



Saint Barbara Greek Orthodox Church
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News & Announcements
April 14, 2024

4th Sunday of Lent - Saint John Climacus the Author
Κυριακή 4η Νηστειών – Του Οσίου Πατρος Ιωαννου του Συγγραφεως



Aristarchus, Pudens, Trophimus the Apostles of the 70 4/14/2024

Thomais the Martyr of Alexandria 4/14/2024

Ardalion the Actor and Martyr 4/14/2024

Demetrius the New-Martyr of Arcadia 4/14/2024

Morning Matins 9:00 am

Morning Great Doxology starts at 9:45 am

Morning Divine Liturgy 10:00 a.m

Greek & English is Used at All Services

Χρησιμοποιουμε Ελληνικα και Αγγλικά σε καθε Ακολουθια

The Sunday Epistle Reading

O Lord, how manifold are your works. You have made all things in wisdom.
Verse: Bless the Lord, O my soul.

The reading is from St. Paul's Letter to the Hebrews 6:13-20

BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

Ὡς ἐμεγαλύνθη τὰ ἔργα σου Κύριε, πάντα ἐν σοφίᾳ ἐποίησας.
Στίχ. Εὐλόγει ἡ ψυχὴ μου τὸν Κύριον.

Πρὸς Ἑβραίους Επιστολῆς Παυλοῦ τὸ ἀνάγνωσμα 6:13-20

Ἀδελφοί, τῷ Ἀβραάμ ἐπαγγελιάμενος ὁ θεός, ἐπεὶ κατ' οὐδενὸς εἶχεν μείζονος ὁμόσαι, ὥμοσεν καθ' ἑαυτοῦ, λέγων, Ἡ μὴν εὐλογῶν εὐλογήσω σε, καὶ πληθύνων πληθυνῶ σε. Καὶ οὕτως μακροθυμήσας ἐπέτυχεν τῆς ἐπαγγελίας. Ἄνθρωποι μὲν γὰρ κατὰ τοῦ μείζονος ὁμνύουσιν, καὶ πάσης αὐτοῖς ἀντιλογίας πέρας εἰς βεβαίωσιν ὁ ὄρκος. Ἐν ᾧ περισσότερον βουλόμενος ὁ θεὸς ἐπιδειῖξαι τοῖς κληρονόμοις τῆς ἐπαγγελίας τὸ ἀμετάθετον τῆς βουλῆς αὐτοῦ, ἐμεσίτευσεν ὄρκῳ, ἵνα διὰ δύο πραγμάτων ἀμεταθέτων, ἐν οἷς ἀδύνατον ψεύσασθαι θεόν, ἰσχυρὰν παράκλησιν ἔχωμεν οἱ καταφυγόντες κρατῆσαι τῆς προκειμένης ἐλπίδος· ἦν ὡς ἄγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ τε καὶ βεβαίαν, καὶ εἰσερχομένην εἰς τὸ ἐσώτερον τοῦ καταπετάσματος· ὅπου πρόδρομος ὑπὲρ ἡμῶν εἰσηλθεν Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδέκ ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

The Gospel According to Mark 9:17-31

At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

Ἐκ τοῦ Κατὰ Μάρκον Ἁγίου Εὐαγγελίου τὸ Ἀνάγνωσμα 9:17-31

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ λέγων, διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρὸς σε, ἔχοντα πνεῦμα ἄλαλον. καὶ ὅπου ἂν αὐτὸν καταλάβῃ, ῥήσσει αὐτόν, καὶ ἀφρίζει καὶ τρίζει τοὺς ὀδόντας αὐτοῦ, καὶ ξηραίνεται· καὶ εἶπον τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσι, καὶ οὐκ ἴσχυσαν. ὁ δὲ ἀποκριθεὶς αὐτῷ λέγει· ὦ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρὸς με. καὶ ἤνεγκαν αὐτὸν πρὸς αὐτόν. καὶ ἰδὼν αὐτὸν εὐθέως τὸ πνεῦμα ἐσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. καὶ ἐπηρώτησε τὸν πατέρα αὐτοῦ· πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δὲ εἶπε· παιδιόθεν. καὶ πολλάκις αὐτόν καὶ εἰς πῦρ ἔβαλε καὶ εἰς ὕδατα, ἵνα ἀπολέσῃ αὐτόν· ἀλλ' εἴ τι δύνασαι, βοήθησον ἡμῖν σπλαγχνισθεὶς ἐφ' ἡμᾶς. ὁ δὲ Ἰησοῦς εἶπεν αὐτῷ τὸ εἰ δύνασαι πιστεῦσαι, πάντα δυνατὰ τῷ πιστεύοντι. καὶ εὐθέως κράξας ὁ πατήρ τοῦ παιδίου μετὰ δακρῶν ἔλεγε· πιστεύω, κύριε· βοήθει μου τῇ ἀπιστίᾳ. ἰδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος, ἐπετίμησε τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ· τὸ πνεῦμα τὸ ἄλαλον καὶ κωφόν, ἐγὼ σοι ἐπιτάσσω, ἐξελθε ἐξ αὐτοῦ καὶ μηκέτι εἰσέλθῃς εἰς αὐτόν. καὶ κράξαν καὶ πολλὰ σπαράξαν αὐτόν ἐξῆλθε, καὶ ἐγένετο ὡσεὶ νεκρός, ὥστε πολλοὺς λέγειν ὅτι ἀπέθανεν. ὁ δὲ Ἰησοῦς κρατήσας αὐτόν τῆς χειρὸς ἤγειρεν αὐτόν, καὶ ἀνέστη. Καὶ εἰσελθόντα αὐτόν εἰς οἶκον οἱ μαθηταὶ αὐτοῦ ἐπηρώτων αὐτόν κατ' ἰδίαν, ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό. καὶ εἶπεν αὐτοῖς· τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἐξελθεῖν εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. Καὶ ἐκεῖθεν ἐξελθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἠθέλεν ἵνα τις γνῶ· ἐδίδασκε γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς ὅτι ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται



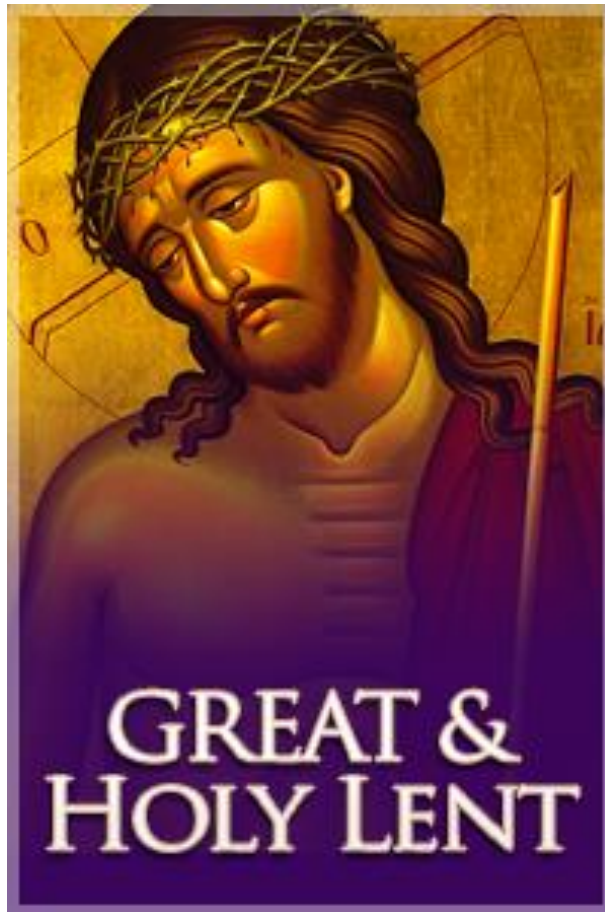
Today's Coffee Hour 4/14
Philoptochos

Today's Scheduled Narthex Greeters for 4/14
Theky Pappas
Gus Megaloudis

Our Volunteer Chantors
Peter Marinos
Nicholas Georgiou

Our Volunteer Choir Director
Panos Messis

Our Volunteer Organist
Eleni Christakos



RELIGIOUS CALENDAR

April 2024

17 – 5th Wednesday Pre-Sanctified Liturgy – 6:00 pm

19 – Friday - The Akathyst Hymn – 6:00 pm

21 – Sunday of Saint Mary of Egypt – 9:00 am

24 – Wednesday Pre-Sanctified Before Holy Week – 6:00 pm

27 – Saturday of Lazarus – Great Doxology & Liturgy -10:00 am.

GREAT LENT AND HOLY WEEK 2024 (March 18 – May 4) FASTING GUIDE



“O Lord and Master
of my life,
Take from me the spirit
of sloth, despair,
lust of power
and idle talk;

But give rather the spirit of chastity,
humility, patience, and love to Thy servant.

Yea, O Lord and King,
grant me to see my own transgressions
and not to judge my brother, for blessed
art Thou unto ages of ages. Amen.”

This year, our journey through the Lenten fast to Pascha begins at Forgiveness Vespers on Sunday, Mar 17TH

The guidelines in this post are general. Fasting is a spiritual discipline that should be practiced with the oversight and direction of your spiritual father. If you have any specific questions about how the fasting discipline applies to you, you should consult your spiritual

The Lenten fasting discipline commences after Forgiveness Vespers on March 17 and concludes with the breaking of the fast at Pascha on May 5th. In general, the fasting rules during Great Lent and Holy Week are as follows:

WEEKDAYS (Monday – Friday) are observed as *Strict Fast Days*. On these days we abstain from meat, dairy, fish with backbones, fowl, alcoholic beverages, and oil.

WEEKENDS (Saturday and Sunday) are observed as *Wine and Oil Days*. On these days the fast is relaxed to permit alcoholic beverages and olive and other vegetable oils.

In addition, two special feastdays that fall during this period – **Annunciation (March 25)** and **Palm Sunday (April 28, this year)** – are kept as *Fish, Wine, and Oil Days*. On these days the fast is relaxed to permit fish with backbones, in addition to alcoholic beverages and oil.

There are certain days of the Holy Week cycle that have special fasting rules.

- **Great and Holy Thursday (May 2, this year)** is observed as a *Wine and Oil Day* due to the commemoration of the institution of the Eucharist.
- **Great and Holy Saturday (May 4, this year)** is observed as a *Strict Fast Day* – the only Saturday of the year kept as a strict fast; however, wine (but not oil) is permitted.

Additional Notes:

1. Meals for the fast should follow the dietary restrictions and be cooked simply. Portions should be smaller than usual.
2. Fasting on the weekdays of the first week of Great Lent is especially severe. The strictest observance would be to take only two meals during this week – one on Wednesday evening and one on Friday evening after the services scheduled for those nights – keeping Clean Monday, Tuesday, and Thursday as absolute fasts (i.e., no food whatsoever). For many this is impracticable. A good starting place to work towards the strict observance is to keep the first day of Great Lent, Clean Monday, as an absolute fast and to limit meals on the other days.
3. It is a pious practice to observe Great and Holy Friday as an absolute fast. If one does not have the strength to do this, it is good to abstain from food until after venerating the epitaphios (winding sheet) during Vespers on this day.
4. If you have a medical condition that requires you to relax the fasting guidelines, then do so.
5. **Before you attempt to strictly follow the fasting guidelines, consult with Fr. Stavroforos.** It is very easy to lose sight of the fact that fasting is a means to an end (that is, our salvation) and not an end in itself.
6. Generally speaking, children and elderly people are allowed to relax the fast under the guidance of their spiritual father.

FASTING TO RECEIVE COMMUNION AT A PRE-SANCTIFIED LITURGY

7. A special feature of the Liturgy of the Presanctified is that it is celebrated in the evening in connection with Vespers. The early Christians preparing to receive Communion at the Liturgy of the Presanctified fasted the whole day from morning till evening. Today complete fasting is prescribed starting from noon, so that after twelve o'clock we have nothing to eat or drink until after the evening Liturgy.



Liturgy of the Presanctified Gifts on Wednesdays at 6:00 pm on March 20, 27, April 3,10,17,24.

As we already have seen, the eucharistic Divine Liturgy is not celebrated in the Orthodox Church on lenten weekdays. In order for the faithful to sustain their lenten effort by participation in Holy Communion, the Liturgy of the Presanctified Gifts is served. The service is an ancient one in the Orthodox Church. We officially hear about it in the canons of the seventh century, which obviously indicates its development at a much earlier date.

On all days of the holy fast of Lent, except on the Sabbath, the Lord's Day, and the holy day of the Annunciation, the Liturgy of the Presanctified is to be served (Canon 52, Quinisext, 692).

The Liturgy of the Presanctified Gifts is an evening service. It is the solemn lenten Vespers with the administration of Holy Communion added to it. There is no consecration of the eucharistic gifts at the presanctified liturgy. Holy Communion is given from the eucharistic gifts sanctified on the previous Sunday at the celebration of the Divine Liturgy, unless, of course, the feast of the Annunciation should intervene; hence its name of “presanctified.”

The Liturgy of the Presanctified Gifts is served on Wednesday and Friday evenings, although some churches may celebrate it only on one of these days. It comes in the evening after a day of spiritual preparation and total abstinence. The faithful who are unable to make the effort of total fasting because of weakness or work, however, normally eat a light lenten meal in the early morning.

During the psalms of Vespers, the presanctified gifts are prepared for communion. They are transferred from the altar table where they have been reserved since the Divine Liturgy, and are placed on the table of oblation. After the evening hymn, the Old Testament scriptures of Genesis and Proverbs are read, between which the celebrant blesses the kneeling congregation with a lighted candle and the words: “The Light of Christ illumines all,” indicating that all wisdom is given by Christ in the Church through the scriptures and sacraments. This blessing was originally directed primarily to the catechumens—those preparing to be baptized on Easter—who attended the service only to the time of the communion of the faithful.

After the readings, the evening Psalm 141 is solemnly sung once again with the offering of incense. Then, after the litanies of intercession and those at which the catechumens were dismissed in former days, the presanctified eucharistic gifts are brought to the altar in a solemn, silent procession. The song of the entrance calls the faithful to communion.

Now the heavenly powers [i.e., the angels] do minister invisibly with us. For behold the King of Glory enters. Behold the mystical sacrifice, all fulfilled, is ushered in.

Let us with faith and love draw near that we may be partakers of everlasting life. Alleluia. Alleluia. Alleluia.

After the litany and prayers, the Our Father is sung and the faithful receive Holy Communion to the chanting of the verse from Psalm 34: “O taste and see how good is the Lord. Alleluia.” The post-communion hymns are sung and the faithful depart with a prayer to God who “has brought us to these all-holy days for the cleansing of carnal passions,” that he will bless us “to fight the good fight, to accomplish the course of the fast, and to attain unto and to adore the holy resurrection” of Christ.

The Liturgy of the Presanctified Gifts is traditionally considered to be the work of the sixth-century pope, Saint Gregory of Rome. The present service, however, is obviously the inspired liturgical creation of Christian Byzantium

Salutation Services at 6:00 pm on Fridays March 22, 29, April 5, 12, and the Akathyst Service on the 19.



The Akathist Hymn is a profound, devotional poem, which sings the praises of the Holy Mother and Ever-Virgin Mary. It is one of the most beloved services in the Orthodox Church. It was composed in the imperial city of Constantinople, "the city of the Virgin," by St. Romanos the Melodist, who reposed in the year 556. The Akathist Hymn has proven so popular in the liturgical life of the Church that many other hymns have been written following its format. These include Akathists to Our Lord Jesus Christ, to the Cross, and to many Saints.

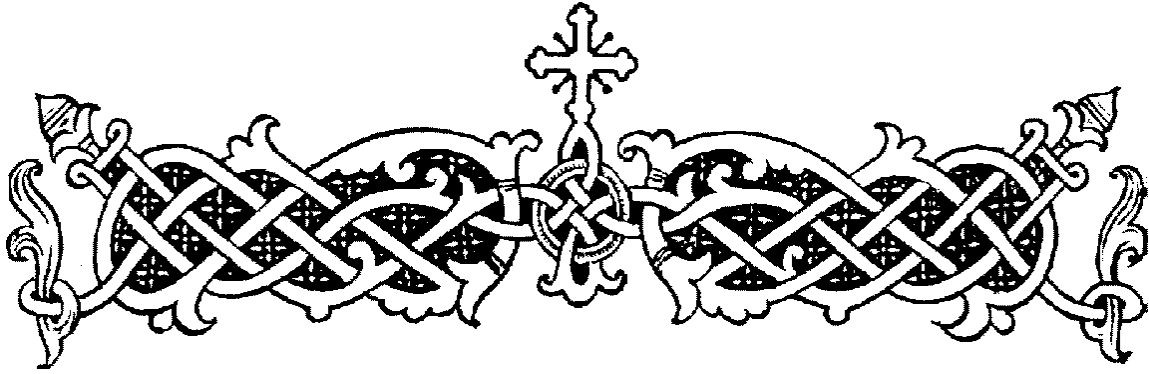
The Akathist hymn consists of praises directed to the Mother of God, beginning with the salutation of the Archangel Gabriel: "Rejoice." As the hymn is chanted all of the events related to our Lord's Incarnation pass before us for our contemplation. The Archangel Gabriel marvels at the Divine self-emptying and the renewal of creation which will occur when Christ comes to dwell in the Virgin's womb. The unborn John the Baptist prophetically rejoices. The shepherds recognize Christ as a

blameless Lamb, and rejoice that in the Virgin "the things of earth join chorus with the heavens." The pagan Magi following the light of the star, praise Her for revealing the light of the world.

The word "akathistos" means "not sitting," i.e., standing; normally all participants stand while it is being prayed. The hymn is comprised of 24 stanzas, arranged in an acrostic following the Greek alphabet. The stanzas alternate between long and short. Each short stanza is written in prose and ends with the singing of "Alleluia." Each longer stanza ends with the refrain: "Rejoice, O Bride Unwedded."

The first part of the hymn is about the Annunciation to the Virgin Mary by the Angel. It describes Mary's surprise at the news, her visit to her mother and Joseph's doubts as to her innocence. The second part is about the birth of Christ, the worship of the Shepherds and Magi, the flight to Egypt and the visit to Saint Simeon in the Temple. In the third part the hymn directs our attention to the renewal of the world by Christ's coming, and the amazement of the Angels and the wise men at the sight of the Incarnation of God's Son. The fourth and the last part is once more a lyric and rhetorical appraisal of Virgin Mary, whom the poet adorns with the most beautiful of adjectives asking her to accept his poetical offering and to intercede for the salvation of human race from the earthly sin.

Orthodox Christian Observance of the Akathist Hymn on the first 4 Fridays of Great Lent.



THIS WEEKS LENTEN SERVICES:

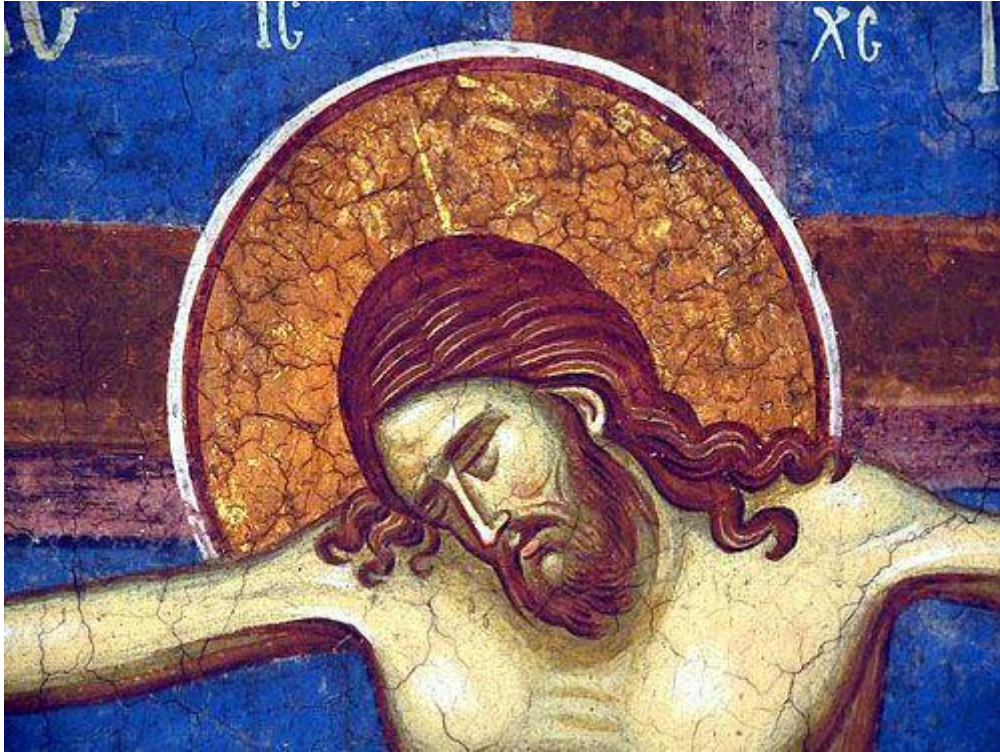
Wednesday, April 17th
5th Wednesday of Lent
Pre-Sanctified Liturgy – 6:00 pm

Friday, April 19th
The Akathyst Hymn – 6:00 pm

Ακολουθίες της Εβδομάδας:

Τεταρτη, 17 Απριλιου
Προηγιασμενη για την 5η Τεταρτη Νηστειων – 6 μμ

Παρασκευη, 19 Απριλιου
Ο Ακαθιστος Υμνος – 6 μμ



Holy Week at Saint Barbara 2024

Sunday, April 28 Morning - Palm Sunday - 9:00 am

Sunday, April 28 Evening - 1st Bridegroom Service - 6:00 pm

Monday, April 29 Evening - 2nd Bridegroom Service - 6:00 pm

Tuesday, April 30 Evening - 3rd Bridegroom Service - 6:00 pm

Wednesday, May 1 Afternoon - Service of Holy Unction - 2:00 pm

Wednesday, May 1 Evening - Service of the Bridegroom - 6:00 pm

Thursday, May 2 Morning - Vespers & Liturgy of St. Basil- 9:00 am

Thursday, May 2 Evening - The Holy Passion Service - 6:00 pm

Friday, May 3 Morning - Royal Hours - 9:00 am

Friday, May 5 Afternoon - Descent from the Cross - 3:00 pm

Friday, May 3 Evening - Lamentation Service - 6:00 pm

Saturday Morning, May 4 - Vespers with Liturgy of St. Basil 9:00 am

Saturday Evening, May 4 - Matins and Resurrection Service 11:00 pm

Sunday Morning, May 5 – Vespers of Agape 11:00 am



Μεγάλη Εβδομάδα στην Αγία Βαρβαρα 2024

- 28 Απριλίου – Κυριακή Βαιων Πρωι – 9:00 πμ
28 Απριλίου – Κυριακή Βραδυ Του Νυμφιου – 6:00 μμ
29 Απριλίου – Δευτερα Βραδυ Του Νυμφιου – 6:00 μμ
30 Απριλίου – Τριτη Βραδυ Τροπαριο της Κασσιανης – 6:00 μμ
1 Μαιου – Απογευμα – Μυστηριον του Ευχελαιου – 2:00 μμ
1 Μαου – Βραδυ – Του Νυμφιου και Μυρομα – 6:00 μμ
2 Μαιου – Πευπη Πρωι – Θεια Λειτουργια Μ. Βασιλειου – 9:00 πμ
2 Μαιου – Πευπη Βραδυ – Τα 12 Ευαγγελια – 6:00 μμ
3 Μαιου – Παρασκευη Πρωι – Μεγ. Βασιλικες Ωρες – 9:00 πμ
3 Μαιου – Παρασκευη Απογευμα – Αποκαθηλωση – 3:00 μμ
3 Μαιου – Παρασκευη Βραδυ – Επιταφιος Θρηνος – 6:00 μμ
4 Μαιου – Σαββατο Πρωι – Θ. Λειτουργια Μ. Βασιλειου – 9:00 πμ
4 Μαιου – Σαββατο Βραδυ – Η Ανασταση του Κυριου – 11:00 μμ
5 Μαιου – Κυριακη Πρωι – Εσπερινος της Αγαπης – 11:00 πμ



PHILOPTOCHOS MEETING APRIL 21ST AFTER CHURCH

Hello Ladies,

Our next Philoptochos General Membership Meeting will be on Sunday, April 21, after church services. Please plan to attend as the Pastry Sale for our St. Barbara Greek Festival on May 18 and 19 will be the main topic.

Thank you to everyone for your help in March. The month was a whirlwind! On the heels of a wonderful Membership Social, we turned right around and hosted a delicious Cheesefare Luncheon for our parishioners. These events, as well as others, will be recapped at our meeting.

If you have any questions, please do not hesitate to reach out to me. I look forward to seeing you on April 21!

In Christ,

Betsy Xenakis

HOLY WEEK ACTIVITIES



FOR YOU AND YOUR FAMILY:

Saturday of Lazarus Youth and Parents Divine Liturgy

Contact Costa Constantinou to be Part of the Parents Youth Choir

Saturday of Lazarus Palm Cross Making

After Services for the Saturday of Lazarus

Contact: TBA

A Holy Week Reader

Contact: Pete Marinos pnm1@yahoo.com

An Epitaphio Decorator

After the Royal Hours on Good Friday

Contact: TBA

A Parent with Child who Receives the Body of Christ from the Cross.

In the middle of the 3:00 service of Good Friday

Contact: TBA

Participating in the Choir

Contact: Panos Messis

**Participating in the Reading of the Gospel in a Foreign Language at
the Agape Service**

Contact: Larry Odzak larryodzak@gmail.com

Narthex Scheduling

Contact: TBA

Being a Pall-bearer that carries the Epitaphio

Contact: TBA

Being a Myrrh-bearer at our Lord's Tomb

Contact: TBA

Being an Altar Boy

Contact: James Dasher

Dyeing and Wrapping Red Easter Eggs

Contact: TBA

**Contributing a food item for the International Easter Pot Luck After
the Midnight Service**

***All Covered Dishes Should be taken directly to the Church
Hall. Everyone is invited
to bring a covered dish.***

Contact: TBA