

Sunday of Orthodoxy
St. Conon of Isauria

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

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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!

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

621 Kellogg Avenue, Ames, Iowa 50010
(corner of 7th and Kellogg)

Resurrectional Troparion – Tone 4

When the women Disciples of the Lord
learned from the Angel the joyous message of the Resurrection,
they cast away the ancestral curse
and elatedly told the Apostles:

“Death is overthrown!

Christ God is risen,//

granting the world great mercy!”

Troparion from the Menaion (Sunday of Orthodoxy) – Tone 2

We venerate Your most pure image, O Good One;

and ask forgiveness of our transgressions, O Christ our God.

Of Your good will You were pleased to ascend the cross in the flesh
and deliver Your creatures from bondage to the Enemy.

Therefore with thankfulness we cry aloud to You:

“You have filled all with joy, O our Savior,//

for You alone have come to save the world.”

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

Kontakion from the Triodion – Tone 8

No one could describe the Word of the Father;

but when He took flesh from you, O Theotokos, He accepted to be described,
and restored the fallen image to its former state by uniting it to divine

beauty.//

We confess and proclaim our salvation in words and images.

Epistle: (329-ctr) Hebrews 11:24-26, 32-12:2

Priest: Let us attend! +Peace be unto all!

Reader: And with your spirit!

Priest: Wisdom!

Prokeimenon, Tone 4

Reader: The Prokeimenon, in the 4th Tone, the Song of the Fathers: Blessed
are You, O Lord God of our fathers, and praised and glorified is Your name
forever!

Choir: Blessed are You, O Lord God of our fathers, and praised and glorified is
Your name forever!

Reader: For You are just in all that You have done for us!

Choir: Blessed are You, O Lord God of our fathers, and praised and glorified is
Your name forever!

Reader: Blessed are You, O Lord God of our fathers ...

Choir: ... and praised and glorified is Your name forever!

Deacon: Wisdom!

Reader: Brethren, by faith, Moses, when he had grown up, refused to be called
the son of Pharaoh's daughter, choosing to share ill-treatment with God's
people rather than enjoy the pleasures of sin for a time. He considered the
disgrace of the Anointed greater wealth than the treasures of Egypt because he

had his eyes fixed on the reward. By faith, he left Egypt, not fearing the wrath of the king, but he persevered as if seeing him who is invisible. By faith, Moses kept the Passover and the sprinkling of the blood, so that the destroyer of the firstborn should not touch them. By faith, they passed through the Red Sea as on land and when the Egyptians tried to do likewise, they were swallowed up. By faith, the walls of Jericho fell down, after the people [of the city] had been encircled for seven days.

By faith, Rahab the prostitute did not perish with those who were disobedient because she had received the spies in peace. What more shall I say? Time would fail me if I mentioned Gideon, Barak, Samson, Jephthah, David, Samuel, and the prophets. Through faith, they overpowered kingdoms, administered justice, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, became strong in weakness, grew mighty in war and caused foreign armies to flee.

Women received their dead by resurrection. Others were tortured, not accepting their deliverance, that they might obtain a better resurrection.

Others were tried by mocking and scourging, yes, by chains and imprisonment. They were stoned, they were sawn apart, they were tempted and they were slain with the sword. They went around in sheep and goat skins, being destitute, afflicted, and ill-treated. And yet the world was not worthy of them! They wandered in deserts, mountains, caves, and the holes of the earth. All of them received a testimony through their faith but they did not receive the promise because God had made provision for us to have something better, and they were not to reach perfection apart from us.

And so, seeing that we are surrounded by such a great a cloud of witnesses, let us lay aside every weight and the sin which so easily entangles us. Let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith.

Priest: Peace be to you.

Alleluia: Tone 4

Reader: **And to Your spirit.** In the 4th Tone: Alleluia, Alleluia, Alleluia!

Choir: Alleluia! Alleluia! Alleluia!

Reader: Moses and Aaron were among His priests; Samuel also was among those who called on His Name.

Choir: Alleluia! Alleluia! Alleluia!

Reader: They called to the Lord and He answered them.

Choir: Alleluia! Alleluia! Alleluia!

Gospel: (5) John 1:43-51

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

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

At that time, Jesus went into Galilee, And Jesus met Philip and said to him, "Follow me!" Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathaniel and said to him, "We have found the one of whom

Moses in the law and the prophets, wrote: Jesus of Nazareth, the son of Joseph!”

Nathanael asked him, “Can anything good come out of Nazareth?”

Philip replied, “Come and see!”

As Jesus saw Nathaniel coming to him, he said about him, “Behold, an Israelite indeed, in whom there is no deceit!”

Nathanael asked Jesus, “How do you know me?”

Jesus answered and said to him, “Before Philip called you, when you were under the fig tree, I saw you.”

Nathanael replied, “Rabbi, you are the Son of God! You are King of Israel!”

Jesus said to him, “Because I told you, ‘I saw you underneath the fig tree,’ do you believe? You will see greater things than these!” He said to Philip, “Amen, amen, I tell you; hereafter, you will see heaven opened, and the angels of God ascending and descending upon the Son of Man.”

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

Instead of “It is truly meet ...”

All of creation rejoices in you, O Full of Grace:

the assembly of Angels and the race of men.

O sanctified temple and spiritual paradise,

the glory of virgins,

from whom God was incarnate and became a Child –
our God before the ages.

He made your body into a throne,

and your womb He made more spacious than the heavens.

All of creation rejoices in you, O Full of Grace.//

Glory to you!

Communion Hymn

Praise the Lord from the heavens, praise Him in the highest! Rejoice in the

Lord, O you righteous; praise befits the just! Alleluia, Alleluia, Alleluia!

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

Lenten Confession

It is expected that all Orthodox Christians will regularly take part in confession. One of the most important times for confession is during Great Lent. To facilitate confessions, Fr. Marty will be available Friday evenings after the Akathist Hymn during Great Lent, in addition to after Vespers on Saturday evenings. Other times can be arranged by appointment.

Vespers for the Sunday of Orthodoxy

Sunday, March 5, 5:00 pm Vespers for the Sunday of Orthodoxy

St. George Greek Orthodox Church, Des Moines

Light Lenten Meal to follow
