



HOLY TRINITY ORTHODOX CHURCH Parish Newsletter
RESTON

New Parish Center: 20937 Ashburn Rd., #110, Ashburn, VA 10 April 2021

**FOURTH SUNDAY
IN THE GREAT FORTY DAYS**

READING FROM THE PROPHECY OF JEREMIAH.

^{2,2}Go, cry out this message for Jerusalem to hear! I remember the devotion of your youth, how you loved me as a bride, following me in the desert, in a land unsown. ³Sacred to the LORD was Israel [*a nickname of Jacob has become the name of a people—Ed.*], the first fruits of his harvest; Should anyone presume to partake of them, evil would befall him, says the LORD. ⁴Listen to the word of the LORD, O house of Jacob! All you clans of the house of Israel, ⁵thus says the LORD: What fault did your fathers find in me that they withdrew from me, **went after empty idols, and became empty themselves?** ⁶They did not ask, “Where is the LORD who brought us up from the land of Egypt, who led us through the desert, through a land of wastes and gullies, through a land of drought and darkness, through a land which no one crosses, where no man dwells?” ⁷When I brought you into the garden land to eat its goodly fruits, you entered and defiled my land, you made my heritage loathsome....

¹³Two evils have my people done: they have forsaken me, the source of living waters; they have dug themselves cisterns, broken cisterns, that hold no water. ¹⁴Is Israel a slave, a bondman by birth? Why then has he become booty? ¹⁵Against him lions roar full-throated cries. They have made his land a waste; his cities are charred ruins, without inhabitant. ¹⁶Yes, the people of Memphis and Tahpanhes shave the crown of your head. ¹⁷Has not the forsaking of the LORD, your God, done this to you? ¹⁸And now, why go to Egypt, to drink the waters of the Nile? Why go to Assyria, to drink the waters of the Euphrates? ¹⁹Your own wickedness chastises you, your own infidelities punish you. Know then, and see, how evil and bitter is your forsaking the LORD, your God, And showing no fear of me, says the Lord, the God of hosts..

PROKIMENON, Tone III

Sing praises to our God, sing praises! * Sing praises to our King, sing praises! [v.6 RSV/OCA]

PSALM 46

NOTE: The sacred liturgist invites everyone to acknowledge the universal kingship of Christ.

People everywhere, clap your hands! Cry out to God with shouts of

Sunday, April 11

Divine Liturgy at 10:00 a.m.
Penitential Vespers at 6:00 p.m.

Wednesday, April 14

PreSanctified Liturgy at 6:00 p.m.

PSALM 93

NOTE: A fervent prayer to God together with an indictment of wicked tyrants and unjust judges. Calling down divine vengeance upon these as he sets forth their crimes and blasphemies, the psalmist directly rebukes them for their folly; then, in a calmer tone, he speaks of the blessedness of justice and fidelity to God's law. Confident of the Lord's assistance, he affirms his unwavering faith in the triumph of righteousness.

In spite of everything, God is goodness itself for the pure of heart, O Israel! ²Yet, my feet came close to stumbling; my steps were nearly led off course, ³envying the arrogant as I did, watching the wicked get rich.

⁴There is no pain for them; their bodies are healthy and strong. ⁵Human sorrow never touches them, nor are they afflicted like others.

⁶So, pride is their necklace, violence, the robe that clothes them. ⁷Perversity oozes from their hearts, and their minds overflow with fantasy.

⁸They scoff as they whisper their malice; their arrogance plans oppression. ⁹Their mouths defy heaven, and their tongues challenge even the world below.

¹⁰So people turn and follow them, lapping up their every word. ¹¹Then they say: How could God know? Does the Most High know everything? ¹²That is what the wicked are like: they ignore the Eternal One, and yet they continue to grow in wealth....

¹⁶I tried to fathom all this, but it seemed a hopeless task. ¹⁷Then I pierced the mystery; I perceived what their fate would be.

¹⁸How slippery the paths you set them on: you make them slide to their destruction.

¹⁹Sudden will their devastation be; their end will come, and they will disappear into the land of terrors....

²²³Yet, I shall always remain with you, so take hold of my hand; ²⁴guide me with your counsel and, in the end, receive me with glory....

²⁷Those who abandon you are doomed; you destroy those who betray you. ²⁸As for me, my joy lies in holding fast to my God, in placing my trust in the Lord God, forever proclaiming what he has done.

joy! ²For the Lord most high is awesome, great king over all the earth!... ⁴He chose us for his own, the pride of Jacob whom he loves....

⁶Sing praises to our God, sing praises! Sing praises to our King, sing praises! ⁷For God is king over all the earth; praise him with all your skill. ⁸God is king of the nations; he reigns from his holy throne.

⁹You nobles of the peoples, gather round, for the God of Abraham is the strong one: God is truly the king of earth, exalted above all!

Reader: Sing praises to our God, sing praises! People: Sing praises to our King, sing praises!!

READING FROM PAUL'S EPISTLE TO THE HEBREWS.

BRETHREN: ^{6,13}When God made the promise to Abraham—since he had no one greater by whom to swear—he swore by himself ¹⁴and said, I will indeed bless you and multiply you. ¹⁵And so, after patient waiting, [Abraham] obtained the promise. ¹⁶Men swear by someone greater than themselves; for them an oath serves as a guarantee and puts an end to all argument. ¹⁷So when God wanted to give the heirs of his promise an even clearer demonstration of the immutability of his purpose, he intervened with an oath, ¹⁸so that by two immutable things, in which it was impossible for God to lie, we who have taken refuge might be strongly encouraged to hold fast to the hope that lies before us. ¹⁹This we have as an anchor of the soul, sure and firm, which reaches into the interior behind the veil, ²⁰where Jesus has entered on our behalf as forerunner, becoming high priest forever according to the order of Melchisedek.

ALLELUIA

PSALM 30

NOTE: Through the psalmist, the Messiah/Christ expresses his feelings of anguish in his ordeal as well as his filial confidence in his heavenly Father.

I place my trust in you, O Lord; let me not be put to shame, O eternal one; in your justice set me free. ²Turn your ear to me and deliver me at once!...

³For you are indeed my rock, my stronghold! Lead me and guide me for the honor of your name. ⁴Free me from the trap that is set for me, for you are my refuge.

⁵Into your hands I commend my spirit.... ⁶I detest those who worship false gods; I place all my trust in you....

¹¹I have such enemies that all men scorn me;... ¹³I hear how they whisper against me, how they threaten me, as they plot against me, as they work out their plans to take my life.

¹⁴Still, I count on you, Lord! I insist: You are my God! ¹⁵My fate is in your hands; deliver me from those who hate me. ¹⁶Make your face shine forth on your servant; in your steadfast love, save me....

²¹Praise to the Lord for showing me the wonders of his love when I was hard pressed! ²²For a moment I was alarmed, and I said: He has shut me out! But I cried out to you and you heard my voice!

²³So love the Lord, all you his loyal servants! The Lord cares for those who remain faithful to him.... ²⁴Be strong, take heart, all you who hope in the Lord!

READING FROM THE HOLY GOSPEL ACCORDING TO MARK.

AT THAT TIME: ^{8,34} Jesus summoned the crowd with AT THAT TIME: ^{9,30} They began a journey through Galilee, but Jesus did not wish anyone to know about it. ³¹ He was teaching his disciples and telling them, “The Son of Man is to be handed over to men and they will kill him, and three days after his death he will rise.” ³² But they did not understand the saying, and they were afraid to question him. ³³ They came to Capernaum and, once inside the house, he began to ask them, “What were you arguing about on the way?” ³⁴ But they remained silent. They had been discussing among themselves on the way who was the greatest. ³⁵ Then he sat down, called the Twelve, and said to them, “If anyone wishes to be first, he shall be the last of all and the servant of all.” ³⁶ Taking a child he placed it in their midst, and putting his arms around it he said to them, ³⁷ “Whoever receives one child such as this in my name, receives me; and whoever receives me, receives not me but the one who sent me.” ³⁸ John said to him, “Teacher, we saw someone driving out demons in your name, and we tried to prevent him because he does not follow us.” ³⁹ Jesus replied, “Do not prevent him. There is no one who performs a mighty deed in my name who can at the same time speak ill of me. ⁴⁰ For whoever is

not against us is for us. ⁴¹ Anyone who gives you a cup of water to drink because you belong to Christ, amen, I say to you, will surely not lose his reward.”

Troparion, Tone I:

Come, let us go to work in that mystical vineyard, * where we cultivate fruits of repentance. * Let us not labor for food that perishes, * but through prayer and fasting let us acquire virtue. * And the Lord of the vineyard, pleased with our work, * will provide our compensation, * by redeeming us from the debt of sin, * for he alone is rich in mercy.

Glory: 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}

THE ÉKTENY or FERVENT PRAYER (Ancient Penitential Litany and Prayer)

Let us all say with our whole soul,
and with our whole mind let us say:
Lord, have mercy.

O Lord almighty! O God of our fathers!
We pray you. Hear us and have mercy.

Have mercy on us, O God,
according to your great mercy!

We pray you. Hear us and have mercy.

Again we pray:

- For devout and Orthodox Christians.
- For our Archbishop Tikhon.
- For Ed and Janet and Andrea, and for all who have asked for our prayers *NN*...: we pray for mercy, life, peace, health, salvation, visitation, pardon, and remission of their sins.
- For Orthodox Christians who are made to suffer on account of Christ, and we pray for those who persecute them.
- For Orthodox Christians and indeed all men who are victims of war and civil strife [and terror], of hunger and want, of intolerance and injustice.
- For physicians, nurses, care-givers, and all serving those infected with the virus; and for the thousands who have succumbed to the disease — and for all who will die today.

PRAYER OF THE ÉKTENY

Lord our God, accept this fervent prayer from your servants, and have mercy on us according to the greatness of your mercy. Send down your compassionate help upon us and upon all your people awaiting the rich mercy that comes from you.

For you are God, merciful and loving to man, and we render glory to you — to the Father and to the Son and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

The Orthodox Church in America
Archdiocese of Washington
The Most Blessed Tikhon, Archbishop of Washington

April 9, 2021

To the Clergy of the Archdiocese of Washington,

Christ is in our midst!

As I previously indicated, I am issuing the following general directives for our parishes and institutions as we approach Holy Week and Pascha.

Over the past year, all of you have been working very diligently with your parish leadership in navigating the various synodal, diocesan, and civil guidelines. I am grateful for your careful attention to the many complexities of this process and I am confident that you will maintain this vigilance as we enter Holy Week and the Paschal season. Please continue to monitor the local civil directives as you have and observe the following basic safety measures in church:

1. Maintain 6 foot distancing between individuals or family groups;
2. Maintain the wearing of masks; clergy may choose to not wear a mask in the altar but should wear one if there is an increased number of servers;
3. If anyone is sick or presenting symptoms, they must stay home.

As you know, my directives last year were particularly restrictive and most of you did not have in-person services for Holy Week and Pascha. Our year-long experience of navigating the pandemic, your faithful application of safety measures during that time, and the increasing availability of vaccines have brought us to a point where it is possible for us to anticipate a more traditional cycle of services for Holy Week and Pascha. While maintaining the above vigilance, I encourage you to have as full a Holy Week and Bright Week schedule of in-person divine services as your local situation allows and to provide as many opportunities for the faithful to participate.

The following are general recommendations with respect to some specific elements of Holy Week and Paschal services. These are not intended to be comprehensive but should provide all of you with a sense of how to plan your Holy Week and Pascha schedules. I intentionally left them flexible with the understanding that you will continue to work with your parish leadership to apply them in your respective circumstances:

1. While data continues to be evaluated concerning the risks of surface transmission of the virus, the CDC continues to recommend thorough cleaning. If you can maintain a reasonable degree of cleaning, you may hold services as frequently as practical.
2. Processions may take place while maintaining appropriate social distancing (families may walk together) either inside or outside the Church.
3. Liturgical items (palms, pussy willows, red eggs, antidoron, artos) may be distributed (pre-wrapped or pre-tied) by someone wearing plastic gloves or by spacing them on a table for individual pick-up. They should be distributed or picked-up at the end of the services rather than during the service.

4. Paschal Agape meals may be organized at your discretion but should only take place if they can be done outdoors or in a large enough space to allow social distancing.
5. Pascha baskets may be brought to the Church and blessed.
6. The use of ushers or other method of monitoring may be needed for those services that traditionally bring out visitors who may not be regular attendees.
7. Bell ringing is permitted according to the usual parish custom

If you have more specific questions or if there is an area of ambiguity in your context, please contact the Chancellor for guidance.

Sincerely yours in Christ,

A handwritten signature in black ink, consisting of a cross symbol followed by the name 'TIKHON' in a stylized, cursive script.

+TIKHON
Archbishop of Washington
Metropolitan of All America and Canada