defend thee under his wings, and thou shalt be safe under his feathers. V. His faithfulness

and truth shall be thy shield and buckler: Thou shalt not be afraid for any terror by night. ✠ Nor for the arrow that flieth by day; for the pestilence that walketh in darkness, nor for the sickness that destroyeth in the noon-day. ✠ A thousand shall fall beside thee, and ten thousand at thy right hand: but it shall not come nigh thee. ✠ For he shall give his angels charge over thee, to keep thee in all thy ways. ✠ They shall bear thee in their hands: that thou hurt not thy foot against a stone. ✠ Thou shalt go upon the lion and adder, the young lion and the dragon shalt thou tread under thy feet. ✠ Because he hath set his love upon me, therefore will I deliver him: I will set him up, because he hath known my Name. ✠ He shall call upon me, and I will hear him: yea, I am with him in trouble. ✠ I will deliver him, and bring him to honour: with long life will I satisfy him, and shew him my salvation.

Gospel: ✠ *The continuation of the Holy Gospel according to Matthew.* At that time: Jesus was led up of the spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungred. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple, And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone. Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God. Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; And saith unto him, All these things will I give thee, if thou wilt fall down and worship me. Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve. Then the devil leaveth him, and, behold, angels came and ministered unto him. (4:1-11)

Offertory. *Psalm 91:4-5.* The Lord shall defend thee under his wings, and thou shalt be safe under his feathers: his faithfulness and truth shall be thy shield and buckler.

Secret. We solemnly offer unto thee, O Lord, this sacrifice in the beginning of Lent, beseeching thee: that, while we abstain from carnal feastings, we may likewise refrain from hurtful pleasures. Through...

Communion. *Psalm 91:4-5.* The Lord shall defend thee under his wings, and thou shalt be safe under his feathers: his faithfulness and truth shall be thy shield and buckler.

Postcommunion. Grant, O Lord, that this holy Sacrament, which we have now received, may in such wise deliver us from the sins of our former nature: that we may be worthy to enter into the fellowship of thy saving mysteries. Through...

PREPARATION FOR COMMUNION

ALmighty, everlasting God, lo, I draw nigh to the Sacrament of thine only-begotten Son, our Lord Jesus Christ. I draw nigh as one sick, to the Physician of life; unclean, to the Fountain of mercy; blind, to the light of eternal brightness; poor and needy, to the Lord of heaven and earth. I implore, therefore, the abundance of thine exceeding bounty, that thou wouldest vouchsafe to heal my sickness, to wash my defilements, to enlighten my blindness, to enrich my poverty, and to clothe my nakedness; and that I may receive the Bread of Angels, the King of kings, and Lord of lords, with such reverence and humility, such contrition and devotion, such purity and faith, and with such purpose and intention, as shall be expedient for the health of my soul.

GRANT me, I beseech thee, that I may receive not only the Sacrament of the Body and Blood of the Lord, but also the substance and virtue of the Sacrament. O most merciful God, grant me so to receive the body of thine only-begotten Son our Lord Jesus Christ, which he took of the Virgin Mary, that I may be worthy to be incorporated into his mystical Body and accounted among his members. O most loving Father, grant me, that thy beloved Son, whom I now purpose to receive veiled from sight, I may at length behold forever face to face. Who with thee, in the unity of the Holy Ghost, liveth and reigneth God, world without end. Amen.

PARISH ANNOUNCEMENTS

THIS WEEK

- ❖ Tuesday: Women's Group 6:30 p.m.
- ❖ Friday: Stations of the Cross 6:30 p.m.
- ❖ Sunday: Matins & Holy Mass 9:00 a.m.

SPECIAL NOTICES & COMING EVENTS

- ❖ Please find a summary of the Lenten fast below:

All meat products (including broth) are forbidden; fish and dairy are allowed. Only one full meal is eaten per day, but not before noon. A collation, or about one-third of a meal, is allowed in the evening. All who have reached 21 years of age are asked to observe the fasts of the Church, unless exempted by their father confessor. These guidelines are observed Monday-Saturday, with Sunday being exempted. Please see Fr. Chris to discuss how best to observe your Lenten fast this year.

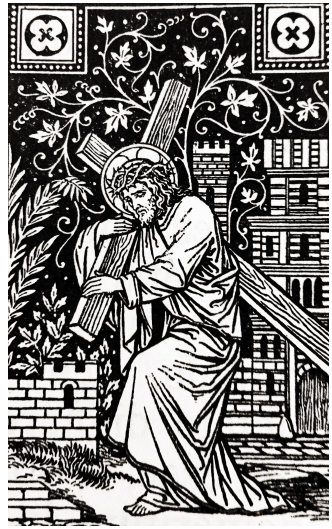
- ❖ Confessions will be heard from 9:00-9:30 a.m. on Sundays during Lent.
- ❖ Please consider making a special donation for Easter flowers using the enclosed form. Donations may be made for the living or for departed loved ones, whose names will be especially remembered during Mass at this holy time of year.
- ❖ We give thanks to God, and to our brother in Christ, Noel Gurley, for replacing all the light bulbs in the sanctuary with energy efficient bulbs. This will result in huge savings for the parish. Thank you, Noel!

LITURGICAL KALENDAR

M	6	Ss. Perpetua & Felicitas, Martyrs
T	7	St. Theophilus, Bishop
W	8	Ember Wednesday; St. Felix, Bishop
T	9	St. Gregory of Nyssa, Confessor & Doctor
F*	10	Ember Friday; The 40 Holy Martyrs
S	11	Ember Saturday; Ss. Heraclius & Zosimus, Martyrs
*Fasting & Abstinence		

FIRST SUNDAY OF LENT

“**B**EHOLD! now is the acceptable time; behold! now is the day of salvation. For although there be no time, which is not replete with divine gifts, and we may always, by God’s grace, have access to his mercy, yet ought we all to redouble our efforts to make spiritual progress and be animated with unusual confidence, now that the anniversary of the day of our Redemption is approaching, inviting us to devote ourselves to every good work, that so we may celebrate, with purity of body and mind, the incomparable Mystery of our Lord’s Passion.



It is true, that our devotion and reverence towards so great a Mystery should be kept up during the whole year, and we ourselves be, at all times, in the eyes of God, the same as we are bound to be at the Easter Solemnity. But this is an effort which only few among us have the courage to sustain. The weakness of the flesh induces us to relent our austerities; the various occupations of everyday life take up our thoughts; and thus, even the virtuous find their hearts clogged by this world’s dust. Hence it is, that our Lord has most providentially given us these Forty Days, whose holy exercises should be to us a remedy, whereby to regain our purity of soul. The good works and the holy fastings of this Season were instituted as an atonement and obliteration of the sins we commit during the rest of the Year.

Now, therefore, that we are about to enter upon these days, which are so full of mystery, and were instituted for the holy purpose of purifying both our soul and body, let us, dearly beloved, be careful to do as the Apostle bids us, and cleanse ourselves from all defilement of the flesh and the spirit: that thus the combat between the two substances being made less fierce, the soul, which, when she herself is subject to God, ought to be the ruler of the body, will recover her own dignity and position.”

-4th Homily on Lent by St. Gregory the Great

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