

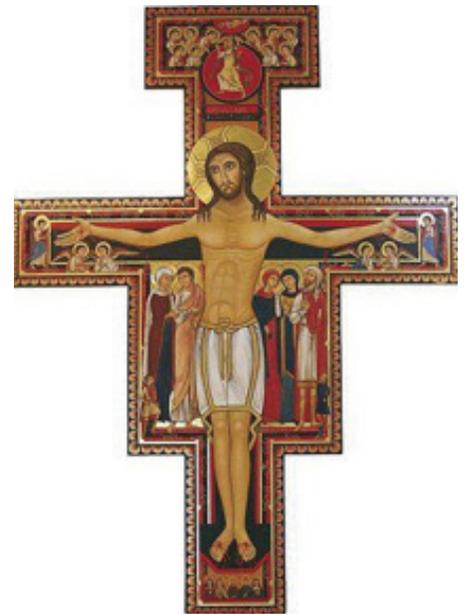


HOLY TRINITY ORTHODOX CHURCH

Parish Newsletter

RESTON

New Parish Center: 20937 Ashburn Rd., #110, Ashburn, VA 22 March 2020



APOSTLE—Hebrews 4.14+

BRETHREN: ¹⁴Since we have a GREAT HIGH PRIEST who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. ¹⁵For we do not have a HIGH PRIEST who is unable to sympathize with our weaknesses, but one who, similarly, has been tested in every way, yet without sin. ¹⁶So, with confidence, let us approach the throne of grace to receive mercy, and to find grace for timely help.

^{5.1}Every HIGH PRIEST is taken from among men and made their representative before God, to offer gifts and sacrifices for sins. ²He is able to deal patiently with the ignorant and erring, for he himself is beset by weakness ³and so, for this reason, must make sin offerings for himself as well as for the people. ⁴No one takes this honor upon himself, but only when called by God, just as Aaron was. ⁵In the same way, it was not Christ who glorified himself in becoming HIGH PRIEST, but rather the One who said to him: You are my Son; this day I have begotten you; ⁶just as he says in another place: You are a priest in perpetuity according to the order of Melchisedek.

PROKIMENON

The prokimenon of the Sixth Tone: **O Lord, save your people* and bless your inheritance.**

PSALM 27

NOTE: The psalmist prays that we not be punished with those who refuse to take God (Creator and Saviour) into account. And confident his prayer is heard, he adds a thanksgiving, concluding with a prayer for king—anointed prefigurement of Christ—and nation.

To you I cry out, O Lord! O my rock, be not deaf to me!... ²Hear the sound of my pleading as I call for help, as I lift my hands in prayer to your holy of holies.

³Do not count me among the wicked, with evildoers who talk of peace to their neighbors, while their hearts are full of treachery... ⁵For they ignore what the Lord does, and they pay no heed to the work of his hands...

⁶Blessèd be the Lord for hearing my prayer. ⁷The Lord is my strength and my shield;... with all my heart I give thanks to him.

⁸The Lord is the strength of his people, a fortress of saving help for his Anointed. ⁹[O Lord,] **save your people and bless your inheritance;** lead them and carry them forever!

HOLY GOSPEL—Mark 8.34+

AT THAT TIME: ³⁴Jesus summoned the crowd with his disciples and said to them, Whoever wishes to come after me must deny himself, take up his cross, and follow me. ³⁵For whoever wishes to save his life will lose it, but whoever loses his life for my sake and that of the gospel will save it. ³⁶What profit is there for one to gain the whole world and forfeit his life? ³⁷What could one give in exchange for his life? ³⁸Whoever is ashamed of me and of my words in this faithless and sinful generation, the Son of Man will be ashamed of when he comes in his Father's glory with the holy angels. ^{9.1}He also said to them, Amen, I say to you, there are some standing here who will not taste death until they see that the kingdom of God has come in power.

For the man and his wife the Lord God made leather garments, with which he clothed them.... The Lord God banished [Adam] from the Garden of Eden... When he expelled the man,... he stationed the cherubim and **the fiery revolving sword**, to guard the way to the tree of life.

—Genesis 3.21–24



St. Mark's, Venice, narthex vault, The Expulsion from Paradise, XIII century, mosaic, detail, Story of the Creation and Fall. [The work of mosaicists from Constantinople out of work there due to the Latin sack of the City in 1204 A.D. and the subsequent Latin occupation.]

Troparion for the Cross, Tone I:

O Lord, save your people * and bless your inheritance. * Grant vict'ries to those who battle evil, * and by your Cross protect us all.

Glory: Kondakion, Tone VII:

The angel's fiery sword * no longer guards the gate of paradise * for the Cross of the Lord * has put out its flame once and for all. * Death has lost its power * and hell can no longer boast victory, * and you, O Saviour, have stood among the dead, * inviting them to everlasting life in heaven above.

Both now: Kondakion for the Sundays of the Fast, Tone VI:

At various times and in different ways * you spoke to our fathers through the prophets. * But in our own time you speak to us through your Son * through whom you made everything there is. * He is the radiant light of your glory. * He is the perfect copy of your very being. * By his powerful word he sustains the universe. * Now that he has destroyed the defilement of sin, * he has gone to take his seat at the right hand of your Majesty. ^{Heb. 1.1-3} * Father in heaven, * in this season of renewal * turn our minds more attentively to what we have been taught. * Do not let us drift away. ^{Heb. 2.1}

Those who battle evil takes on new meaning in face of this pandemic that has befallen our world. Think of the physicians, the nurses, care-givers, scientists, manufacturers, suppliers, and, yes, the politicians, who play—inexorably—a crucial rôle in the battle against Covid19.

BEFORE YOUR CROSS

Kievan Melody

Be--fore your Cross we_ bow down, O Ma---ster, and your ho-ly re-sur-
rec-----tion we glor---i---ty. Glory: Both now:

Ours is a community that sings. Everyone knows the tune. Sing it in your mind. Sing it out loud.

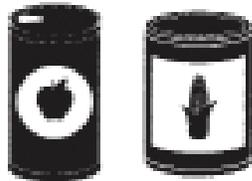


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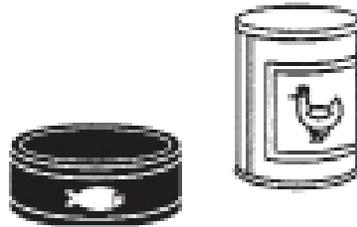
Food for today. Hope for tomorrow.

FOOD PANTRY MOST NEEDED ITEMS

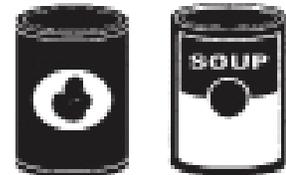
Canned Fruits & Veggies



Canned Meat



Canned Beans & Soup



Cereal



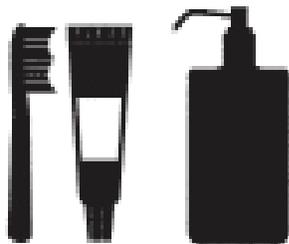
Whole Grain Pasta & Rice



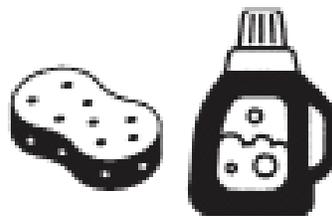
Peanut Butter



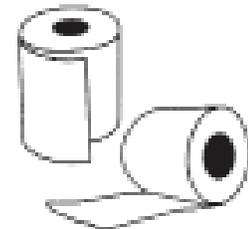
Hygiene Items



Household Items



Paper Products



Cooking Oil



Fresh Fruits & Vegetables



Other

Diapers	Fruit Cups
Wipes	Granola Bars
Formula	Popcorn
Infant Cereal	
Nutritional Shakes and Drinks	

PopTop Cans and Microwavable Cups Preferred
Low Sodium • Low Trans Fat • Sugar Free

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