

**Tone 3 Troparion (Resurrection)**

Let the heavens rejoice!

Let the earth be glad!

For the Lord has shown strength with His arm.

He has trampled down death by death.

He has become the first born of the dead.

He has delivered us from the depths of hell,

and has granted to the world//

great mercy.

**Tone 1 Troparion of the Cross**

O Lord, save Thy people,

and bless Thine inheritance!

Grant victories to the Orthodox Christians

over their adversaries;

and by virtue of Thy Cross, //

preserve Thy habitation!

**Tone 3 Troparion (St. Matthew)**

From the tax desk you eagerly followed the call of Christ the master,

Who of His goodness, revealed Himself on earth to man.

You appear as a chosen apostle & eloquent proclaimer of the Gospel

to the universe!

Wherefore, we revere your honorable memory, O Divinely speaking

Matthew//

Pray to the merciful God that He will grant remission of sins to our souls.

**Glory... Tone 2 Kontakion (St. Tikhon)**

A gentle manner adorned thee:

thou didst show kindness and compassion to those who repented;

thou wast firm and unbending in confessing the Orthodox Faith,

and zealous in loving the Lord.

O holy Hierarch of Christ and Confessor Tikhon,

pray for us that we may not separate ourselves from the love of God, //

which is of Christ Jesus, our Lord!

**Now and Ever... Tone 7 Kontakion (Cross)**

Now the flaming sword no longer guards the gates of Eden;

it has been mysteriously quenched by the wood of the Cross.

The sting of death and the victory of hell have been vanquished;

for Thou, O my Savior, hast come and cried to those in hell://

“Enter again into Paradise!”

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April 7, 2024

3rd Sunday of Great Lent: the Veneration of the Cross

**Hebrews 4:14-5:6 (Epistle)**

Brethren, seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness. Because of this he is required as for the people, so also for himself, to offer sacrifices for sins. And no man takes this honor to himself, but he who is called by God, just as Aaron was. So also Christ did not glorify Himself to become High Priest, but it was He who said to Him: “You are My Son, today I have begotten You.” As He also says in another place: “You are a priest forever according to the order of Melchizedek”

**Mark 8:34-9:1 (Gospel)**

At that time, when Jesus had called the people to Himself, with His disciples also, He said to them, “Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel’s will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels.” And He said to them, “Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power.”

## Keeping you in the Ministry Team Loop:

Our Ministry focus for the month of April is supporting House of Hope and the A&A Alexandrina Crisis Pregnancy Center. These two programs support homeless moms and mothers who are finding themselves in a crisis pregnancy situation. House of Hope cares for and supports young homeless moms by providing a safe, structured place to live. A&A supports women, men and their children with support in a time of a crisis pregnancy. A&A provides pregnancy testing and free ultra sounds. Both organizations provide counseling, support with material goods and referrals to other local agencies. Help us support them this month by filling the laundry basket with items from their wish lists.

Thank you for your faithful support as we continue to reach out to the vulnerable in our community.

**Donations for local Food Banks:** As a reminder, donations of **non-perishable** foods can be made to our parish at any time, as our parish regularly drops off food to local food banks in Green Bay and the Fox Valley. Please note that our food banks are especially requesting donations of **high protein foods**, such as tuna, chicken, beef soup, hamburger helper, peanut butter, etc.



**Our coffee hour/fellowship time** is made possible by your donations of food to share every Sunday morning. We can always use help with the clean up after Coffee/fellowship hour is over. Want to help? Stay until the end of coffee hour and we will find a task for you to do.

### Iconography Project

**Please support our fundraising campaign for Phase III of our Iconography Project.** Details can be found on the Herrick Hall bulletin board. With \$37,750 already raised in addition to \$5,000 in pledges we are **only in need of \$10,100** to have this project completely funded. Thank you for your continued support!

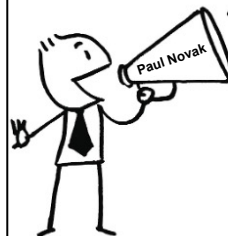


**Monetary donations are needed for Pascha Flowers!!**



### SMOC News and Events Schedule

- **Book Study/Bible Study** meets every **Tuesday at 10:30 am.**
- **Sunday School** will be **April 7 April 14, and April 21. The High School Group** meets on Sundays when there is no Typika in Waupaca.
- Wednesday Night **Adult Education** is on hiatus until the second week of May due to the Lenten service schedule.
- **Today, Sunday, April 7, will be the final Catechumens' Class from 12:00 - 2:30 pm.** We will discuss the topics of the Feasts and Calendar of the Church Year, and Prayer and Personal Spiritual Practice.
- **Parish Council** will be meeting via Zoom on **Tuesday, April 9 at 6:00 pm.** If you would like to attend as a guest, please let President, Paul Novak, know at [\*\*paulnovak11@gmail.com\*\*](mailto:paulnovak11@gmail.com)
- **Annual Lenten Retreat, April 12-13: Please see the information included in this bulletin.** We are excited to welcome Presvytera Rebecca Luft as our speaker!
- **Choir Practice** will be on **Sundays, April 21 and April 28.** **There will also be Choir Practice on Saturday, April 13 from 2:00 to 2:45.**



- **Save the Date!!! On Saturday, April 20, we will hold our annual Deep Cleaning of SMOC at 9:00 am.** At this annual event, we gather to clean every part of SMOC in preparation for Pascha. We will start at 9:00 am. Please come and work and maybe meet a member of the Church you don't know. Please let Paul Novak know or send him an email at [\*\*paulnovak11@gmail.com\*\*](mailto:paulnovak11@gmail.com) if you plan on coming. Many hands make light work!

**Church Cleaner.....**

**Schweiner - week of 4/7 for 4/14/24**

## *St. Matthew Orthodox Church Lenten Retreat 2024*

**On Friday, April 12, and Saturday, April 13, we will have our annual Lenten Retreat. The retreat will be led by Presvytera Rebecca Luft.**

**Biography:** Pres. Rebecca Luft is Professor of Old Testament (and sometimes New Testament) at the St. Macrina Orthodox Institute for the Renewal of Diakonia and Catechesis in the Diocese of the Midwest, our diocesan school. She is married to Fr. Elijah Mueller, rector of Sts. Cyril & Methodius Orthodox Church in Milwaukee.

**The Retreat Schedule will be as follows:**

### Friday, April 12:

#### \* Session 1 from 6:30 - 8:00 pm

— **Topic:** The House of the Father: The Ancient Israelite Household and the Community of Shared Goods in the Book of Acts

*\* light snacks offered by the parish*

### Saturday, April 13:

**\* Hours at 8:45 am, Divine Liturgy at 9:00 am, Memorial Service with Koliva immediately after Liturgy**

*\* potluck coffee fellowship following*

#### \* Session 2 from ~11:00 am - 12:15 pm

— **Topic:** The Law as Revealed Icon: Theophany in the Desert of Fasting, Voluntary Poverty, and Undistracted Prayer

*\* break from ~12:15 - 12:45 pm*

#### \* Session 3 from 12:45 - 2:00 pm

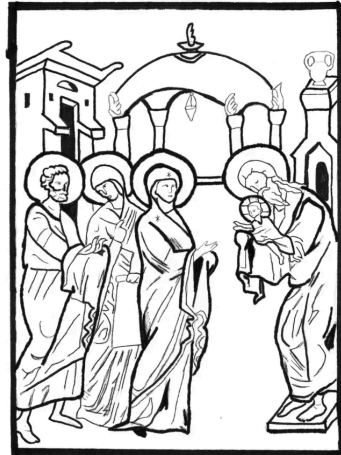
— **Topic:** Priesthood and Sacrifice: Priestly Nation and Christ the Sacrificed Priest

*\* informal discussion 2:00 - 2:45 pm; (optional) choir practice 2:00 - 2:45 pm*

#### \* Great Vespers at 3:00 pm

*Please note: there is no need to register, and if you can't make it to all of the sessions that is ok.*

***We are looking forward to this time of prayer and reflection together!***



## Liturgical Schedule

Wednesday, April 10, 6:00 PM Presanctified Gifts

Saturday, April 13, 8:45 Hours, 9:00 AM Divine Liturgy with Memorial Service (Lenten Retreat)

Saturday, April 13, 3:00 PM Great Vespers (Lenten Retreat)

*Saturday, April 13, 6:00 PM Great Vespers (at St. Macrina Chapel, Waupaca)*

Sunday, April 14, 8:30 Matins, 9:30 AM Divine Liturgy (John Climacus)

*Sunday, April 14, 9:30 Hours, 9:50 Typika (at St. Macrina Chapel, Waupaca)*

Wednesday, April 17, 6:00 PM Presanctified Gifts

Friday, April 19, 6:00 PM Akathist to the Theotokos

Saturday, April 20, 5:00 PM Great Vespers

Sunday, April 21, 8:30 Matins, 9:30 AM Divine Liturgy (Mary of Egypt)

Wednesday, April 24, 6:00 PM Presanctified Gifts

Friday, April 26, 6:00 PM Great Vespers (Lazarus Saturday)

Lazarus Saturday, April 27, 9:00 AM Reception of Converts, 9:30 AM Divine Liturgy

Palm Saturday, April 27, 5:00 PM Great Vespers

Palm Sunday, April 28, 8:30 Matins, 9:30 AM Divine Liturgy

Holy Monday, April 29, 6:00 PM Matins (Bridegroom Service)

Holy Tuesday, April 30, 6:00 PM Matins (Bridegroom Service)

Holy Wednesday, May 1, 6:00 PM Matins (The Last Supper)

Holy Thursday, May 2, 9:30 AM Vespertal Liturgy (The Last Supper)

Holy Thursday, May 2, 6:00 PM Matins (The 12 Passion Gospels)

Holy Friday, May 3, 3:30 PM Vespers (The Removal from the Cross)

Holy Friday, May 3, 6:00 PM Matins (The Burial of Christ)

Holy Saturday, May 4, 9:30 AM Vespertal Divine Liturgy (The Empty Tomb)

Great & Holy Pascha Sunday, May 5, 11:30 PM Nocturnes, Procession, Matins, & Divine Liturgy

Great & Holy Pascha Sunday, May 5, 3:00 PM Vespers (Agape Vespers)

**Confession:** Lent is the time to come to confession! Ideally, we come to confession three or four times a year, but if not, we should confess at least once a year during Great Lent. We remember that we make confession not because God needs us to admit our sins, but because we need to come to terms with our internal spiritual state, so that we can leave sin behind and grow in our union with God in Christ.