



# ARCHANGEL MICHAEL CHURCH

Protopresbyter, John K. Lardas, Proistamenos

Presbyter Gabriel Galifianakis

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**SUNDAY - March 29th, 2026** | Ἦχος α', Ἑωθινόν θ' | Mode 1, 9<sup>th</sup> Morning Gospel

**ΚΥΡΙΑΚΗ: Ε΄ ΤΩΝ ΝΗΣΤΕΙΩΝ.** Ἐν ἧ μνεΐαν ποιούμεθα τῆς Ὁσίας Μητρός ἡμῶν Μαρίας τῆς Αἰγυπτίας. Μάρκος Ἐπίσκοπος Ἀρεθουσίων.

**SUNDAY: 5th Sunday of the Fast.** In which we commemorate Saint Mary of Egypt. Mark, Bishop of Arethusa.

## Ἀπολυτίκιον Ἀναστάσιμον. Ἦχος α΄.

Τοῦ λίθου σφραγισθέντος ὑπο τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου σῶμα, ἀνέστης τριήμερος Σωτήρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν. Δια τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοὶ Ζωοδότα· Δόξα τῇ ἀναστάσει σου Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνε Φιλάνθρωπε.

## Resurrectional Apolytikion. Mode 1.

The stone having been sealed by the Pharisees and chief priests, \* and Your allimmaculate body being guarded by soldiers, \* You rose on the third day, O Lord and Savior, granting life unto the world. \* Then the powers of the heavens cried out to You, O Giver of Life, and shouted, \* “Glory to Your resurrection, O Christ! \* Glory to Your eternal rule! \* Glory to Your plan for saving us, only benevolent God!”

## Τῆς Ὁσίας. Ἦχος πλ. δ΄.

Ἐν σοὶ Μητέρα ἀκριβῶς διεσώθη τὸ κατ' εἰκόνα λαβοῦσα γὰρ τὸν Σταυρόν, ἠκολούθησας τῷ Χριστῷ, καὶ πράττουσα ἐδίδασκες, ὑπερορᾶν μὲν σαρκός, παρέρχεται γὰρ ἐπιμελεῖσθαι δεψυχῆς, πράγματος ἀθανάτου· διο καὶ μετα Ἀγγέλων συναγάλλεται, ὅσια Μαρία τὸ πνεῦμά σου.

## For the Devout Woman. Tone pl. 4.

In you, O Mother, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Mary, your spirit rejoices with the angels.

## Ἀπολυτίκιον τῶν Κεκοιμένων. Ἦχος πλ. δ΄

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

## Apolytikion for the Departed. Tone Pl. 4<sup>th</sup>

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 τοῦ Ναοῦ. Ἦχος δ΄

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

## Apolytikion 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.

## Κοντάκιον. Ἦχος β΄.

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μηπαρίδης, ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοὶ· Τάχυνον εἰς πρεσβειαν, καὶ σπεῦσον εἰς ἱκεσίαν, ἢ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

## Kontakion. Tone 2.

O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.

**Προκείμενον. Ἦχος α΄. Ψαλμὸς 32.**

**Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ’ ἡμᾶς, καθάπερ ἠλπίσαμεν ἐπὶ σέ.**

**Στίχ. Ἀγαλλιᾶσθε, δίκαιοι, ἐν Κυρίῳ· τοῖς εὐθέσι πρέπει αἴνεσις.**

**Πρὸς Ἑβραίους 9:11–14 τὸ ἀνάγνωσμα.**

Ἀδελφοί, Χριστὸς παραγενόμενος ἀρχιερεὺς τῶν μελλόντων ἀγαθῶν δια τῆς μείζονος καὶ τελειότερας σκηνῆς, οὐ χειροποιήτου, τοῦτ’ ἔστιν οὐ ταύτης τῆς κτίσεως, οὐδὲ δι’ αἵματος τράγων καὶ μόσχων, δια δε τοῦ ἰδίου αἵματος εἰσηλθὲν ἐπάπαξ εἰς τὰ Ἅγια, αἰωνίαν λύτρωσιν εὐράμενος· εἰ γὰρ τὸ αἷμα ταύρων καὶ τράγων καὶ σποδος δαμάλεως ῥαντίζουσα τοὺς κεκοινωμένους ἀγιάζει, πρὸς τὴν τῆς σαρκὸς καθαρότητα, πόσω μᾶλλον τὸ αἷμα τοῦ Χριστοῦ, ὃς δια Πνεύματος αἰωνίου ἑαυτὸν προσήνεγκεν ἄμωμον τῷ Θεῷ, καθαριεῖ τὴν συνείδησιν ὑμῶν ἀπο νεκρῶν ἔργων εἰς τὸ λατρεύειν Θεῷ ζῶντι;

**Ἐκ τοῦ κατα Μάρκον 10.32-45 Εὐαγγελίου το ἀνάγνωσμα.**

Τῷ καιρῷ ἐκείνῳ, παραλαβὼν ὁ Ἰησοῦς τοὺς δώδεκα μαθητὰς αὐτοῦ ἤρξατο αὐτοῖς λέγειν τὰ μέλλοντα αὐτῷ συμβαίνειν, ὅτι ἰδοὺ ἀναβαίνομεν εἰς Ἱεροσόλυμα καὶ ὁ υἱὸς τοῦ ἀνθρώπου παραδοθήσεται τοῖς ἀρχιερεῦσι καὶ γραμματεῦσι, καὶ κατακρινούσιν αὐτὸν θανάτῳ καὶ παραδώσουσιν αὐτὸν τοῖς ἔθνεσι, καὶ ἐμπαίξουσιν αὐτῷ καὶ μαστιγώσουσιν αὐτὸν καὶ ἐμπτύσουσιν αὐτῷ καὶ ἀποκτενοῦσιν αὐτόν, καὶ τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται. Καὶ προσπορεύονται αὐτῷ Ἰάκωβος καὶ Ἰωάννης υἱοὶ Ζεβεδαίου λέγοντες· διδάσκαλε, θέλομεν ἵνα ὃ ἐὰν αἰτήσωμεν ποιήσῃς ἡμῖν· ὁ δε εἶπεν αὐτοῖς· τί θέλετε ποιησαί με ὑμῖν; οἱ δε εἶπον αὐτῷ· ὅς ἡμῖν ἵνα εἰς ἐκ δεξιῶν σου καὶ εἰς ἕξ, εὐωνύμων σου καθίσωμεν ἐν τῇ δόξῃ σου. ὁ δε Ἰησοῦς εἶπεν αὐτοῖς· οὐκ οἴδατε τί αἰτεῖσθε· δύνασθε πιεῖν τὸ ποτήριον ὃ ἐγὼ πίνω, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθῆναι; οἱ δε εἶπον αὐτῷ· δυνάμεθα. ὁ δε Ἰησοῦς εἶπεν αὐτοῖς· τὸ μὲν ποτήριον ὃ ἐγὼ πίνω πίεσθε, καὶ τὸ βάπτισμα ὃ ἐγὼ βαπτίζομαι βαπτισθήσεσθε· τὸ δε καθίσει ἐκ δεξιῶν μου καὶ ἕξ εὐωνύμων οὐκ ἔστιν ἐμὸν δοῦναι, ἀλλ’ οἷς ἠτοίμασται. Καὶ ἀκούσαντες οἱ δέκα ἤρξαντο ἀγανακτεῖν περὶ Ἰακώβου καὶ Ἰωάννου. ὁ δε Ἰησοῦς προσκαλεσάμενος αὐτοὺς λέγει αὐτοῖς· οἴδατε ὅτι οἱ δοκοῦντες ἀρχεῖν τῶν ἐθνῶν κατακυριεύουσιν αὐτῶν καὶ οἱ μεγάλοι αὐτῶν κατεξουσιάζουσιν αὐτῶν· οὐχ οὕτω δε ἔσται ἐν ὑμῖν, ἀλλ’ ὃς ἐὰν θέλῃ γενέσθαι μέγας ἐν ὑμῖν, ἔσται ὑμῶν διάκονος, καὶ ὃς ἐὰν θέλῃ ὑμῶν γενέσθαι πρῶτος, ἔσται πάντων δοῦλος· καὶ γὰρ ὁ υἱὸς τοῦ ἀνθρώπου οὐκ ἦλθε διακονηθῆναι, ἀλλὰ διακονῆσαι, καὶ δοῦναι τὴν ψυχὴν αὐτοῦ λύτρον ἀντι πολλῶν.

**Prokeimenon. Mode 1. Psalm 32.**

**Let Your mercy, O Lord, be upon us, as we hope in You.**

**Verse: Rejoice greatly in the Lord, O righteous ones; praise is fitting for the upright.**

**The reading is from Paul’s Letter to the Hebrews (9:11–14).**

Brethren, when Christ appeared as a high priest of the good things to come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, not with the blood of goats and calves but with his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

**The Gospel According to Mark 10.32-45.**

At that time, Jesus took his twelve disciples, and he began to tell them what was to happen to him, saying, “Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise.” And James and John, the sons of Zebedee, came forward to him, and said to him, “Teacher, we want you to do for us whatever we ask of you.” And he said to them, “What do you want me to do for you?” And they said to him, “Grant us to sit, one at your right hand and one at your left, in your glory.” But Jesus said to them, “You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?” And they said to him, “We are able.” And Jesus said to them, “The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared.” And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, “You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many.”

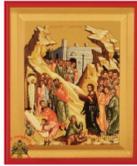


## Sunday of Saint Mary of Egypt

The memory of this Saint is celebrated on April 1, where her life is recorded. Since the end of the holy Forty Days is drawing nigh, it has been appointed for this day also, so that if we think it hard to practice a little abstinence forty days, we might be roused by the heroism of her who fasted in the wilderness forty-seven years; and also that the great loving-kindness of God, and His readiness to receive the repentant, might be demonstrated in very deed.

IF YOU WOULD LIKE TO SPONSOR FLOWERS FOR A HOLY WEEK ICON, PLEASE CALL THE CHURCH OFFICE

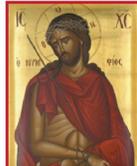
### HOLY WEEK ICONS



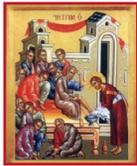
Saturday of Lazarus



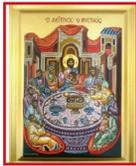
Palm Sunday



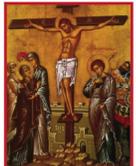
The Bridegroom (3)



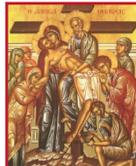
The Washing of the Feet



The Mystical Supper



The Crucifixion (2)



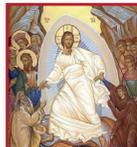
The Taking of Jesus Down from the Cross



Good Friday Night Icon



Holy Saturday Morning Icon



The Icon of the Resurrection (2)

Welcome to our Visitors

Coffee Hour will begin after Divine Liturgy, please join us! No refreshments will be available during the services.



## A JOURNEY OF FAITH PILGRIMAGE TO Italy

Led by Father John Lardas of The Archangel Michael Greek Orthodox Church in Port Washington, NY

### OCTOBER 18-29, 2026

12 DAYS/10 NIGHTS

Visit the regions of Calabria, Basilicata and Puglia with emphasis on the historic sites and areas of the once Greek villages! Also visit the Basilica of St. Nicholas in Bari housing the relics of St. Nicholas & attend liturgy at the local Greek Orthodox Church!

**RATES:**  
Per person, double occupancy \$5650  
Single occupancy \$7105

**Space is limited, reserve now! Deadline: April 17 2026 or late booking fee of \$50/person applied!**

**YOUR TOUR WILL INCLUDE:**

- Economy class international air on ITA Airlines and BA, from/to JFK
- Private arrival and departure transfers in a deluxe air-conditioned motorcoach with English speaking escort.
- 9 days of private sightseeing with a deluxe air-conditioned motor coach and English speaking local tour guides.
- All entrance fees for sites to be visited
- 10 nights' accommodations in 4\* hotels, standard rooms including daily breakfast, service fees and taxes in Reggio Calabria, Roccella, Lecce, Bari and Naples.
- Two dinners

FOR MORE INFORMATION AND TO SIGN UP FOR MORE INFO, PLEASE CONTACT US BELOW:  
CLOUD TOURS INC. TEL: 718-721-3888 / FAX: 718-795-4356  
EMAIL: ANTHONY@CLOUDTOURS.COM

### ARCHANGEL MICHAEL GOYA

## Luminary Memorial Candles for Holy Friday

GOYA will be selling luminary bags and candles to be displayed along the path of our procession outside during the Holy Friday evening Service of Lamentations. You may dedicate a luminary bag in blessed memory of any loved one, who has fallen asleep in the Lord.

**ORDER BY:**  
**FRIDAY, APRIL 5**

**\$10/bag**



Order on Realm

Name of Person Placing the Order: \_\_\_\_\_

Phone: \_\_\_\_\_

Name to be displayed on bag (one name per bag): \_\_\_\_\_

Full Name: \_\_\_\_\_

For info: GOYA@archangelmichaelchurch.org

Did you know?

Archangel Michael Church has a website

(<https://archangelmichaelchurch.org>)

that has so much information about the community. Find out about our upcoming events and how to register for them, check the time of services, pay your stewardship and much more.




## GREEK PARADE

### SUNDAY

### APRIL 26, 2026

### 1:30 PM

*Celebrating 205/250th Anniversary*



1821 Greek Struggle for Independence  
1776 Declaration of American Independence

FIFTH AVENUE • NEW YORK CITY • 64<sup>TH</sup> TO 79<sup>TH</sup> STREET

FEDERATION OF HELLENIC SOCIETIES OF GREATER NEW YORK  
22-51 28th Street, Astoria, NY 11105 • 718.204.6500  
nyhellenicsocieties@gmail.com

www.nycgreekparade.org

@FederationNY @NYGreekParade REGISTER ONLINE

# SYNTAXARION

March 30th ~ St. John Climacus  
 March 31st~ St. Hypatius the Wonderworker; St. Innocent, Enlightener of Siberia & Alaska  
 \*\*April 1st ~ St. Mary of Egypt; Saints Gerontios & Vasilides  
 April 2nd ~ St. Titus the Wonderworker; St. Theodora of Palestine  
 \*\*April 3rd ~St. Nicetas the Confessor; St. Joseph the Hymnographer  
 \*April 4th ~ St. George of Maleon; St. Plato the Studite; Saturday of Lazarus

\*denotes Divine Liturgy \*\*Pre-Sanctified Liturgy.

# MEMORIALS

40 Days for Fragias Maropakis  
 40 Days for Demetra Pardalis  
 2 Years for Vasilios Pierrakeas  
 3 Years for Leonidas Tsampas  
 12 Years for Aspasia Tsampas

*Today's Coffee Hour is being sponsored by the Family of Vasilios Pierrakeas in his memory.*

*There is also a separate makaria in the Piano Room offered by the Family of Fragias Maropakis in his memory.*

**May their Memory be Eternal!**



**Saturday of Lazarus Challenge Liturgy**  
**Saturday April 4**  
 His Eminence Archbishop Elpidophoros will preside. Please join us.  
 9am Orthos  
 10am Liturgy

**The Ladder of Divine Ascent**  
**Great Lent Dialogues**  
 Following the Pre-Sanctified Divine Liturgy (6:30 PM)  
 Lenten Meal will be served  
**Order Book Here! \$35**  
**Dates:**  
 February 25  
 March 4, 11, 18, 25 (No-Presanctified)  
 April 1

# UPCOMING EVENTS

## March:

March 29<sup>th</sup> ~ Oratorical Festival  
 March 30th ~ Last Enrichment Program

## April:

April 2<sup>nd</sup> ~ Palm Making Night  
 April 4<sup>th</sup> ~ Challenge Liturgy with His Eminence Archbishop Elpidophoros Also HOPE Lazarakia Making  
 April 5<sup>th</sup> ~ Bakaliaro Luncheon is SOLD OUT!  
 April 10<sup>th</sup> ~ HOPE & JOY Holy Friday Retreat  
 April 14 ~ Young at Heart Luncheon  
 April 16 ~ Philoptochos Event  
 April 26 ~ Greek Parade in NYC

**AMC CAMP HELLAS**  
 Port Washington, NY  
 SUMMER 2026  
 SESSIONS OPEN TO GRADES 1-6  
 WEEK 1: 6/29-7/3  
 WEEK 2: 7/6-7/10  
 WEEK 3: 7/13-7/17  
 MONDAY-FRIDAY 9AM - 4PM  
 Early Bird Price (Before 4/13): \$350  
 Post Early Bird (4/13 and on): \$400  
 Junior Counselors (7th & 8th Graders): \$125  
 New Features for Camp Hellas 2026:  
 • Additional 30 Min of Camp  
 • STEM Program  
 • Full Time Registered Nurse  
 • Expanded Art Program  
 Campers will learn Greek through fun, hands on, engaging lessons  
 • Religion & Exploring Faith  
 • STEM  
 • Music  
 • Art  
 • Storytelling  
 • Dramatic Play  
 • Outdoor Play  
 • Games  
 • Greek Dance  
 • Olympic Water Games

AMC HOPE  
**LAZARAKIA Making**  
 CHILDREN WILL LEARN THE STORY OF LAZARUS, BAKE THEIR OWN LAZARAKIA BREADS, AND BRING THEM TO CHURCH TO BE BLESSED  
 Saturday 4 April, 2026 09:45 am  
 HOPE IS AGE 4-6.  
 SIBLINGS ALWAYS WELCOME!

AMC HOPE & JOY  
**Holy Friday Youth Retreat**  
 Friday, April 10, 2026 1-3 PM  
 AMC Fellowship Hall  
 Join your HOPE and JOY Families for our annual Holy Friday Retreat. As with prior years, the children will complete a craft, assemble lambades for Holy Friday and Saturday and enjoy a Lenten meal together.  
 Advanced registration is required. Register on Realm.  
 This is not a drop-off event.