

*Venerable Luke of Hellas  
St Parthenius, Bishop of Lampsacus*

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**Welcome!** We are honored that you have joined us in our celebration of the Lord's resurrection this day.

If you are a first time visitor to our parish, we invite you to sign our guest book. If you have a question, a prayer request, or any need, please speak with Fr. Marty, or with any parish member.

For our friends present with us who are not Orthodox Christians, please note that we have specific disciplines regarding receiving Communion. We ask that you refrain from going to Communion until you have spoken with Fr. Marty and understand our discipline and piety regarding this sacrament and its implication for responsibility towards and membership in the Orthodox Church. The bread and wine offered after communion and the bread offered at the end of the service is available to all.

If you are an Orthodox Christian from another parish who has prepared in accordance with your discipline, and have a blessing from your home priest to do so, we invite and encourage you to partake of Holy Communion.

This booklet contains the variable hymns and readings specific to today. Please feel free to take it with you. There are coil-bound booklets with the text for the Divine Liturgy – if you find it useful, please feel free to take one of those as well, with our compliments.

We also hope you will stay and join us in our coffee and fellowship hour, which immediately follows the service. We want the opportunity to get to know you, and for you to get to know us. Again, welcome!

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*Regular services:*

**Great Vespers**, Saturday at 6:30pm

**Confession**, immediately following *Great Vespers*, other times by appointment.

**Third and Sixth Hour Prayers**, Sunday at 9:40am

**Divine Liturgy**, immediately following the hours.

**Music Rehearsals**, Saturday at 6:00pm

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621 Kellogg Avenue, Ames, Iowa 50010  
*(corner of 7<sup>th</sup> and Kellogg)*

*Resurrectional Troparion – Tone 3*

Let the heavens rejoice!

Let the earth be glad!

For the Lord has shown strength with His arm.

He has trampled down death by death.

He has become the first born of the dead.

He has delivered us from the depths of hell,

and has granted to the world//

great mercy.

*Troparion for the Meeting of Our Lord – Tone 1*

Rejoice, O Virgin Theotokos, Full of Grace!

From you shone the Sun of Righteousness, ^Christ our God,

enlightening those who sat in darkness.

Rejoice and be glad, O righteous Elder,

you accepted in your arms the ^Redeemer of our souls,

Who grants us the Resurrection!

*Troparion for Ss. Parthenius and Luke – Tone 4*

O God of our Fathers,

always act with kindness towards us;

take not Your mercy from us,

but guide our lives in peace//

through the prayers of Your saints!

*Kontakion for the Meeting – Tone 1*

By Your Nativity You sanctified the Virgin's womb

and blessed Simeon's hands, ^O Christ God.

Now You have come and saved us through love.

Grant peace to all Orthodox Christians,

O only Lover of Man!

*Glory to the Father and to the Son and to the Holy Spirit, now and ever  
and unto ages of ages, amen*

*Resurrectional Kontakion – Tone 3*

On this day You rose from the tomb, O Merciful One,

leading us from the gates of death.

On this day Adam exults as Eve rejoices;

with the Prophets and Patriarchs//

they unceasingly praise the divine majesty of Your power.

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*Epistle: (280 ctr) – 1 Timothy 1:15-17*

*Prokeimenon, Tone 3*

*Reader:* The Prokeimenon, in the 3<sup>rd</sup> Tone: Sing praises to our God, sing praises! Sing praises to our King, sing praises!

*Choir:* Sing praises to our God, sing praises! Sing praises to our King, sing praises!

*Reader:* Clap your hands, all peoples! Shout to God with loud songs of joy!

*Choir:* Sing praises to our God, sing praises! Sing praises to our King, sing praises!

*Reader:* In the 3<sup>rd</sup> Tone, the Song of the Theotokos, My soul magnifies the Lord, and my spirit rejoices in God my Savior.

*Choir:* My soul magnifies the Lord, and my spirit rejoices in God my Savior.

*Deacon:* Wisdom!

*Reader:* The Reading from the First Letter of the Holy Apostle Paul to Timothy

*Deacon:* Let us attend!

*Reader:* My son Timothy, This is a faithful saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners, of whom I am first. But for this cause have I obtained mercy, that in me first Jesus Christ might show forth all longsuffering, as a pattern to them which should believe in Him unto life everlasting. Now to the King of the ages, immortal, invisible, the only Most-wise God, be honor and glory for ever and ever. Amen.

*Priest:* Peace be to you.

*Alleluia:* Tone 3

*Reader:* **And to Your spirit.** In the 3<sup>rd</sup> Tone: Alleluia! In You, O Lord, have I hoped; let me never be put to shame!

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* Be a God of protection for me, a house of refuge in order to save me!

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* In the 8<sup>th</sup> Tone, Lord, now let Your servant depart in peace, according to Your word, for my eyes have seen Your salvation!

*Choir:* Alleluia! Alleluia! Alleluia!

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*Gospel:* (62) – Matthew 15:21-28

*Priest:* The reading from the Holy Gospel according to St. **Matthew.**

*Choir:* Glory to You O Lord, Glory to You.

*Priest:* Let us Attend!

At that time, Jesus went out from there and departed to the region of Tyre and Sidon. And behold, a woman of Canaan came from that region and cried out to Him, saying, "Have mercy on me, O Lord, Son of David! My daughter is severely demon-possessed." But He answered her not a word. And His disciples came and urged Him, saying, "Send her away, for she cries out after us." But He answered and said, "I was not sent except to the lost sheep of the house of Israel." Then she came and worshiped Him, saying, "Lord, help me!" But He answered and said, "It is not good to take the children's bread and throw it to the little dogs." And she said, "Yes, Lord, yet even the little dogs eat the crumbs which fall from their masters' table." Then Jesus answered and said to her, "O woman, great is your faith!

Let it be to you as you desire." And her daughter was healed from that very hour.

*Choir:* Glory to You O Lord, Glory to You.

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*Instead of "It is Truly Meet ..."*

O Virgin Theotokos, hope of all Christians,  
protect, preserve, and save those who hope in you!  
In the shadow and letter of the Law,  
let us, the faithful, discern a figure:  
every male [child] that opens the womb is holy to God.  
Therefore we magnify the firstborn Word of a Father Who has no  
beginning, //  
the Son firstborn of a Mother who had not known man.

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*Communion Hymn:*

Praise the Lord from the heavens, praise Him in the highest! I will receive  
the cup of salvation and call on the name of the Lord. Alleluia, Alleluia,  
Alleluia!

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*Please join us in our fellowship hour immediately following the dismissal!*

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**Preliminary Lenten Schedule:**

**Sunday, March 13**

4:00pm *Forgiveness Vespers*

**Wednesdays, March 16 through April 27:**

6:30pm *Presanctified Divine Liturgy*

**Fridays, March 18 through April 22 (excluding March 25):**

6:30pm *Akathist Hymn to the Theotokos*

**Thursday, March 24**

6:30pm *Great Vespers for the Annunciation.*

**April 24 – Palm Sunday**

**April 28 – Great and Holy Thursday**

9:30am *Vesperal Liturgy of St. Basil*

7:00pm *Matins of Holy Friday and Passion Gospels*

**April 29 – Great and Holy Friday**

3:30pm *Vespers of Holy Saturday*

7:00pm *Matins of Holy Saturday, procession*

**April 30 – Great and Holy Saturday**

9:30am *Vesperal Liturgy of St. Basil*

11:00pm *The Hours of Pascha, continuing to the Divine Liturgy*

**May 1 – Great and Holy Pascha**

Midnight *Paschal Divine Liturgy (Ending approx. 1:30am)*

*Blessing of the Baskets, Fellowship meal to follow*

5:00pm *Agape Vespers of Pascha, cookout/fellowship to follow*