



ST. ELIJAH ORTHODOX CHRISTIAN CHURCH

15000 N. May, Oklahoma City, OK 73134

Church Office: 755-7804

Church Website: www.stelijahokc.com

Church Email: stelijah@steljahokc.com

MARCH 29, 2020

Issue 32

Number 13

Fourth Sunday of Great Lent (Commemoration of John Climacus, Author of “The Ladder of Divine Ascent”); Saints of the Day: Martyr Mark, Bishop of Arethusa, Martyr Cyril the Deacon of Heliopolis and those with them; Martyrs Jonah and Barichisios of Persia and those with them; Eustathios the Confessor, Bishop of Bithynia

DIRECTORY

V. Rev. Fr. John Salem
Parish Priest 410-9399

Rev. Fr. Elias Khouri
Assistant Priest 640-3016

V. Rev. Fr. Constantine Nasr
Emeritus

Rev. Dn. Ezra Ham
Administrator 602-9914

Rev. Fr. Ambrose Perry
Attached

Anthony Ruggerio 847-721-5192
Youth Director

Mom’s Day Out & Pre-K
Sara Cortez – Director 639-2679
Email: mndo@steljahokc.com
Facebook: “St Elijah Mom’s Day Out”
Twitter: StElijahMDO

Ancient Faith Radio
ancientfaith.com

St. Elijah is a parish of the Antiochian Orthodox Christian Archdiocese of North America.
His Eminence Metropolitan JOSEPH, Archbishop of New York and Metropolitan of all North America
His Grace Bishop BASIL, Auxiliary Bishop of the Diocese of Wichita and Mid-America

WELCOME

We welcome all our visitors. It is an honor to have you worshipping with us. You may find the worship of the Ancient Church very different. We welcome your questions. Please join us for our Reception held in the Church Hall immediately following the Divine Liturgy.

We understand **Holy Communion** to be an act of our unity in faith. While we work toward the unity of all Christians, it regrettably does not now exist. Therefore, only baptized Orthodox Christians (who have properly prepared) are permitted to participate in Holy Communion. However, everyone is welcome to partake of the blessed bread that is distributed at the end of the service. We look forward to meeting you during the Reception that follows the service.

NEW ORTHROS & LITURGY BOOK

- Orthros: p. 4
- The Divine Liturgy p. 35
- Memorial Service p. 103
- Churching Service p. 102
- Removal of Crowns p. 106

VARIABLES IN TODAY'S DIVINE LITURGY

DIVINE LITURGY OF ST. BASIL THE GREAT

A **The 1st Antiphon:**
As usual...

Through the intercessions of the Theotokos, O Savior, save us.

B **The 2nd Antiphon:**
As usual...

Glory...Now...

O, only begotten Son and Word of God...

C **Troparion of the Resurrection - Tone 8**
From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

D **The Entrance Hymn**
O come let us worship...

E **Troparion of the Resurrection - Tone 8**
From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

Troparion of St. John Climacus - Tone 8

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save our souls.

Troparion of St. Elijah - Tone 4

Angelic body, Pillar of Prophets and their Corner Stone, Forerunner of the Second-Coming of Christ; Thou didst send Grace from on high to

Elisha, to dispel sickness and to purify lepers, Glorious Elijah, thou dost overflow with healing to those who honor thee.

Kontakion for the Annunciation (and Akathist) - Tone 8

To thee the Champion leader, I thy servant offer thanks for victory, O Theotokos, thou who hast delivered me from terror. As thou hast power invincible, free me from every danger that I may cry unto thee: Rejoice, O bride without bridegroom.

The Same Kontakion in Arabic

In-ni a-na 'abdek ya wa-li-da-tal i-lah, ak-tub-la-ki, ra-ya til gha-la-ba. Ya jun-di yatan mu ha-mi-ya, wa-u-qad-dim la-kish shuk-ra ka mun qi dha mi nash-sha-da-id. La-kin bi ma an-na la-ki-el iz-za tal la tu ha-rab; A'ti-qi ni min su nu fish sha-da-id, Hat-ta as-rukh-i lai-ki, if ra hi ya' a-ru-sa-tan la'a ru-sa-la-ha.

F **The Thrice Holy Hymn**

G **THE READINGS**

Epistle Fourth Sunday of Great Lent

**The Lord will give strength to His people.
Bring unto the Lord, ye sons of God; Bring
unto the Lord glory and honor!**

The reading is from St. Paul's Epistle to the Hebrews
(Chapter 6:13-20)

Brethren, when God made a promise to Abraham, since He could swear by no one greater, He swore by Himself saying, "Surely blessing I will bless thee, and multiplying I will multiply thee." And thus, having patiently endured, he obtained the promise. For people indeed swear by what is greater, and in every dispute of theirs the oath is final for confirmation.

So when God was minded to show more abundantly to the heirs of the promise the immutability of His counsel, He interposed it with an oath, that by two immutable things, in which it is impossible for God to lie, we might have a strong consolation, we who have fled for refuge to lay hold of the hope that is set before us; hope which we have as an anchor of the soul, both sure and steadfast, and entering into "that which is within the veil," where Jesus entered as a Forerunner on our behalf, having become a High Priest "forever according to the order of Melchizedek."

Gospel 4th Sunday of Great Lent

The reading is from the Holy Gospel according to St. Mark (9:17-31)

At that time a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb sprit; 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 Jesus answered him, "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 Jesus, immediately it convulsed the boy and he fell on the ground and rolled about, foaming at his 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 believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You deaf and dumb 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 Jesus had entered the house, his disciples asked him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went out from there and passed through Galilee. And Jesus would not have anyone 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 after he is killed, he will rise on the third day."

H The Megalynarion

In thee rejoiceth, O thou who art full of grace, every created being - the Hosts of the angels and all mankind. O consecrated temple and paradise endowed with speech, glory to virgins of whom God was incarnate and became a little child. And is our God before all the ages. For he made of thy womb a throne and thy body did he make more spacious than the Heavens. In thee doth all creation rejoice, O thou who art full of grace, Glory to thee.

I Communion Hymn

Praise the Lord... Alleluia.

J We have seen the true light...

OFFERINGS

HOLY BREAD is offered by for the good health, welfare, and protection of the St. Elijah families.

ANNOUNCEMENTS

ALMS BOXES. During the season of Lent, you and your family can collect money for the hungry. At the end of Lent, all the money our parishioners have collected will be submitted to the Archdiocese for distribution to charities. Get the whole family involved!

THE FIFTH AND FINAL AKATHIST (Salutations) to the Theotokos will be celebrated at 6pm on Friday, April 3. The service will be

live-streamed through our website and only the clergy will be present at all services until further notice.

ORTHROS AND DIVINE LITURGIES on Sunday mornings (8:45am) will continue to be live-streamed during this health crisis. Only the clergy will be allowed on the premises during this time until further notice.

THE RAVEN PROJECT for March 28 was canceled due to the inside of the facility being closed. We made a cash donation to the City Shelter and gave them toiletries and hygiene products so that City Shelter team can still feed the homeless in and around their parking lot and around the outdoor camps.

STEWARDSHIP UPDATE. We would like to thank those who have been donating through REALM and sending their offerings via the postal service. We truly appreciate your generosity during this time.



COFFEE HOUR

Below is the schedule of those who will host Coffee Hour on upcoming Sundays.

April

- 5 - Family of Muhsen Sweis
- 12 - **NO COFFEE HOUR** - Palm Sunday
- 19 - **NO COFFEE HOUR** - Pascha
- 26 - Dr. Tim & Alexis Kaiser

HAPPY BIRTHDAY THIS WEEK

MARCH 29-APRIL 4

- | | |
|------------------|-----------------|
| Celine Shawareb | Audrey Alasad |
| Kathi Larson | Tina Lewis |
| Samuel McClellan | Scott Samara |
| Ava Baskerville | Shea Samara |
| Bryce Bliss | Kailey Stephens |
| Guy Crain | Josiah Alleman |
| Tara Hutchison | Nathaniel Cox |
| Bonnie Naifeh | Craig Gross |
| Chelle Samara | Nathan Hicks |
| Harrison Powers | Julia Sariyski |
| Kamaria Smith | |

Today we remember those who reposed in the Lord during this week in years past:

- Gebre Kristos Desta
- Cecil Oscar Saied
- Olen Ray Hibbard, Sr.
- George Mitchell Ablah
- Atif Shawareb
- Jamil Khalil Shawareb

*"Above all things: forget not the poor, but support them to the extent of your means."
St. Vladimir of Russia*

**FOOD FOR HUNGRY PEOPLE 2020
46th Anniversary**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 How many cars are in your family? You can't "Dodge" the hungry, but you can af"Ford" to pay .50 for each car.	30 "Day by day," from dawn till night, Hunger knows no hour - nor if it's day or night. Pay .20 for each lamp in your home.	31 How many cameras do you have Pay .30 for each. This will help us make all "negatives" positives.	April 1 Pick up all the loose change laying around the house. Put it in your FFHP Box. This will help make a "change" in the world!	2 Count the scissors you have in your home and pay .25 for each pair. Let's "cut-out" the hunger in hunger-y!	3 How many members are in your family? Pay .20 for each. The hungry have families to feed also; let's make this a real "family affair!"	4 How many towels are in your home? If you pay .05 for each tow, this may help us "wipe out" hunger for all people.

On-Site St. Elijah Youth Ministries Canceled Until Further Notice

In accordance with the Archdiocesan directives and mandates from the federal and local government, all scheduled programs have been canceled until further notice. I know that this can seem disappointing; however, this is our chance to look for opportunity.

We will continue e-ministries, such as Zoom meetings and Theology on Twitch! Follow this link for other activities and resources that have been collaborated from the youth directors across the country!

y2am.org/calendar

Be sure to follow our Facebook page! I will be posting Lenten reflections, educational videos, and at-home projects to do with your children while we are stuck at home! The link to our Facebook page is at the bottom.

Every day we are getting new news about the current situation in the world, and it seems constantly bleak. But I have been thinking about two different Bible verses in this time. One from the Old Testament and one from the New. From the book of Isaiah, we read the following:

“Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and I will help you. I will hold you up with my victorious right hand.”

- Isaiah 41:10

God will provide for us through all things; this does not mean we will not see struggle. We simply need to know that God can carry us through that struggle. Even Christ received help to carry his cross (Mark 15:21). We are not alone, even if it may seem that way. On Wednesday we celebrated the Great Feast of the Annunciation! The Angel Gabriel bore the good news to the Theotokos that truly “God is with us!”

“In this world you will have trouble. But take heart, I have overcome the world.”

- John 16:33

Christ will overcome all adversity. We just need faith!

-Anthony



Scan the code to follow our Facebook page!

Worship and Spiritual Life

Sunday – Orthros at 8:45 am – Divine Liturgy at 10:00 am Wednesday – Vespers at 6:00 pm (except during Lent)
Saturday – Vespers at 5:00 pm
Confessions throughout the week. Call one of the Fathers for an appointment.

Study

Sunday – Sunday School: Children’s Classes after Communion. **No classes during the summer.**
Wednesday – Family Night 7-9 pm. Runs in 8-week blocks. Look for announcements of upcoming sessions. A full program of seminars and classes for adults, children and youth, for both Orthodox and Non-Orthodox.
Bible Study – Thursdays at 10:30 am; nursery provided

Fellowship & Parish Development

Coffee Hour – Sundays following the Divine Liturgy 20/40 Fellowship – events as announced
Ladies Aid – Meetings as announced Teen Chats – Wednesday Nights
Adult Fellowship – Meetings as announced Antiochian Women – every 4th Tuesday at 6:30 pm
Parish Council – every 3rd Tuesday at 7 pm Choir – see Kasey Cohlma (405-245-1444)

Membership

To become a member, you need to pray with us at our worship services, complete the Inquirer’s Classes, and talk with our priests about your interest in the Orthodox faith. This process normally takes 12 months. We welcome you on your journey of faith and invite you to learn of the ancient and unchanging Holy Orthodox Church.

March 29, 2020

CALENDAR

USHERS:

ALTAR SERVERS:

EPISTLE READER:

ELDERS:

BOOKSTORE:

**DEADLINE FOR THE
BULLETIN IS
5:00 PM ON TUESDAY**

Sunday
Mar. 29 Orthros & Liturgy - **Closed to the public
(Clergy only)**
Monday
Mar. 30
Tuesday
Mar. 31
Wednesday
Apr. 1
Thursday
Apr. 2
Friday
Apr. 3 5th & Final Akathist - **Closed to the public
(Clergy only)**
Saturday
Apr. 4