



**Holy Transfiguration  
Orthodox Church**

*a mission parish of the Orthodox Church in America*

*Third Sunday of Great Lent*  
**Sunday, March 31, 2019**

*The Exaltation of the Precious and Life-giving Cross  
St. Innocent of Alaska*

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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!

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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 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 of the Cross – Tone 1)*

O Lord, save Your people,

and bless Your inheritance!

Grant victories to the Orthodox Christians

over their adversaries;

and by virtue of Your Cross//

preserve Your habitation!

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

*(Kontakion for the Cross – Tone 7)*

Now the flaming sword no longer guards the gates of Eden;

it has been mysteriously quenched by the wood of the Cross.

The sting of death and the victory of hell have been vanquished;

for You, O my Savior, have come and cried to those in hell://

“Enter again into Paradise!”

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***(In place of the Trisagion, we sing:)***

Before Your Cross, we bow down in worship, O Master, and Your holy  
Resurrection, we glorify. (x3)

Glory to the Father, and to the Son, and to the Holy Spirit, now and  
ever, and unto ages of ages. Amen. and Your holy Resurrection, we  
glorify.

Before Your Cross, we bow down in worship, O Master, and Your holy  
Resurrection, we glorify.

*(then, p. 83)*

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*Prokeimenon, Tone 6*

*Priest:* Let us attend! †Peace be unto all!

*Reader:* And with your spirit!

*Priest:* Wisdom!

*Reader:* The Prokeimenon, in the 6<sup>th</sup> Tone: O Lord, save Your people,  
and bless Your inheritance!

*Choir:* O Lord, save Your people, and bless Your inheritance, your  
inheritance!

*Reader:* To You, O Lord, will I call. O my God, be not silent to me!

*Choir:* O Lord, save Your people, and bless Your inheritance, your inheritance!

*Reader:* O Lord, save Your people, ...

*Choir:* ... and bless Your inheritance, your inheritance!

*Deacon:* Wisdom!

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***Epistle: (311) – Hebrews 4:14-5:6***

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

*Deacon:* Let us attend!

*Reader:* Since we have such a great high priest who has passed through the heavens, Jesus the Son of God, let us hold on firmly to our confession. Certainly, we do not have a high priest who cannot sympathize with our infirmities, but one who has been taught by trial in all things just as we are, yet without sin.

Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace for assistance in time of need.

Every high priest is selected from among men and is appointed for their sake in matters pertaining to God, so that he may offer both gifts and sacrifices for their sins. The high priest can deal gently with those who are ignorant and going astray since he himself is also subject to weakness.

Because of this, he must offer sacrifices for the sins of the people, as well as for himself. Moreover, nobody assumes this honor by himself but one is called by God, just as Aaron was. Likewise, Christ did not glorify himself to be made a high priest, but it was God who said to him:

*You are my Son:*

*Today I have become your father.*

As he says also in another place:

*You are a priest forever,*

*According to the order of Melchizedek.*

*Priest:* † Peace be to you.

*Alleluia: Tone 8*

*Reader:* **And to Your spirit.** In the 8<sup>th</sup> Tone: Alleluia, Alleluia, Alleluia!

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* Remember Your congregation, which You have purchased of old!

*Choir:* Alleluia! Alleluia! Alleluia!

*Reader:* God is our King before the ages; He has worked salvation in the midst of the earth!

*Choir:* Alleluia! Alleluia! Alleluia!

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**Gospel: (37) – Mark 8:34-9:1**

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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:* The Lord said: “Whoever wants to come after me, let him deny himself, take up his cross, and follow me. Indeed, whoever wants to save his life will lose it; and whoever will lose his life for my sake and for the sake of the Good News will save it. What will it profit if someone gains the whole world and loses his life? Or what will someone give in exchange for his life?

Whoever will be ashamed of me and my words in this adulterous and sinful generation, the Son of Man also will be ashamed of when he comes in the glory of his Father with the holy angels.”

Jesus said to them, “Amen, I tell you that there are some standing here who will not taste death until they see the Kingdom of God come with power.”

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

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**Sermon** (then p. 89)

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**Instead of “It is truly meet ...,” we sing the following:)**

**Hymn to the Theotokos**

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 Hymn**

Let the light of Your countenance shine on us, shine on us, O Lord.

Alleluia, Alleluia, Alleluia!

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

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**Our Lenten Services:**

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

Fridays, April 5, 12: Akathist Hymn to the Theotokos