



ARCHANGEL MICHAEL CHURCH

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SUNDAY MARCH 23, 2025 | 'Εωθινόν ΣΤ' - 6th Morning Gospel | Ἦχος πλ β' - Tone pl 2

† Κυριακή: Γ' τῶν Νηστειῶν. Κυριακή της Σταυροπροσκυνήσεως

+Μάρτυς Νίκων και οι 199 μαθηταί του
+Ανατόλιος και Πρωτολέον
+Λουκάς ὁ Νέος Μάρτυς τῆς Μυτιλήνης

Ἀπολυτίκιον Ἀναστάσιμον . Ἦχος πλ α'.

Ἄγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμα σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν· καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντὸν σου σῶμα. Ἐσκύλευσας τὸν ἄδην, μὴ πειρασθεῖς ὑπ' αὐτοῦ· ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν. Ὁ ἀνασταῖς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Τῆς Ἑορτῆς β'.

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

Ἀπολυτίκιον τῶν Κεκοιμένων. Ἦχος πλ. δ'

Μνήσθητι Κύριε, ὡς ἀγαθὸς τοῦ (τῆς, τῶν) δούλου (δούλης, δούλων) σου, καὶ ὅσα ἐν βίῳ ἤμαρτεν (ἤμαρτεν, ἤμαρτον) συγχώρησον· οὐδεὶς γὰρ ἀναμάρτητος, εἰ μὴ Σὺ ὁ δυνάμενος, καὶ τῷ (τῆ, τοῖς) μεταστάντι (μεταστάση, μεταστᾶσι) δοῦναι τὴν ἀνάπαυσιν.

Ἀπολυτίκιον τοῦ Ναοῦ. Ἦχος δ'

Τῶν οὐρανίων στρατιῶν Ἀρχιστράτηγοι, δυσσωποῦμεν ὑμᾶς ἡμεῖς οἱ ἀνάξιοι, ἵνα ταῖς ὑμῶν δεήσεσι, τειχίσῃτε ἡμᾶς, σκέπη τῶν πτερύγων, τῆς αὔλου ὑμῶν δόξης, φρουροῦντες ἡμᾶς προσπίπτοντας, ἐκτενῶς καὶ βοῶντας· Ἐκ τῶν κινδύνων λυτρώσασθε ἡμᾶς, ὡς Ταξιάρχαι τῶν ἄνω Δυνάμεων.

Κοντάκιον. Ἦχος πλ. δ'

Τῆ ὑπερμάχῳ στρατηγῷ τα νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἀλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα κράζω σοι Χαῖρε νύμφη ἀνύμφευτε.

† **3rd Sunday of Lent** Sunday of the Holy Cross

+The Holy Righteous Martyr Nikon and His 199 Disciples
+Anatolios & Protoleon the Martyrs converted by the martyrdom of St. George
+Luke the New Martyr of Mytilene

Resurrectional Apolytikion. Mode pl 1

When the angelic powers appeared at Your tomb, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary, who was seeking Your immaculate body. Unassailed by Hades, You divested it of spoils. Then You met the Virgin. You granted life. O Lord, risen from the dead, glory to You!

For the Feast Kontakion Mode 2.

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

Ἀπολυτίκιον for the Departed. Tone Plagal 4th

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.

Ἀπολυτίκιον of the Church. Tone 4

O Chief Commanders of the heavenly armies, we the unworthy now entreat you in earnest, to fortify us by your supplications to the Lord, and shelter us beneath the wings of your spiritual glory, guarding us who run to you and fervently entreat you: As the Commanders of the hosts on high, rescue us faithful from dangers of every kind.

Kontakion. Mode pl. 4.

O Champion General, I your City now inscribe to you Triumphant anthems as the tokens of my gratitude, Being rescued from the terrors, O Theotokos. Inasmuch as you have power unassailable, From all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

Προκείμενον. Ἦχος πλ. β'. Ψαλμός 27.

Σώσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.

Στίχ. Πρὸς σέ, Κύριε, κεκράξομαι, ὁ Θεός μου, μὴ παρασιωπήσης ἀπ' ἐμοῦ.

Πρὸς Ἑβραίους Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα. (Εβρ 4:14 – 16, 5:1 – 6)

Ἀδελφοί, ἔχοντες ἀρχιερέα μέγαν διεληλυθότα τοὺς οὐρανοὺς, Ἰησοῦν τὸν υἱὸν τοῦ Θεοῦ, κρατῶμεν τῆς ὁμολογίας. οὐ γὰρ ἔχομεν ἀρχιερέα μὴ δυνάμενον συμπάθειαι ταῖς ἀσθενείαις ἡμῶν, πεπειραμένον δεῖκατὰ πάντα καθ' ὁμοίότητα χωρὶς ἁμαρτίας. προσερχόμεθα οὖν μετὰ παρρησίας τῷ θρόνῳ τῆς χάριτος, ἵνα λάβωμεν ἔλεον καὶ χάριν εὐρωμεν εἰς εὐκαιρον βοήθειαν. Πᾶς γὰρ ἀρχιερεὺς ἐξ ἀνθρώπων λαμβανόμενος ὑπὲρ ἀνθρώπων καθίσταται τα πρὸς τὸν Θεόν, ἵνα προσφέρῃ δῶρά τε καὶ θυσίας ὑπὲρ ἁμαρτιῶν, μετριοπαθεῖν δυνάμενος τοῖς ἀγνοοῦσι καὶ πλανωμένοις, ἐπεὶ καὶ αὐτὸς περικείται ἀσθένειαν· καὶ δια ταύτην ὀφείλει, καθὼς περὶ τοῦ λαοῦ, οὕτω καὶ περὶ ἑαυτοῦ προσφέρειν ὑπὲρ ἁμαρτιῶν. καὶ οὐχ ἑαυτῷ τις λαμβάνει τὴν τιμὴν, ἀλλὰ καλούμενος ὑπὸ τοῦ Θεοῦ, καθάπερ καὶ Ἀαρών. οὕτω καὶ ὁ Χριστὸς οὐχ ἑαυτὸν ἐδόξασε γεννηθῆναι ἀρχιερέα, ἀλλ' ὁ καλήσας πρὸς αὐτόν· υἱὸς μου εἶ σύ, ἐγὼ σήμερον γεγέννηκά σε· καθὼς καὶ ἐν ἑτέρῳ λέγει· σὺ ἱερεὺς εἰς τὸν αἰῶνα κατὰ τὴν τάξιν Μελχισεδέκ.

Ἐκ τοῦ κατα Μαρκὸν ἀγίου Εὐαγγελίου τὸ ἀνάγνωσμα. (Μκ 8:34 – 38 9:1)

Ἐἶπεν ὁ Κύριος· Ὅστις θέλει ὀπίσω μου ἀκολουθεῖν, 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 ὠφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνθῇ με καὶ τοὺς ἐμούς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνθήσεται αὐτόν 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.

Prokeimenon. Mode pl. 2. Psalm 27

O Lord, save Your people, and bless Your inheritance

Verses: To You, O Lord, I cry; O my God, may You not pass over me in silence.

The reading is from Paul's Letter to the Hebrews. (Heb. 4:14 – 16; 5:1 – 6)

Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "You are my Son, today I have begotten you"; as he says also in another place, "You are a priest forever, according to the order of Melchizedek."

The Gospel According to Mark (Mk. 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."

The Archangel Michael Ladies Philoptochos

will offer

Easter Tsoureki from Agia Skepi

Tsourekia will be for sale on **Palm Sunday** and throughout **Holy Week** immediately following each Liturgy

***Quantities are limited, while supplies last*



12-13" Braid (1.25lb) - \$15.00 each
Wrapped in freezer bag



2 lb Round - \$20.00 each
Wrapped in freezer bag

Accepted payment include: Cash, Check, or Venmo payments accepted at:

philoptochos@archangelmichaelchurch.org

*PLEASE ADD A 2% SERVICE CHARGE FOR VENMO

(Add .30¢ to each 12-13" Braid & .40¢ to each 2lb Round)

Please reserve your Tsourekia by emailing:

philoptochos@archangelmichaelchurch.org

or by contacting Eleni Raptis at (516) 455-8063

All net proceeds will be dedicated to the AMC Philoptochos Iconography commission of the miracle of Jesus feeding the five thousand.

Let Him Deny Himself, Take Up His Cross, and Follow Me



Veneration of the Holy Cross



Message of the Week



Sunday of the Veneration of the Holy Cross

“Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me.” (Mark 8:34)

Beloved Brothers and Sisters in Christ, Today, on this third Sunday of Great Lent, we find ourselves at the midpoint of our journey toward Holy Pascha. The Church, in her divine wisdom, presents before us the Precious and Life-Giving Cross of our Lord and Savior Jesus Christ for veneration, strengthening us as we continue our spiritual path of repentance, fasting, and prayer. The Cross stands at the center of our faith, not as a sign of defeat, but as the very instrument of our salvation. It is through the Cross that Christ trampled down death by death, opening the gates of eternal life for all who believe in Him. In today’s Gospel, our Lord calls us to deny ourselves, take up our cross, and follow Him. This is the essence of Christian discipleship—placing God’s will above our own, embracing our personal struggles with faith, and walking the path of humility, love, and obedience to His commandments.

At this midpoint of Great Lent, we may find our strength waning, our spiritual resolve tested, and the journey toward Pascha seeming long and arduous. The Church, like a loving mother, places the Cross before us today as a source of renewal, a reminder that all our efforts and struggles are not in vain. Just as a weary traveler finds shade under a mighty tree, so too do we find comfort and courage beneath the shadow of the Cross. This sacred day also reminds us that the Cross is not merely something to be venerated externally but something to be embraced within our own lives. Each of us carries a cross—whether it be personal hardships, spiritual struggles, or the burdens of daily life. Yet, as Christians, we do not bear these crosses alone. Christ Himself bore the ultimate Cross for our sake, and in doing so, He sanctified all suffering, transforming it into a path to resurrection and eternal life. As we bow before the Cross today, let us renew our commitment to this holy season, embracing the virtues of patience, humility, and love. Let us persevere in our Lenten disciplines with joy, knowing that through them, we draw closer to Christ. May the Precious and Life-Giving Cross be our strength, our guide, and our source of hope as we continue toward the radiant dawn of Holy Pascha.

Wishing you all a blessed remainder of Great Lent,

Η Κυριακή της Σταυροπροσκυνησως

«Όστις θέλει οπίσω μου ελθειν, απαρνησάσθω εαυτόν και αράτω τον σταυρόν αυτού, και ακολουθείτω μοι.» (Μάρκ. 8:34)

Αγαπητοί αδελφοί και αδελφές εν Χριστώ,

Σήμερα, την τρίτη Κυριακή των Νηστειών, βρισκόμαστε στο μέσο της πορείας μας προς το Άγιο Πάσχα. Η Εκκλησία, με τη θεία της σοφία, προβάλλει μπροστά μας τον Τιμιο και Ζωοποιό Σταυρό του Κυρίου και Σωτήρος ημών Ιησού Χριστού προς προσκύνηση, προσφέροντάς μας δύναμη καθώς συνεχίζουμε την πνευματική μας πορεία της μετάνοιας, της νηστείας και της προσευχής.

Ο Σταυρός βρίσκεται στο κέντρο της πίστης μας, όχι ως σύμβολο ήττας, αλλά ως το ίδιο το όργανο της σωτηρίας μας. Μέσα από τον Σταυρό, ο Χριστός συνέτριψε τον θάνατο με τον θάνατό Του, ανοίγοντας τις πύλες της αιώνιας ζωής σε όλους όσοι πιστεύουν σε Αυτόν. Στο σημερινό Ευαγγέλιο, ο Κύριός μας μάς καλεί να απαρνηθούμε τον εαυτό μας, να σηκώσουμε τον σταυρό μας και να τον ακολουθήσουμε. Αυτή είναι η ουσία της χριστιανικής μαθητείας—να τοποθετούμε το θέλημα του Θεού πάνω από το δικό μας, να αγκαλιάζουμε τους προσωπικούς μας αγώνες με πίστη και να πορευόμαστε την οδό της ταπεινώσης, της αγάπης και της υπακοής στις εντολές Του.

Σε αυτό το μέσον της Μεγάλης Τεσσαρακοστής, ίσως νιώθουμε την αντοχή μας να εξασθενεί, τη δύναμη της ψυχής μας να δοκιμάζεται, και τον δρόμο προς το Πάσχα να φαντάζει μακρύς και επίπονος. Η Εκκλησία, ως στοργική μητέρα, μας προβάλλει σήμερα τον Σταυρό ως πηγή ανανέωσης, υπενθυμιζοντάς μας ότι όλες οι προσπάθειες και οι αγώνες μας δεν είναι μάταιοι. Όπως ο κουρασμένος οδοιπόρος βρίσκει ανάπαυση κάτω από τη σκιά ενός μεγάλου δέντρου, έτσι και εμείς βρίσκουμε παρηγορία και θάρρος κάτω από τη σκιά του Σταυρού.

Η ιερή αυτή ημέρα μας θυμίζει επίσης ότι ο Σταυρός δεν είναι απλώς κάτι που προσκυνούμε εξωτερικά, αλλά κάτι που καλούμαστε να αγκαλιάσουμε στην προσωπική μας ζωή. Ο καθένας μας σηκώνει έναν σταυρό—είτε πρόκειται για προσωπικές δυσκολίες, πνευματικούς αγώνες ή τα βάρη της καθημερινότητας. Ωστόσο, ως χριστιανοί, δεν σηκώνουμε αυτούς τους σταυρούς μόνοι μας. Ο ίδιος ο Χριστός σήκωσε τον ύψιστο Σταυρό για χάρη μας και, με αυτόν τον τρόπο, αγίασε κάθε πόνο, μεταμορφωντάς τον σε δρόμο προς την Ανάσταση και την αιώνια ζωή.

Καθώς προσκυνούμε σήμερα τον Σταυρό, ας ανανεώσουμε τη δέσμευσή μας σε αυτή την ιερή περίοδο, αγκαλιάζοντας τις αρετές της υπομονής, της ταπεινώσης και της αγάπης. Ας επιμείνουμε με χαρά στους νηστεινούς μας αγώνες, γνωρίζοντας ότι μέσα από αυτούς πλησιάζουμε τον Χριστό. Είθε ο Τιμιος και Ζωοποιός Σταυρός να είναι η δύναμή μας, ο οδηγός μας και η πηγή της ελπίδας μας καθώς συνεχίζουμε προς το φως της ενδόξου Αναστάσεώς Του.

Ευχόμαστε σε όλους μια ευλογημένη συνέχεια της Μεγάλης Τεσσαρακοστής,

Please join us in
Angeliades Fellowship Hall
APRIL 10
4:00 PM – The Great Compline
5:30 PM – Family Fellowship and
Palm Cross Making

BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

**Hellenic-American Heritage Day
in Honor of Greek Independence**
Hosted by the Honorable Bruce Blakeman Nassau County Executive

Keynote speaker:
Louis Katsos, President, Jekmar Associates, Inc.

Our 2025 honorees:
1. Maro Makros - Panaghia, Island Park
2. Stamatios Tsakos - St. Markella, Wantagh
3. David & Georgia Pereira - St. Demetrios, Merrick
4. Katherine R. Bouloukos - St. Paul Cathedral, Hempstead
5. Leah Pappas-Monias & Gerasimos Monias - Holy Trinity, Hicksville
6. Vasilanna Fakiris - Holy Resurrection Church, Brookville
7. Demetrios Zisis - Archangel Michael Church, Ft. Washington
8. Dean Mihaltzes - St. Michael's Home for the Aged

Thursday, March 27th 2025
Flag Raising at 11am, Reception at 6pm

Legislative Chambers of the Theodore Roosevelt Executive and Legislative Building
1550 Franklin Avenue, Mineola, NY 11501

**Greek Flag Raising by
AHEPA Family Chapters
of Long Island at 11am**

PLEASE JOIN US FOR
A FELLOWSHIP EVENT AS
THE ARCHANGEL MICHAEL CHURCH
CELEBRATES
Palm Sunday
WITH A TRADITIONAL BAKALIARO LUNCHEON

In The Angeliades Fellowship Hall April 13
Immediately following 2nd liturgy

RESERVATIONS **REQUIRED** NO LATER THAN
APRIL 6, BY STEWARDS OF THE CHURCH

PLEASE RSVP ON REALM OR SCAN THE QR CODE BELOW

STEWARDS AND IMMEDIATE FAMILY
ADULTS - \$25 PER PERSON
CHILDREN 16 AND UNDER FREE

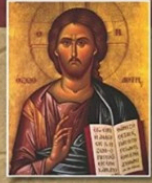
CONTACT THE CURCH OFFICE WITH ANY QUESTIONS 516-944-3180
SUSAN.ARCHANGELMICHAELCHURCH.ORG

SYNTAXARION & Lenten Services

- Mar 24 ~ St. Tikhon, Patriarch of Moscow; **Great Vespers Annunciation 7pm**
- Mar 25 ~ **Feast of the Annunciation; Orthros 8:30am, Liturgy 9:30am**
- Mar 26 ~ Synaxis of the Archangel Gabriel; **Pre-Sanctified Liturgy 6:30 PM**
- Mar 27 ~ St. Matrona of Thessoloniki; **Lenten Vespers 4:00 PM**
- Mar 28 ~ St. Hilarion the New; **Pre-Sanctified Liturgy 9:00 AM,**
St. Herodion of the 70; **4th Service of the Salutations 7:00 PM**
- Mar 29 ~ St. Mark, Bishop of Arethusa; St. Cyril the Deacon

Great Lent Discussions: Christ in the Life of the Church

Orthodoxy: *Faith & Life*
Christ in the Life of the Church



Bishop Gerasimos of Abydos

Today's society perceives the church as an institution. Guided by the works of Bishop Gerasimos of Abydos, a saintly figure in the life of America, great discussions will take place to see personhood in the community of the church. The Church as a place for a personal relationship with God
COME & JOIN US!

Information:

Wednesday Evenings
Starting March 5

Pre-Sanctified Divine Liturgy
- 6:30 PM

Lenten Meal - 7:30 PM
Discussions - 8:00 PM



Today's 40 Day Baby Blessing Makenna Marie Daughter of Stephen & Georgia Konstantas-Addeo



Lenten Retreat April 5, 2025

9:00 a.m. Divine Liturgy of the Akathist Hymn
10:00 a.m. Light Breakfast & 10:30 a.m. Lecture Begins
in the Angeliades Fellowship Hall

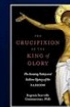
Registration is required.
\$20 (with book \$32)

For questions call church office 516 944 3180



Guest Lecturer: Dr. Jeannie Constantinou

Dr. Jeannie Constantinou a recently retired professor of religious studies and a biblical scholar and prominent Orthodox podcaster and speaker, hosting the very popular podcast "Search the Scriptures" on Ancient Faith radio and YouTube joins us for our LENTEN RETREAT with Father John Lardas and Father Nikolaos Tsagarakis.



Her book, *The Crucifixion of the King of Glory*, is available for purchase at our Heritage Library Bookstore and in the Angeliades Fellowship Hall after Divine Liturgy

We thank the Heritage Library for assisting in sponsoring and coordinating this wonderful retreat.
For more information on Dr. Jeannie Constantinou please visit https://www.ancientfaith.com/contributors/jeannie_constantinou/



We honor the Dance Troupe for all their accomplishments this year!



ARCHANGELOS NEOLEA HDF 2025

