



Archangel Michael Church

Η Εκκλησία του Αρχαγγέλου Μιχαήλ

100 Fairway Drive, Port Washington, NY 11050

(516) 944-3180 ~ www.archangelmichaelchurch.org

Clergy: Fr. John Lardas, Fr. Michael Palamara, Fr. Dennis Strouzas

Ἦχος πλ. β' / Pl 2nd Tone ~ Ἑωθινὸν Δ' / 4th Morning Gospel
September 20th, 2020 ~ Sunday After the Holy Cross



The Elevation of the Venerable and Life-Giving Cross

Saint Helen, the mother of Saint Constantine the Great, when she was already advanced in years, undertook, in her great piety, the hardships of a journey to Jerusalem in search of the cross, about the year 325. A temple to Aphrodite had been raised up by the Emperor Hadrian upon Golgotha, to defile and cover with oblivion the place where the saving Passion had been suffered. The venerable Helen had the statue of Aphrodite destroyed, and the earth removed, revealing the

Tomb of our Lord, and three crosses. Of these, it was believed that one must be that of our Lord, the other two of the thieves crucified with Him; but Saint Helen was at a loss which one might be the Wood of our salvation. At the inspiration of Saint Macarius, Archbishop of Jerusalem, a lady of Jerusalem, who was already at the point of death from a certain disease, was brought to touch the crosses, and as soon as she came near to the Cross of our Lord, she was made perfectly whole.

Consequently, the precious Cross was lifted on high by Archbishop Macarius of Jerusalem; as he stood on the ambo, and when the people beheld it, they cried out,

"Lord have mercy." It should be noted that after its discovery, a portion of the venerable Cross was taken to Constantinople as a blessing. The rest was left in Jerusalem in the magnificent church built by Saint Helen, until the year 614. At that time, the Persians plundered Palestine and took the Cross to their own country (see Jan. 22, Saint Anastasius the Persian). Late, in the year 628, Emperor Heraclius set out on a military campaign, retrieved the Cross, and after bringing it to Constantinople, himself escorted it back to Jerusalem, where he restored it to its place.



Ὑψωση του Τιμίου και Ζωοποιού Σταυροῦ

Πρόκειται Το 326 μ.Χ. η Αγία Ελένη πήγε στην Ιερουσαλήμ για να προσκυνήσει τους Αγίους Τόπους και να ευχαριστήσει το Θεό για τους θριάμβους του γιου της Μεγάλου Κωνσταντίνου. Ο Θεός ζήλος όμως, έκανε την Αγία Ελένη να αρχίσει έρευνες για την ανεύρεση του Τιμίου Σταυρού.

Επάνω στο Γολγοθά υπήρχε ειδωλολατρικός ναός της θεάς Αφροδίτης, τον οποίο γκρέμισε και άρχισε τις ανασκαφές. Σε κάποιο σημείο, βρέθηκαν τρεις σταυροί. Η συγκίνηση υπήρξε μεγάλη, αλλά ποιος από τους τρεις ήταν του Κυρίου; Τότε ο επίσκοπος Ιεροσολύμων Μακάριος με αρκετούς Ιερείς, αφού έκανε δέηση, άγγιξε στους σταυρούς το σώμα μιας ευσεβέστατης κυρίας που είχε πεθάνει. Όταν ήλθε η σειρά και άγγιξε τον τρίτο σταυρό, που ήταν πραγματικά του Κυρίου, η γυναίκα αμέσως αναστήθηκε.

Η είδηση διαδόθηκε σαν αστραπή σε όλα τα μέρη της Ιερουσαλήμ. Πλήθη πιστών άρχισαν να συρρέουν για να αγγίξουν το τίμιο ξύλο. Επειδή, όμως, συνέβησαν πολλά δυστυχήματα από το συνωστισμό, ύψωσαν τον Τίμιο Σταυρό μέσα στο ναό σε μέρος υψηλό, για να μπορέσουν να τον δουν και να τον προσκυνήσουν όλοι.

Αυτή, λοιπόν, την ύψωση καθιέρωσαν οι άγιοι Πατέρες, να γιορτάζουμε στις 14 Σεπτεμβρίου, για να μπορέσουμε κι εμείς να υψώσουμε μέσα στις ψυχές μας το Σταυρό του Κυρίου μας, που αποτελείτο κατ'εξοχήν "όπλον κατά του διαβόλου".

Ορισμένοι Συναξαριστές, αυτή την ημέρα, αναφέρουν και την ύψωση του Τιμίου Σταυρού στην Κωνσταντινούπολη το 628 μ.Χ. από τον βασιλιά Ηράκλειο, πού είχε νικήσει και ξαναπήρε τον Τίμιο Σταυρό από τους Αβάρους, οι οποίοι τον είχαν αρπάξει από τους Αγίους Τόπους.

Save O Lord, Your people and bless Your inheritance, grant victory to the faithful against the adversaries of the faith. And protect Your people, by the power of Your Cross.

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

ΣΥΝΑΞΑΡΙΟΝ

Κυριακή μετὰ τὴν Ὑψωσιν. Τοῦ ἁγίου Μεγαλομάρτυρος Εὐσταθίου καὶ τῆς συνοδείας αὐτοῦ. Τοῦ ὁσίου Πατρὸς ἡμῶν Εὐσταθίου, Ἀρχιεπίσκοπου Θεσσαλονίκης. Τοῦ ὁσίου Πατρὸς ἡμῶν Ἰωάννου τοῦ Αἰγυπτίου. Τοῦ ἁγίου νέου ὁσιομάρτυρος Ἰλαρίωνος.

Ἀπολυτίκιον Ἦγος πλ. β΄

Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμα σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἵστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἅδην, μὴ πειρασθεῖς ὑπ' αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωροῦμενος τὴν ζωὴν, ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι. τοὺς τεθνεώτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

Ἀπολυτίκιον Τοῦ Σταυροῦ

Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωροῦμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

Ἀπολυτίκιον Τῶν Ἀγίων

Οἱ Μάρτυρες σου Κύριε, ἐν τῇ ἀθλήσει αὐτῶν, στεφάνους ἐκομίσαντο τῆς ἀφθαρσίας, ἐκ σοῦ τοῦ Θεοῦ ἡμῶν· σχόντες γὰρ τὴν ἰσχύν σου, τοὺς τυράννους καθεῖλον, ἐθραυσαν καὶ δαιμόνων, τὰ ἀνίσχυρα θράση. Αὐτῶν ταῖς ἱκεσίαις, Χριστέ ὁ Θεός, σῶσον τὰς ψυχὰς ἡμῶν.

Κοντάκιον τοῦ Μνημοσύνου

Μνήσθητι Κύριε, ὡς ἀγαθός τοῦ (τῆς, τῶν) δούλου (ης, ων) σου, καὶ ὅσα ἐν βίῳ ἡμαρ(εν) (εν) (ον) συγχώρησον* οὐδεὶς γὰρ ἀναμάρτητος, εἰμὴ σὺ ὁ δυνάμενος καὶ τ(ῶ) (ῇ) (οἷς) μεταστά (ντι) (ση) (σι) δοῦναι τὴν ἀνάπαυσιν

Ἀπολυτίκιον Τῶν Ταξιαρχῶν

Τῶν οὐρανίων στρατιῶν Ἀρχιστράτηγοι, δυσωποῦμεν ὑμᾶς ἡμεῖς οἱ ἀνάξιοι, ἵνα ταῖς ὑμῶν δεήσεσι, τειχίσῃτε ἡμᾶς, σκέπῃ τῶν περυγῶν, τῆς αὐλοῦ ὑμῶν δόξης, φρουροῦντες ἡμᾶς προσπίπτοντας, ἐκτενῶς καὶ βοῶντας· Ἐκ τῶν κινδύνων λυτρώσασθε ἡμᾶς, ὡς Ταξίαρχαι τῶν ἄνω Δυνάμεων.

Ἀπολυτίκιον Αἰκατερίνης Μεγαλομάρτυρος

Τὴν πανεύφημον νύμφην Χριστοῦ υμνήσωμεν, Αἰκατερίναν τὴν θεῖαν καὶ πολιούχον Σινά, τὴν βοήθειαν ἡμῶν καὶ ἀντίληπιν, ὅτι ἐφίμωσε λαμπρῶς, τοὺς κομψοὺς τῶν ασεβῶν, τοῦ Πνεύματος τὴ μαχαίρα, καὶ νῦν ὡς Μάρτυς στεφθεῖσα, αἰτεῖται πάσι τό μέγα ἔλεος.

Κοντάκιον

Ο υψωθείς ἐν τῷ Σταυρῷ ἐκουσίως, τὴ ἐπωνύμῳ σου καινὴ πολιτεία, τοὺς οἰκτιρμούς σου δώρησαι, Χριστέ ὁ Θεός, Εὐφρανὸν ἐν τῇ δυνάμει σου, τοὺς πιστοὺς Βασιλεῖς ἡμῶν, νίκας χορηγῶν αὐτοῖς, κατὰ τῶν πολεμίων, τὴν συμμαχίαν ἔχοιεν τὴν σὴν, ὅπλον εἰρήνης, ἀήττητον τρόπαιον.

SYNAXARION

Sunday after the Elevation of the Cross. The great Martyr Eustathius and his family. Our Righteous Father Eustathius the Archbishop of Thessaloniki. Our Righteous Father John the Foreigner and the new Righteous Martyr Saint Hilarion.

Resurrectional Apolytikion Pl 2nd Tone

When the angelic powers appeared at your tomb, and those who guarded You became as though dead, and standing by Your sepulcher was Mary seeking, Your pure and sacred body. For You did vanquish Hades and uncorrupted by its touch, You came unto the virgin woman, bestowing the gift of life, O You who rose from the dead. Lord we give glory to You.

Apolytikion of the Cross

Save O Lord, Your people and bless Your inheritance, grant victory to the faithful against the adversaries of the faith. And protect Your people, by the power of Your Cross.

Hymn of the Martyr Saints

Your Martyrs O Lord in their courageous contest for You, received as the prize the crowns of incorruption and life, from You our immortal God. For since they possessed your strength they cast down the tyrants, and wholly destroyed the demons' strength-less presumption. O Christ God, by their prayers, save our souls, since you are merciful.

Kontakion of the Memorial

Remember, O Lord, as You are good, Your servant(s), and forgive every sin he (she, they) have committed in this life. For no one is sinless except You, Who have power to grant rest to those who have fallen asleep.

Hymn of the Archangels (4th Mode)

Supreme Commanders of the Hosts of the Heavens, * we, the unworthy, importune and beseech you * that by your supplications ye encircle us * in the shelter of the wings * of your immaterial glory, * guarding us who now fall down * and cry to you with fervor: * Deliver us from dangers of all kinds, * as the Great Marshals of the heavenly hosts on high.

Apolytikion of Great Martyr Catherine

Let us praise the all-lauded and noble bride of Christ, * the godly Catherine, the guardian of Sinai and its defense, * who is also our support and succor and our help; * for with the Holy Spirit's sword * she hath silenced brilliantly the clever among the godless; * and being crowned as a Martyr, she now doth ask great mercy for us all.

Kontakion (Fourth Mode)

Lifted up on the Cross by Your free will, Christ God, grant mercies to the new commonwealth that bears Your name. Gladden our faithful rulers by Your power, giving them victories over their adversaries. May Your alliance be for them a weapon for peace, an invincible standard.

Scripture Readings for Today Sunday After the Cross

Πρὸς Γαλάτας 2:16-20

Ἀδελφοί, εἰδότες ὅτι οὐ δικαιοῦται ἄνθρωπος ἐξ ἔργων νόμου, ἐὰν μὴ διὰ πίστεως Ἰησοῦ Χριστοῦ, καὶ ἡμεῖς εἰς Χριστὸν Ἰησοῦν ἐπιστεύσαμεν, ἵνα δικαιωθῶμεν ἐκ πίστεως Χριστοῦ, καὶ οὐκ ἐξ ἔργων νόμου· διότι οὐ δικαιωθήσεται ἐξ ἔργων νόμου πᾶσα σὰρξ. Εἰ δέ, ζητοῦντες δικαιωθῆναι ἐν Χριστῷ, εὐρέθημεν καὶ αὐτοὶ ἁμαρτωλοί, ἅρα Χριστὸς ἁμαρτίας διάκονος; Μὴ γένοιτο. Εἰ γὰρ ἂν κατέλυσα, ταῦτα πάλιν οἰκοδομῶ, παραβάτην ἐμαυτὸν συνίστημι. Ἐγὼ γὰρ διὰ νόμου νόμῳ ἀπέθανον, ἵνα θεῷ ζήσω. Χριστῷ συνεσταύρωμαι· ζῶ δέ, οὐκέτι ἐγώ, ζῇ δὲ ἐν ἐμοὶ Χριστός· ὁ δὲ νῦν ζῶ ἐν σαρκί, ἐν πίστει ζῶ τῇ τοῦ υἱοῦ τοῦ θεοῦ, τοῦ ἀγαπήσαντός με καὶ παραδόντος ἑαυτὸν ὑπὲρ ἐμοῦ.

The reading is from St. Paul's Letter to the Galatians 2:16-20

Brethren, knowing that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Ἐκ τοῦ Κατὰ Μάρκον 8:34-38, 9:1 Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν ὁ Κύριος Εἴ τις θέλει ὀπίσω μου ἔλθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθεῖτω μοι. ὃς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσεται ἄνθρωπον εἰάν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ εἰάν ἐπαισχυνηθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνηθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

The Gospel According to Mark 8:34-38; 9:1

The Lord said, "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."



Archangel Michael Greek Language Institute Modern
Greek for Adults
Teen Conversational & Culture Classes
Fall 2020



The Archangel Michael Greek Language Institute is offering ONLINE Greek Language courses:

Modern Greek for Adults Classes:

Beginners/Advanced Beginners (A1/A2) Level
Intermediate/Advanced (B1/B2) Level

Teen Conversation and Culture Classes (age 15 and up)

Each course will start the week of September 28, 2020.

Modern Greek for Adults Classes

Duration: September to May 2021 (2 Semesters)

Day and Time:

Wednesdays 6:45 – 8:00 p.m. Beginners/Advanced Beginners (A1/A2)

Wednesdays 8:00 – 9:15 pm Intermediate/Advanced (B1/B2)

Fee: \$700

Teen Greek Conversational and Culture Classes

Duration: September to May 2021 (2 Semesters)

Day and Time: Monday 7:00 – 8:15pm

Fee: \$700

For more information please contact Dr. Maria Athanasopoulou at: athmari1@gmail.com



- *For ages 10 and up
- *High-dose flu shots available to individuals 65+ and are free for Medicare part B members
- *No appointments necessary
- * MASKS & SOCIAL DISTANCING REQUIRED

Get the
FLU  **SHOT**
not the flu!

Where: Archangel Michael Church

When: Sunday, October 18th, 2020

AND

Sunday, October 25th, 2020

PROVIDED BY:

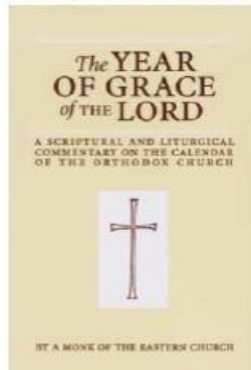


Time: 8am-1pm

AMC Book Club

Discover the Liturgical Calendar of the Orthodox Church

The Yearly Timeline of Salvation



Every 1st & 2nd Wednesday/Thursday of the Month

Wednesdays at 11AM and Thursdays at 7:30PM

Order the Book through AMC
by clicking this link: <https://archangelmichaelchurch.org/article/book-club-2020/>

In Person and on Zoom, Check
Email Blast for Zoom Link

October to May

Join in Prayer before book Club:

Wednesday Paraklesis 10AM &
Thursday Vespers 7PM

The Archangel Michael Church Bible Study

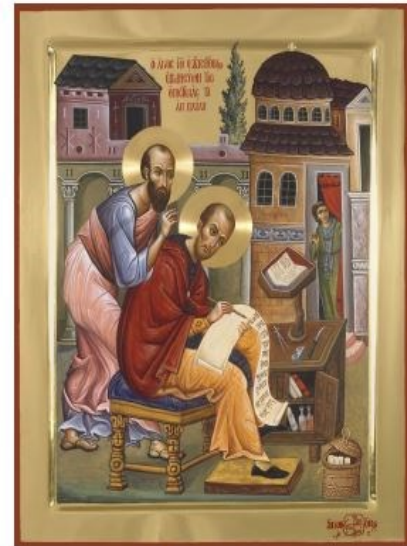
3rd & 4th Wednesday of the Month (Morning at 11AM)

3rd & 4th Thursday of the Month (Evening at 7:30PM)

From September to May

"The Fruit
of the Spirit
is Joy, Love,
Peace, long-
suffering,
kindness,
goodness,
faithfulness,
gentleness,
self-
control."

Galatians
(5:22-23)



"I can do all
things through
Christ who
strengthens
me."

Philippians
(4:13)

St Paul's Epistles to the:

Galatians, Ephesians and Philippians

Bring your Bible and join the Services Before Bible Study:

Paraklesis Wednesday, 10AM

Vespers Thursday, 7:30PM

In Person and by Zoom, Check Email Blast for Zoom Link

Love the Lord your God

with all your

and with all your

and with all your

and with all your



Mark 12:30

**God has a purpose for your pain,
a reason for your struggle,
and a reward for your faithfulness.**



Saints of the Week:

TODAY: Sunday, September 20th ~ Sunday After the Holy Cross, St. Eustathios & Family

Monday, September 21st ~ Apodosis of the Elevation, St. Quadratus the Apostle

Tuesday, September 22nd ~ St. Phocas, Bishop of Sinope, St. Phocas the Gardener

Wednesday, September 23rd ~ Conception of St. John the Baptist, Sts. Xanthippe & Polyxene

Thursday, September 24th ~ St. Thekla the Equal-to-the-Apostles, St. Silouan of Athos

Friday, September 25th ~ St. Euphrosyne of Alexandria, St. Paphnoutios & his 546 Companions

Saturday, September 26th ~ Falling of Asleep of St. John the Evangelist and Theologian

Sunday, September 27th ~ St. Kallistratos & his 49 Companions, Sts. Mark, Aristarchos, & Zenon

Upcoming Events:

TODAY: Sunday, September 20th - Sunday School Registration continues

~ **Save the Dates:** September 22nd- Greek School begins
October 7th - Book Club begins

~ **Save the Date:** Thursday, October 22nd - The Annual Watsonian Golf Outing

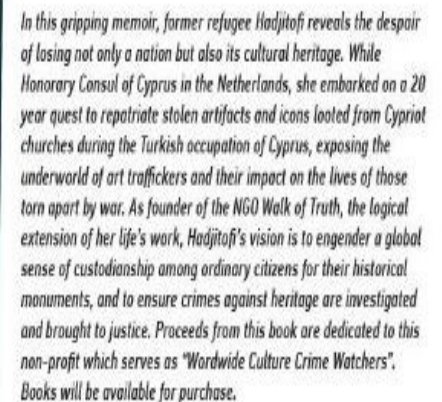
~ **Save the Date:** Friday, March 5th, 2021 - The 40th Anniversary of Archangel Michael Church Dinner Dance!



The following list of staples are needed: RICE, BEANS, PEANUT BUTTER, JELLY, MAYO, CANNED FRUIT, CANNED VEGETABLES, PASTA, SAUCE, TUNA, and APPLESAUCE.

For further information please email: dkgardianos@gmail.com

The Icon Hunter



SUNDAY LITURGY SCHEDULE CHANGES:

TWO (2) SUNDAY DIVINE LITURGIES* - There will be two Liturgies celebrated on Sunday. This will allow us to accommodate many more parishioners, while adhering to the Government's 50% capacity rule and to social distancing protocol. The Church will be sanitized between Liturgies.

Sign-Up Required – To attend a Liturgy one must register in advance via the Church website link <https://www.signupgenius.com/index.cfm?go=c.SignUpSearch&eid=0DCBC1D6FAC4F76C&cs=09B7BAAD8FCC8B637B7E64035BC19BBD&sortby=startdate> or by calling the Church Office at (516) 944-3180.

Orthros – Will Start at 7:30 AM*

First Divine Liturgy – Will Start at 8:45 AM

Sunday School will be held during the First Liturgy **only**.

Upon arrival, Sunday School students will attend the Liturgy until around 9:30 AM when they will receive Holy Communion.

After receiving, they will proceed directly to their classrooms.

Holy Communion will be given, at the end of the Liturgy, to everyone else wishing to receive.

The Liturgy will end by 10:00 AM.

At 10:15 am, Sunday School teachers will bring the students to the Fellowship Hall to meet up with their parents for departure.

Second Divine Liturgy – Will Start at 10:30 AM*

All Memorials, Artoclasias, Forty-Day Blessings and all other blessings will be conducted during the Second Liturgy **only**.

Holy Communion will be given, at the end of the Liturgy, to everyone wishing to receive.

* **Holiday Weekends** - On holiday weekends there will be no Sunday School and only one Sunday Divine Liturgy, with Orthros starting at 9:00 AM and the Liturgy at 10:30 AM.

We apologize, in advance, for any inconvenience that this **temporary** change in our Sunday Liturgy schedule may cause, understanding that it is being done in consideration of the needs and safety of our community, as well to ensure compliance with Government Directives. **(This letter can be seen in its entirety on our website and will also soon be mailed in the regular mail.)**



Sunday School News:

Sunday School registration will only be online this year at:

<https://archangelmichaelchurch.org/sunday-school>

**Please register today,
Sunday, September 20th at 10am,
after the first Liturgy.**

We will also be offering lessons through emails, Zoom, along with Father John's and Father Michael's Sermonettes.

**Sunday School
begins next week,
on September 27th!**