Announcements

- **Welcome Guests and Visitors.** We are delighted to have you join us at our service today in worshiping the Holy Trinity. You are cordially invited to join us for coffee and fellowship after the service.
- **Paschal Flowers**. We are collecting this week for flowers decorations! Another sign that Pascha is coming. See recent emails for ways to volunteer to prepare for this joy, including on Holy Saturday.
- **The 5th Week of Lent (This One!)** is *designed* by the Church to be more rigorous and a "reset within the reset" of the Fast. On Wednesday, we enter into the *Great Canon of St. Andrew* once more. St. Andrew juxtaposes his own sinfulness to God's mercy, and uses hundreds of references to good and bad examples from the Old and New Testaments to "convince himself" – and us! – to repent. We praise the Theotokos at Friday night's *once-a-year* rejoicing.

This Week at Holy Trinity Cathedral

Tue. Apr. 16: 12 noon Orthodox Christian Fellowship at USF

Wed. Apr. 17: 6:00 pm Matins with the Great Canon of St. Andrew of Crete and the Life of St. Mary of Egypt
Parking available at St. Brigid's for evening

Thu. Apr. 18: 6:00 pm Funeral service for Anne Kirueshkin
(burial Friday at 11:00 am at Serbian Cemetery)
Parking available at St. Brigid's for evening

Fri. Apr. 19: 6:00 pm Matins with the Akathistos Hymn
Parking available at St. Brigid's for evening

Sat. Apr. 20: **Annual Lenten Retreat**
10:00 am Doors open
10:30 am First Session (see flier for complete schedule)
12:00 noon Sixth Hour
1:45 pm Second Session
4:00 pm Vigil *(please note special time)*
Parking available at St. Brigid's for whole day.

Sun April 21: **Fifth Sunday of Lent – St. Mary of Egypt**
9:30 am Divine Liturgy followed by fellowship meal
Parking available at St. Brigid's

Contact Fr. Kirill

Question? Want to talk? Or be on the email list?
FrKirill@holy-trinity.org • 415-673-8565

Holy Trinity Cathedral

Sunday, April 14, 2024

Most Reverend Benjamin,
Archbishop of San Francisco and the West

Very Reverend Dr. Kirill Sokolov, Dean

1520 Green Street
San Francisco, California 94123
holy-trinity.org

Orthodox Church in America
Diocese of the West

We are delighted to be together with you in worshiping the Holy Trinity.
Welcome!

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

4th Sunday of Great Lent.
St. John Climacus (of *The Ladder*).
Tone 4.

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, Teacher, I brought You my son, who has a mute spirit. And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not."

He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me." Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth.

So He asked his father, "How long has this been happening to him?"

And he said, "From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us."

Jesus said to him, "If you can believe, all things are possible to him who believes."

Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!"

When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it, "Deaf and dumb spirit, I command you, come out of him and enter him no more!" Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose.

And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?"

So He said to them, "This kind can come out by nothing but prayer and fasting."

Then they departed from there and passed through Galilee, and He did not want anyone to know it. For He taught His disciples and said to them, "The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day."

Holy Week & Pascha: Practically Speaking

On Lazarus Saturday (April 27), 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. 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? Especially for the Great *Sabbath* (May 4)
- Have I remembered to formally request Great and Holy Friday (May 3) off work? Even in today's secular age, every employer understands and has a policy to accommodate this sentence: "Hi, Orthodox Good Friday is May 3 this year. I'd like to take a day off for religious reasons." You'll be glad you did!

Many Years!

***Baptism Anniversary*:**
Stephen Richards (Apr 20)

***Birthday*:**
Tamara Sokolov (Apr 15)
David Lee (Apr 18)

Memory Eternal!

Mrs. Anne V. Kirueshkin this week fell asleep in the Lord on Tuesday April 9.

Thank You!

Thanks to Matushka Sophia for organizing today's fellowship meal.