

*Martyr Mamas  
St. John the Faster*

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Fr. Martin D. Watt, Priest-in-Charge

*Mailing address  
and rectory:*

1411 Wilson Avenue    [frmarty@amesorthodox.org](mailto:frmarty@amesorthodox.org)  
Ames, Iowa 50010    (515) 337-1192 (*rectory*)

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***“Lord, it is good for us to be here!”***

*(Peter, an Apostle, on Mount Tabor at the Transfiguration of our Lord, Gospel of St. Matthew 17:4)*

**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 available with the text and notes for the Divine Liturgy – if you find it useful, please ask to take one of those with you, with our compliments. Please leave the hardback versions for future parishioners to use.

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.*

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

*(Resurrectional Troparion – Tone 5)*

Let us, the faithful, praise and worship the Word,  
co-eternal with the Father and the Spirit,  
born for our salvation from the Virgin;  
for He willed to be lifted up on the Cross in the flesh,  
to endure death,  
and to raise the dead//  
by His glorious Resurrection.

*(Troparion for the Martyr Mamas – Tone 4)*

Your holy martyr Mamas, O Lord,  
through his suffering has received an incorruptible crown from You,  
our God.

For having Your strength, he laid low his adversaries,  
and shattered the powerless boldness of demons.//  
Through his intercessions save our souls!

*(Troparion for St. John the Faster – Tone 4)*

In truth you were revealed to your flock as a rule of faith,  
an image of humility and a teacher of abstinence;  
your humility exalted you;  
your poverty enriched you.  
Hierarch Father John,  
entreat Christ our God//  
that our souls may be saved!

*Glory to the Father, and to the Son, and to the Holy Spirit;*

*(Kontakion for the Martyr Mamas – Tone 3)*

Holy Mamas, lead your people as a flock to life-giving pastures  
with the staff God has given you;  
crush the invisible and fierce enemies beneath the feet of those who  
honor you!

For all of those who are in danger//  
have received you as their fervent intercessor.

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

*(Resurrectional Kontakion – Tone 5)*

You descended into Hades, O my Savior,  
shattering its gates as Almighty,  
resurrecting the dead as Creator,  
and destroying the sting of death.

You have delivered Adam from the curse, O Lover of Man,//  
and we all cry to You: "O Lord, save us!"

*(then, p. 83)*

*Prokeimenon, Tone 5*

*Reader:* The Prokeimenon, in the 5<sup>th</sup> Tone: You, O Lord, shall  
protect us and preserve us from this generation forever.

*Choir:* You, O Lord, shall protect us and preserve us from this generation forever.

*Reader:* Save me, O Lord, for there is no longer any that is godly!

*Choir:* You, O Lord, shall protect us and preserve us from this generation forever.

*Reader:* You, O Lord, shall protect us ...

*Choir:* ... and preserve us from this generation forever.

*Deacon:* Wisdom!

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**Epistle** – (170) 2 Corinthians 1:21-2:4

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**Reader:** The Reading from the Second Epistle of the Holy Apostle Paul to the Corinthians.

*Deacon:* Let us attend!

*Reader:* Brothers and sisters, the One who establishes us with you in Christ and who has anointed us is God. He has also sealed us and given us the pledge of the Spirit in our hearts. I call God as a witness to my soul, that to spare you I did not come to Corinth. It is not that we have lordship over your faith: we are fellow workers with you for your joy, as you stand firm in faith.

But I resolved this for myself: that I would not return to you in sorrow. If I cause you distress, who will bring me joy except for you, the very ones whom I grieve? Indeed, I wrote to you as I did, so that when I came, I would not have sorrow from the ones who should be my joy; but I trust in you all, that my joy would also be shared by all. It was out of much affliction and anguish of heart that I wrote to you with many tears, not to cause you distress but to let you know what overflowing love I have for you.

*Priest:* † Peace be to you!

*Alleluia:* Tone 5

*Reader:* **And to Your spirit.** In the 5<sup>th</sup> Tone: Alleluia, Alleluia, Alleluia!

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation.

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* For You have said: "Mercy will be established forever; My truth will be prepared in the heavens."

*Choir:* Alleluia! Alleluia! Alleluia!

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**Gospel:** (89) Matthew 22:1-14

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

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

*Priest:* The Lord said this parable: “The Kingdom of Heaven is like a king who planned a wedding feast for his son. He then sent out his slaves to call those who were invited to the wedding feast, but they refused to come. Again, the king sent out other slaves, saying: ‘Tell those who are invited, “Behold, I have prepared my dinner! My cattle and my fatted calves have been killed and everything is ready. Come to the wedding feast!’” But those who were invited made light of it and went off, one to his own farm, another to his merchandise, and the others seized the king’s slaves, treated them shamefully, and killed them. But when the king heard about it, he was furious. He sent out his soldiers to destroy those murderers and to burn their city.

Then the king said to his servants, ‘The wedding is ready, but those who were invited were not worthy. Go therefore to the crossroads of the highways, and as many people as you may find, invite to the wedding feast.’ Those slaves went out into the highways and gathered as many people as they could find, both good and bad. Thus, the wedding hall was filled with guests. But when the king came in to see the guests, he saw a man who was not wearing a wedding garment. He asked him, ‘Friend, how did you come in here, not wearing a wedding garment?’ And the man was speechless. Then the king said to the servants, ‘Bind him hand and foot, take him away, and throw him into the outer darkness where there will be weeping and grinding of teeth.’ Indeed, many are called, but few are chosen!”

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

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**Sermon**

*(then p. 89)*

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

**Little Food Pantry** – Our Little Food Pantry is running quite low on food. Any non-perishable items are deeply appreciated. We end up restocking two to three times per week, so the need is there.

**Parents and caregivers of young children** – Relax! God put wiggles and voices in all of us, so experiencing those during Church is normal. Some suggestions:

- Sit toward the front where it is easier for little ones to see and hear.
- Quietly explain the parts of the Divine Liturgy, and use the Service Book to follow along.
- Make sure you have access to the variable hymns in the bulletin, or the Vespers hymn sheet.
- Sing and participate – Children learn how to behave in Church by watching good examples around them.
- If you need to step out into the Narthex for a moment, please do so, but please return!

We are blessed by the participation of the smaller ones in our lives. It is good for **all** of us to be here!