

## Announcements

- **Church School:** Our Middle & High School students will meet today; K-4<sup>th</sup> graders next week. Additionally, next Sunday, we will have a special session for seven year-olds and other young Christians preparing for their first Confessions.
- **Monastery Work Trip:** a parish work retreat will take place *Friday April 12<sup>th</sup> – Saturday April 13<sup>th</sup>* (with an optional stay on Sunday morning) at St. John Monastery, Manton. Please check in with Protodeacon Brendan about this opportunity to serve!
- **Confessions:** We all make our Confessions during Lent, maybe numerous times, as we struggle to cleanse the image of God in us. Don't delay.

## This Week at Holy Trinity

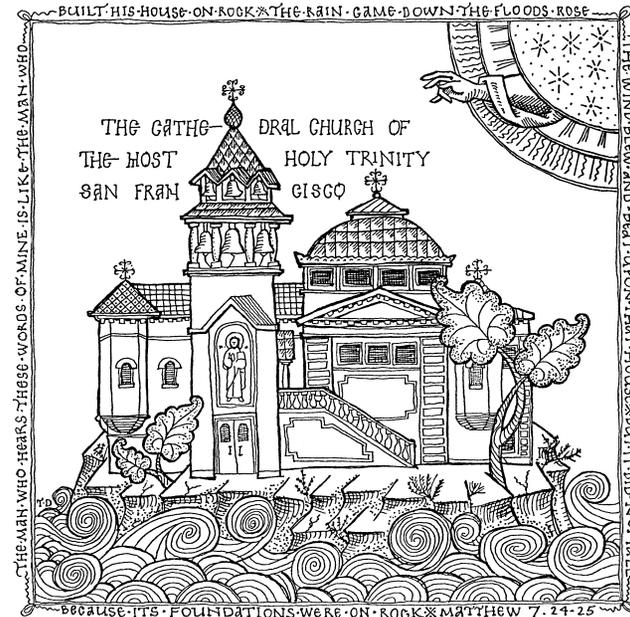
- Mon. Apr. 8:** St. Tikhon of Moscow, Enlightener of America  
9:00 am Liturgy of the Presanctified Gifts
- Wed. Apr. 10:** 6:00 pm Liturgy of the Presanctified Gifts  
followed by potluck supper
- Thu. Apr. 11:** 6:00 pm Matins with the Great Canon of St.  
Andrew of Crete and the Life of St. Mary of Egypt
- Fri. Apr. 12:** 6:00 pm Matins with the Akathistos Hymn  
to the Most Holy Theotokos
- Sat. Apr. 13:** 9:00 am Divine Liturgy. Laudation of the Theotokos.  
6:00 pm Festal Vigil
- Sun. Apr. 14:** 10:00 am Divine Liturgy  
followed by fellowship meal, church school (K-4), First  
Confession Class, and Parish Council  
*Sunday parking available at St. Brigid's*

Visit [holy-trinity.org](http://holy-trinity.org) for our complete monthly calendar.

## Contact Fr. Kirill

Have a question or need to chat?  
FrKirill@holy-trinity.org • 415-673-8565

# Holy Trinity Cathedral



## Sunday, April 7, 2019

Most Reverend Benjamin,  
Archbishop of San Francisco and the West

Very Reverend Dr. Kirill Sokolov, Dean

1520 Green Street  
San Francisco, California  
[holy-trinity.org](http://holy-trinity.org)

Orthodox Church in America  
Diocese of the West

**Today's Epistle**  
Hebrews 6:13-20  
**Today's Gospel**  
Mark 9:17-31

**4<sup>th</sup> Sunday of Great Lent.**  
**St. John Climacus (of The Ladder).**  
Tone 8.

## Today's Epistle

*Heb. 6:13-20*

Brethren, for when God made His promise to Abraham, because He could swear by no greater, He swore by Himself, saying, "Surely I will bless thee and multiply thee." And thus, having patiently endured, he obtained the promise. For men swear by one greater than themselves, and an oath given as a guarantee is the final settlement of all their disagreement. Hence God, meaning to show more abundantly to the heirs of the promise the immutability of His counsel, confirmed it by an oath, that through two immutable things, in which it is impossible for God to deceive, we who have fled for refuge might have strong encouragement to seize the hope set before us. This hope we have as a sure and firm anchor of the soul, reaching even behind the veil, where Jesus has entered as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

## Today's Gospel

*Mark 9:17-31*

At that time, one of the crowd came to Jesus, and bowing before Him he said, Master, I have brought unto thee my son, which hath a dumb spirit; And wheresoever he taketh him, he teareth him: and he foameth, and gnasheth with his teeth, and pineth away: and I spake to thy disciples that they should cast him out; and they could not.

He answereth him, and saith, O faithless generation, how long shall I be with you? how long shall I suffer you? bring him unto me. And they brought him unto him: and when he saw him, straightway the spirit tare him; and he fell on the ground, and wallowed foaming. And he asked his father, How long is it ago

is April 26 this year. I'd like to take a day off for religious reasons."

- How can I avoid the stress and "rushing around" that sometimes accompanies the Great Sabbath (Holy Saturday, April 27)? It is good for us to be involved in the work of our hands as we prepare for the great night of Pascha, and the schedule allows for what is necessary. With preparation and forethought, can I avoid the kind of stress and anxiety that I know can separate me from the experience of the Passion?

## Planning Ahead for Holy Week

**Sat. April 20:** 9:00 am Baptisms and Lazarus Saturday Liturgy  
6:00 pm Festal Vigil with Blessing of Palms

**Sun. April 21:** 10:00 am Divine Liturgy of Palm Sunday  
6:00 pm Bridegroom Matins

**Mon, Tue, & Wed** 9:00 am Liturgy of the Presanctified Gifts  
6:00 pm Bridegroom Matins

**Thu. April 25:** 10:00 am Vespers and Divine Liturgy:  
6:00 pm Great Friday Matins: 12 Gospels

**Fri. April 26:** 10:00 am Royal Hours  
4:00 pm Vespers of the Deposition  
*This service is particularly "child friendly"*  
6:00 pm Great Saturday Matins (with procession)

**Sat. April 27:** 9:00 am Vespers and Divine Liturgy  
11:30 pm Midnight Office. At midnight, Paschal Procession and Matins, Paschal Divine Liturgy

**Sun. April 28:** **CHRIST IS RISEN! INDEED, HE IS RISEN!**  
1:00 pm Paschal Vespers

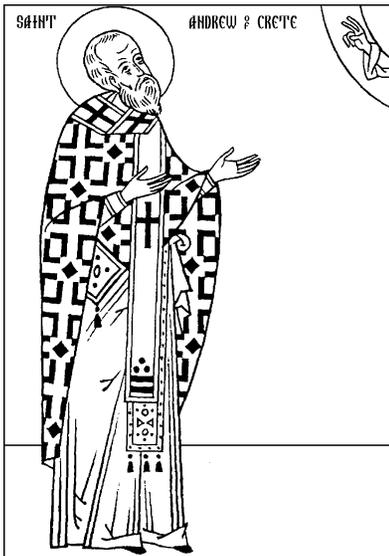
## The Fifth Week of Lent: April 8-14, 2019

During this week, the Fifth Week of Great Lent, we celebrate additional church services that are a little longer. This is by design, and helps us intensify our Lenten efforts of prayer, fasting, and almsgiving. If a believer is accustomed to attending only the Sunday Liturgy during Great Lent, then the opportunity for a deeper Lenten experience will, alas, be missed.

### What should one expect this week?

On Wednesday evening, at the Presanctified Liturgy, the usual Psalms will be replaced by longer, more penitential Psalms. The usual hymns after “Lord, I call” increase from ten to twenty-four, all with the refrain “...before I perish utterly, save me, O Lord.” It is as if the entire Lenten journey is being reviewed in hymn singing.

Our next service is intended to continue on Wednesday night, however, we move it to Thursday evening as a concession to our busy lives. During this special Matins service, we will chant from the Canon of St. Andrew of Crete.



This canon, an intricate poem of nine odes, was written in the early 8<sup>th</sup> century. The entire 250-verse canon is a kind of “Walk through the Bible.” Saint Andrew begins with Adam and Eve and goes all the way through the biblical text, as he speaks to his soul, and to us, by applying the stories and characters of the Holy Bible. When speaking of the Great Canon, Father Alexander Schmemmann says “...the events of sacred history are revealed as



events in my life, God’s acts in the past as acts aimed at me and my salvation, the tragedy of sin and betrayal as my personal tragedy. My life is shown to me as part of the great and all-embracing fight between God and the powers of darkness which rebel against Him... The Canon begins on a deeply personal note... one after another, my sins are revealed in their deep connection with the continuous drama of man’s relation to God; the story of man’s fall is my story.” We will also hear and learn from the reading of the Life of St. Mary of Egypt.

On Friday evening, at 6:00, we will celebrate the very festive, uniquely and mystically beautiful Matins of the Akathistos Hymn to the Theotokos. We hear the bright and wonderful refrain “Rejoice, O Bride unwedded,” at the end of each stanza. The place of the Theotokos in Lent is significant, since without her there is no incarnation. I’ve noticed that this Matins of the Fifth Friday is not well-attended; I ask you to set aside an hour and a half and join me in this magnificent Service. The Laudation of the Theotokos continues with the celebration of the Divine Liturgy on Saturday at 9:00 AM.

The intensity of the Fifth Week of Lent offers the worshipper great gifts. Those who have not yet attended Lenten Services will find that the Fifth Week is a good time to begin. Be prepared to be tested and challenged, yet nourished and comforted, by the spiritual therapy being offered to each person who comes. Don’t let the week pass you by.

- For more on the Biblical stories we’ll hear in the Great Canon, see: <http://www.pravmir.com/the-whos-who-of-the-great-canon-of-st-andrew-of-crete/>

## Looking Ahead to Holy Week & Pascha April 20 – April 28, 2018

On Lazarus Saturday (April 20), we enter into the special and sacred time of Holy Week and Pascha. Each and every one of us is called to truly “lay aside all earthly cares,” i.e., all activities and concerns that distract from the great mystery which is happening for us and to us. It must be an experience that transcends the fulfilling of an annual religious obligation or custom. It is more than a beautiful “tableau” which emotionally uplifts us.

Holy Week and Pascha must make present a *power* which affects everything in our lives – self perception, relationships with others, the world around us, our callings in life, our possessions, our bodies and physical health, and finally our own impending deaths – “the power of God unto salvation for everyone who has faith” (Romans 1:16).

### Practically Speaking

For us to properly lay aside all earthly cares, experience shows that prayerful preparation is helpful. Some questions we might want to ask ourselves:

- Have I marked up my personal and work calendars so that I won’t accidentally schedule a conflict between my family, work, and church commitments?
- Have I finished my taxes and other “big” projects that compete for my mental space?
- Have I made peace with anyone that I’ve offended?
- Can I do extra chores around my home or projects at work to give a little extra space to Holy Week?
- Have I remembered to formally request Great and Holy Friday (April 26) off work? Even in today’s secular age, every employer understands and has a policy to accommodate this sentence: “Hi, Orthodox Good Friday

since this came unto him? And he said, Of a child. And oftentimes it hath cast him into the fire, and into the waters, to destroy him: but if thou canst do any thing, have compassion on us, and help us. Jesus said unto him, If thou canst believe, all things are possible to him that believeth. And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief. When Jesus saw that the people came running together, he rebuked the foul spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him. And the spirit cried, and rent him sore, and came out of him: and he was as one dead; insomuch that many said, He is dead. But Jesus took him by the hand, and lifted him up; and he arose. And when he was come into the house, his disciples asked him privately, Why could not we cast him out? And he said unto them, This kind can come forth by nothing, but by prayer and fasting. And they departed thence, and passed through Galilee; and he would not that any man should know it. For he taught his disciples, and said unto them, The Son of man is delivered into the hands of men, and they shall kill him; and after that he is killed, he shall rise the third day.

### Do not be surprised that you fall every day

Do not be surprised that you fall every day; do not give up, but stand your ground courageously. And assuredly the angel who guards you will honor your patience. While a wound is still fresh and warm it is easy to heal, but old, neglected and festering ones are hard to cure, and require for their care much treatment, cutting, plastering and cauterization. Many from long neglect become incurable. But with God all things are possible [Matthew 19:26].

+ St. John Climacus, Step 5.30, *Ladder of Divine Ascent*



### Many Years!

#### Birthdays:

Lyudmila Mironova (Mar 30)

#### Anniversary of Baptism:

Felicia Dunham (Apr 11)

### Thank You!

Thanks to Will & Anya who prepared today’s luncheon. We hope you can stay and continue in fellowship!