



*The Expulsion from Paradise
Martyr Eudoxia of Heliopolis*

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 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. 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 4)

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

“Death is overthrown!

Christ our God is 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 6)

O Master, Teacher of wisdom,

Bestower of virtue,

Who teach the thoughtless and protects the poor,
strengthen and enlighten my heart!

O Word of the Father,

let me not restrain my mouth from crying to You:

“Have mercy on me, a transgressor,//

O merciful Lord!”

(then, p. 83)

Prokeimenon, Tone 8

Priest: Let us attend! † Peace to all!

Reader: And with your spirit!

Priest: Wisdom!

*Reader: The Prokeimenon, in the 8th 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: Pray and make your vows ...

Choir: ... before the Lord, our God!

Deacon: Wisdom!

Epistle: (112) – Romans 13:11-14:4

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

Deacon: Let us attend!

*Reader: Brothers and sisters, salvation is now nearer to us than when
we first believed! The night is far gone, and the day is near. Let us
therefore throw off the works of darkness, and let us put on the armor of
light. Let us walk decently, as in the day; not in parties and
drunkenness, not in sexual immorality and lustful acts, and not in strife*

or jealousy. Instead, put on the Lord Jesus Christ and do not think how to satisfy the flesh and its lusts.

Accept the one who is weak in faith, but not to enter into arguments over disputable matters. One has faith to eat all things while the weak eats only vegetables. The one who eats everything should not look down on the one who does not eat. The one who does not eat should not judge the one who eats because God has accepted him. Who are you who judge someone else's servant? He stands or falls to his own master! Yes, that one will be made able to stand, because God has the power to make someone stand.

Priest: † Peace be to you.

Alleluia: Tone 6

Reader: And to Your spirit. In the 6th Tone: Alleluia, Alleluia, Alleluia!

Choir: Alleluia! Alleluia! Alleluia!

Reader: It is good to give thanks to the Lord, to sing praises to Your Name, O Most High.

Choir: Alleluia! Alleluia! Alleluia!

Reader: to declare Your mercy in the morning, and Your truth by night.

Choir: Alleluia! Alleluia! Alleluia!

Gospel: (17) – Matthew 6:14-21

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

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

Priest: The Lord said: For if you forgive people their offenses, your heavenly Father will also forgive you. But if you do not forgive people their offenses, neither will your Father forgive your offenses.

Moreover, when you fast, do not be like the hypocrites with their gloomy faces. For they disfigure their faces so that people may see that they are fasting. Amen, I tell you: they have received their reward. But you, when you fast, anoint your head and wash your face so that people may not see that you are fasting. Only your Father who is in secret will see, and your Father, who sees in secret, will reward you openly.

Do not store up treasures for yourselves on the earth, where moth and rust consume and where thieves break in and steal. Instead, store for yourselves treasures in heaven, where neither moth nor rust consume, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

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

Sermon

(then p. 89)

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

Forgiveness Vespers: March 1, 4:30 PM, at the Church. Come and enter the season of Great Lent with a service of mutual forgiveness, and be at peace with everyone in the community!

Sunday of Orthodoxy Vespers: Sunday afternoon, March 8, at St. Demetrius Serbian Orthodox Church in Des Moines. Service at 6:00 PM with a reception/meal to follow.

Vespers Liturgy for the Annunciation: Tuesday, March 24, 6:30 PM.

Presanctified Divine Liturgy: Eucharistic fasting is from the noon meal. We are planning to have a vegan soup and bread option available for a time of fellowship at the conclusion of the Liturgy of the Presanctified Gifts during lent. If you would like to contribute the meal for one Wednesday night, please see Linda Rosa, or look for the sign-up sheet on the table at the fellowship hour.

Presanctified Divine Liturgies:

Wednesday, March 4, 6:30 PM.
Wednesday, March 11, 6:30 PM.
Wednesday, March 18, 6:30 PM.

Akathist Hymn to the Birthgiver of God:

Friday, March 6, 6:30 PM.
Friday, March 13, 6:30 PM.
Friday, March 20, 6:30 PM.

Note: No Presanctified on Wednesday, March 25!

Wednesday, April 1, 6:30 PM.
Wednesday, April 8, 6:30 PM.
Friday, April 10, 6:30 PM.

Friday, March 27, 6:30 PM.
Friday, April 3, 6:30 PM.

Holy Week:

Thursday, April 16, 9:30 AM – Vespers Divine Liturgy

Thursday, April 16, 6:30 PM – Matins of Holy Friday (12 Passion Gospels)

Friday, April 17, 3:30 PM – Vespers of Holy Saturday (Removal from the Cross)

Friday, April 17, 7:00 PM – Matins of Holy Saturday (Procession with Lamentations)

Saturday, April 18, 9:30 AM – Vespers Divine Liturgy (15 OT Readings)

Saturday, April 18, 11:00 PM – Great and Holy Pascha (Compline, Hours, Matins, and Divine Liturgy)

Sunday, April 19: No Morning Services!

Sunday, April 19, 5:00 PM – Vespers of Pascha (Agape Vespers) with fellowship to follow.

Pascha Flowers: If you would like to contribute money toward flowers at Pascha, to honor or in memory of a loved one, please see Matushka Candy or Linda Rosa, or look for the sign up sheet on the table at the fellowship hour. The parish will purchase the flowers, and sponsors may take them home on Thomas Sunday, April 26.