



**Holy Transfiguration  
Orthodox Church**

*a mission parish of the Orthodox Church in America*

*Fourth Sunday of Great Lent*  
**Sunday, March 18, 2018**

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*Veneration of the Precious Cross  
Repose of St. Nikolai of Zhicha; St Cyril of Alexandria*

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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 available 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.*

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

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*Resurrectional Troparion – Tone 8*

You descended from on high, O Merciful One!  
You accepted the three day burial to free us from our sufferings!!  
O Lord, our Life and Resurrection, glory to You!

*Troparion for St. John – Tone 1*

O dweller of the wilderness and angel in the body,  
you were a wonderworker, O our God-bearing Father John.  
You received heavenly gifts through fasting, vigil and prayer,  
healing the sick and the souls of those drawn to you by faith.  
Glory to Him Who gave you strength!  
Glory to Him Who granted you a ^crown!!  
Glory to Him Who grants healing to all!

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

*Kontakion for St. John – Tone 1*

The Lord truly set you on the heights of abstinence,  
to be a guiding star, showing the way to the universe,//  
O our father and teacher John.

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**Epistle: (314) – Hebrews 6:13-20 and (229) – Ephesians 5:9-19 (St John Climacus)**

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*Prokeimenon, Tone 8*

*Reader:* The Prokeimenon, in the 8<sup>th</sup> Tone: Pray and make your vows before the Lord,  
our God!

*Choir:* Pray and make your vows before the Lord, our God!

*Reader:* In Judah God is known; His name is great in Israel.

*Choir:* Pray and make your vows before the Lord, our God!!

*Reader:* In the 7<sup>th</sup> Tone, Let the saints be exalted in glory; let them sing for joy on their  
couches!

*Choir:* Let the saints be exalted in glory; let them sing for joy on their couches!

*Deacon:* Wisdom!

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

*Deacon:* Let us attend!

*Reader:* Brothers and sisters, when God made a promise to Abraham, since he could swear by no one greater, he swore by himself, saying, "I will surely bless and multiply you." Thus, having patiently endured, Abraham obtained the promise.

For humans indeed swear by someone greater, and in every dispute they have, the oath is final to get things settled. In this way, being determined to show more abundantly to the heirs of the promise the unchangeable nature of his purpose, God intervened with an oath. And so, by two unchangeable things in which it is impossible for God to lie, may we have a strong encouragement, since we have sought refuge and taken hold of the hope set before us. We have this hope as an anchor of the soul, a hope which is both sure and solid. It reaches beyond the veil, where Jesus has entered as a forerunner for us, having become a high priest forever after the order of Melchizedek.

Brothers and sisters, Walk as children of light, for the fruit of the Spirit is in all manner of goodness, righteousness and truth. Discern what is well-pleasing to the Lord! Have no fellowship with the vain works of darkness, but rather,

expose them for what they are. It is a shame even to speak about the things which these people do in secret! But all things are revealed when they are exposed to the light. Therefore, it is said:

*Awake, you sleeper, arise from the dead, and Christ will shine on you.*

Therefore, watch carefully how you live, not as unwise, but as wise people, making good use of time, because the days are evil. Do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine – this is reckless living – but be filled with the Spirit. Speak to one another in psalms, hymns, and spiritual songs! Sing and chant to the Lord in your heart.

*Priest:* † Peace be to you.

*Alleluia: Tone 8*

*Reader:* **And to Your spirit.** In the 8<sup>th</sup> Tone: Alleluia! Come, let us rejoice in the Lord!  
Let us make a joyful noise to God our Savior!

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise!

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* In the 4<sup>th</sup> Tone, They that are planted in the house of the Lord shall flourish in the courts of our God.

*Choir:* Alleluia! Alleluia! Alleluia!

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**Gospel: (40) – Mark 9:17-31 and (10) – Matthew 4:25-5:12 (St John Climacus)**

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

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

*Priest:* At that time, a man came and knelt before Jesus, saying, “Teacher, I brought you my son who has a mute spirit. Wherever the spirit seizes him, it throws him to the ground and my son foams at the mouth, grinds his teeth, and becomes rigid. I asked your disciples to cast it out, but they were not able.”

Jesus answered him, “Unbelieving generation, how long shall I be with you? How long shall I put up with you? Bring him to me.”

They brought the son to him, and when he saw Jesus, the spirit immediately convulsed the boy who fell to the ground and rolled around, foaming at the mouth.

Jesus asked the boy’s father, “How long has he been like this?”

“From childhood,” he answered. “Often, it has thrown him both into the fire and into water, in order to destroy him. But if you are able to do anything, have compassion on us and help us!”

Jesus said to the man, “If you are able! All things are possible to the one who believes!”

Immediately the father of the child cried out with tears, “I believe! Help my unbelief!”

When Jesus saw that a crowd was running to the scene, he rebuked the unclean spirit, saying to him, “You mute and deaf spirit, I command you, come out of him, and never enter him again!”

The spirit cried out, convulsed greatly, and came out of the boy. He became as dead, so much that many said, "He is dead!" But Jesus took him by the hand and raised him up; and the boy stood up.

When Jesus entered into the house, his disciples asked him privately, "Why could we not cast it out?" He answered, "This kind can come out by nothing, except by prayer and fasting."

They left that place and passed through Galilee, and Jesus did not want anyone to know it. He was teaching his disciples and told them, "The Son of Man is to be delivered into the hands of men. They will kill him, and when he is killed, he will rise again on the third day."

At that time, great crowds from Galilee, Decapolis, Jerusalem, Judea and from beyond the Jordan followed him.

Seeing the crowds, Jesus went up to the mountain and when he had sat down, his disciples came to him. He began to speak and to teach them, saying:

*Blessed are the poor in spirit, for theirs is the Kingdom of Heaven! Blessed are those who mourn, for they shall be comforted! Blessed are the meek, for they shall inherit the earth! Blessed are those who hunger and thirst after righteousness, for they shall be filled! Blessed are the merciful, for they shall obtain mercy! Blessed are the pure in heart, for they shall see God! Blessed are the peacemakers, for they shall be called children of God! Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven! Blessed are you when people revile you, persecute you, and say all kinds of evil against you falsely for my sake! Rejoice, and be extremely glad, for great is your reward in heaven!*

Indeed, this is how they persecuted the prophets who were before you!

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

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***(Instead of "It is truly meet ... ," we sing the following)***

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!

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### **Communion Hymns**

Praise the Lord from the heavens, praise Him in the highest! The righteous shall be in everlasting remembrance. He shall not fear evil tidings. Alleluia, Alleluia, Alleluia!

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

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***Parish Council meets Monday evening at 7:00pm at the Church***

***Wednesday: The Divine Liturgy of the Presanctified Gifts, 6:30 pm***

***Friday: The Akathist Hymn to the Theotokos, 6:30 pm.***