



**Holy Transfiguration
Orthodox Church**

a mission parish of the Orthodox Church in America

Sunday of Meatfare
Sunday, March 3, 2019

Martyrs Eutropius, Cleonicus and Basiliscus

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

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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!

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.*

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

(Resurrectional Troparion – Tone 7)

By Your Cross You destroyed death.

To the thief You opened Paradise.

For the Myrrhbearers You changed weeping into joy.

And You commanded Your disciples, O Christ God,
to proclaim that You are risen,//

granting the world great mercy.

*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 1)

When You, O God, shall come to earth with glory,

all things shall tremble,

and the river of fire shall flow before Your judgment seat;

the books shall be opened, and the hidden things disclosed;

then deliver me from the unquenchable fire,//

and make me worthy to stand at Your right hand, O Righteous Judge!

(then, p. 83)

Epistle: (140) – 1 Corinthians 8:8-9:2

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

Reader: And with your spirit!

Priest: Wisdom!

Prokeimenon, Tone 3

Reader: The Prokeimenon, in the 3rd Tone: Great is our Lord, and
abundant in power, His understanding is beyond measure.

Choir: Great is our Lord, and abundant in power, His understanding is
beyond measure.

Reader: Praise the Lord! For it is good to sing praises to our God!

Choir: Great is our Lord, and abundant in power, His understanding is
beyond measure.

Reader: Great is our Lord, and abundant in power, ...

Choir: ... His understanding is beyond measure.

Deacon: Wisdom!

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

Deacon: Let us attend!

Reader: Brothers and sisters, food does not commend us to God, for if
we eat, we are not better; and if we do not eat, we are not worse!
However, be careful that your freedom may never become a stumbling
block to the weak. For if someone sees you who have knowledge sitting
in an idol's temple, will not this person's conscience, if weak, be
emboldened to eat things sacrificed to idols? And thus, through your
knowledge, shall the weak brother perish, for whom Christ died? And so,

by sinning against the brethren and wounding their conscience when it is weak, you sin against Christ! Therefore, if food causes my brethren to stumble, I will never ever eat meat, so that I may not cause my brethren to stumble.

Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are you not my work in the Lord? If to others I am not an apostle, yet at least for you I am one! You are the seal of my apostleship in the Lord.

Priest: † Peace be to you.

Alleluia: Tone 8

Reader: And to Your spirit. In the 8th Tone: Alleluia, Alleluia, Alleluia!

Choir: Alleluia! Alleluia! Alleluia!

Reader: 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!

Gospel: (106) – Matthew 25:31-46

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

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

Priest: The Lord said: “When the Son of Man comes in his glory, and all the holy angels with him, then he will sit on the throne of his glory. All the nations will be gathered before him, and he will separate them one from another, just as a shepherd separates the sheep from the goats. He will place the sheep on his right hand, but the goats on the left. Then the King will tell those on his right hand, ‘Come, you blessed of my Father! Inherit the Kingdom prepared for you since the foundation of the world! For I was hungry and you gave me food to eat; I was thirsty and you gave me drink; I was a stranger and you took me in. I was naked and you clothed me; I was sick and you visited me; I was in prison, and you came to me.’

Then the righteous will answer him, saying: ‘Lord, when did we see you hungry and feed you; or thirsty and give you a drink? When did we see you as a stranger and take you in; or naked, and clothe you? When did we see you sick, or in prison, and visit you?’

The King will answer them, ‘Amen, I tell you: as much as you did it to one of the least of these my brethren, you did it to me.’ Then he will also say to those on his left hand, ‘Depart from me, you accursed, into the eternal fire which is prepared for the devil and his angels! For I was hungry and you gave me no food; I was thirsty and you gave me no drink;

I was a stranger and you did not receive me; naked, and you did not clothe me; sick, and in prison, and you did not visit me.'

Then they will answer him: 'Lord, when did we see you hungry, or thirsty, or a stranger, or naked, or sick, or in prison, and did not help you?'

Then he will answer them, saying: 'Amen, I tell you: as much as you did not do it to one of the least of these, you did not do it to me.' These ones on the left will go away into eternal punishment, but the righteous into eternal life."

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

Sermon

(then p. 89)

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

Meatfare: *This week we can have cheese, wine, and oil every day, including Wednesday and Friday. Next Sunday is Forgiveness Sunday, also called "Cheesefare", and the Great Fast begins the following Monday, March 11.*

Next Sunday, March 10: after church we will NOT have coffee hour here, but have been invited to join the UCC folks at their building for refreshments and a time of fellowship. We will gather again at 5:00 PM for the vespers of forgiveness, which begins our Lenten Journey.

Schedule for Lent:

Today: Meatfare, Cheese, wine and oil allowed all following week

March 10: Cheesefare, Forgiveness Vespers at 5:00 PM at the Church to begin Great Lent

Wednesdays, March 13, 20, 27, April 3, 10, 17, and Friday, April 19:
Presanctified Divine Liturgies at 6:30 PM.

Fridays, March 15, 22, 29, April 5, 12: Akathist Hymn to the Theotokos

March 17: Sunday of Orthodoxy, Great Vespers Sunday at 5:00pm for all Orthodox Christians in Central Iowa, *at our parish.*

April 21: Palm Sunday

April 25: Great and Holy Thursday

9:30 AM Vespers Divine Liturgy of St. Basil

6:30 PM Matins of Holy Friday, 12 Passion Gospels

April 26: Great and Holy Friday (Strict Fast):

3:30 PM, Vespers of Holy Saturday, Placing of the Plaschinitsa

6:30 PM, Matins of Holy Saturday, the Lamentations

April 27: Great and Holy Saturday

10:30 AM Vespers Divine Liturgy of St. Basil, chrismations to follow

11:30 PM Vigil for Pascha begins

April 28: Holy Pascha

Midnight: continuing the Matins of Holy Pascha and Divine Liturgy

4:30 PM Agape Vespers, with a meal to follow.