



## LOOKING AHEAD

The following are services and parish events *in addition* to the usual weekend services (Sat 6pm & Sun 9:30am).

### Monday March 16

7:30pm — Parish Council Meeting

### Tuesday March 17

10:00am — Father's Café

### Wednesday March 18

7:00pm — Liturgy of the Presanctified Gifts followed by Lenten Potluck

### Friday March 20

10:00am — Liturgy of the Presanctified Gifts followed by Lenten Breakfast  
7:00pm — Akathist to the Inexhaustible Cup

### Tuesday March 24

10:00am — Father's Café  
7:00pm — Vigil for Annunciation

### Wednesday March 25—Annunciation

7:00pm — Vespers & Festal Divine Liturgy

### Friday March 27

7:00pm — Akathist to the Precious Cross

### Saturday March 28

9:00am — Memorial Saturday Divine Liturgy

### Tuesday March 31

10:00am — Father's Café  
7:30pm — Orthodox Christianity 101

For more dates please visit our website: [www.stchristinaorthodox.org](http://www.stchristinaorthodox.org)

### Many Years!

Jack (John) Pettit (on his birthday—3/16)  
Natalia Shokun (on her birthday—3/17)

Confessions are held on Saturdays after Great Vespers or by appointment with Fr Michael.

#### PARISH CONTACT INFO:

**Church:** 3721 Parish Ave, Fremont, CA

**Church Offices/Mailing Address:**

3612 Peralta Blvd, Fremont CA 94536

**Web:** [www.stchristinaorthodox.org](http://www.stchristinaorthodox.org)

**Email:** [mail@stchristinaorthodox.org](mailto:mail@stchristinaorthodox.org)

**Phone:** (510)739-0908

**Priest:** V. Rev. Michael Anderson, Rector

[FrMichael@stchristinaorthodox.org](mailto:FrMichael@stchristinaorthodox.org) (510) 333-8814

**Attached Clergy:** V. Rev. George Masters & Dn. Dennis Milligan



ST. CHRISTINA ORTHODOX CHURCH + THE DIOCESE OF THE WEST + THE ORTHODOX CHURCH IN AMERICA

March 15, 2020



# THE LIVING WATER

(JOHN 4:10)

[www.stchristinaorthodox.org](http://www.stchristinaorthodox.org)

Publication of St. Christina of Tyre Orthodox Church in Fremont, CA

SECOND SUNDAY OF GREAT LENT  
—TONE 6

ST. GREGORY PALAMAS

MARTYR AGAPIUS AND THOSE WITH HIM

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Welcome!

...to all who have gathered to follow Jesus Christ and manifest the Kingdom of God in the Liturgy of His Church. If this is your first time with us, give us a chance to get to know you. Please join us for our fellowship meal following the service.

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#### A Word from the Holy Fathers

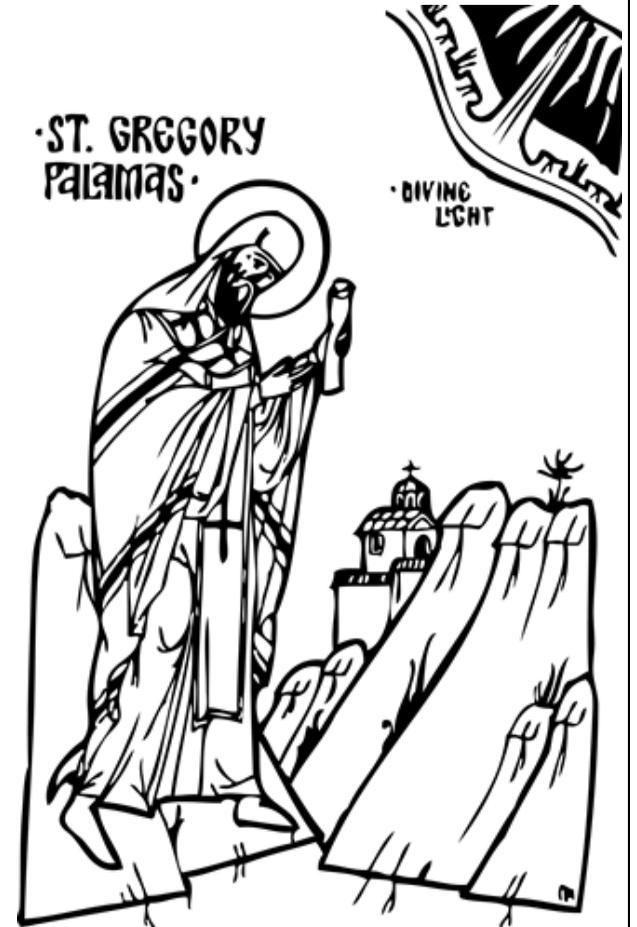
Let not one think, my fellow Christian, that only priests and monks need to pray without ceasing and not laymen No, no; every Christian without exception ought to dwell always in prayer.

— St. Gregory of Palamas.

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Include Something in the Bulletin

Email it to  
[community@stchristinaorthodox.org](mailto:community@stchristinaorthodox.org)



ST. CHRISTINA ORTHODOX CHURCH + THE DIOCESE OF THE WEST + THE ORTHODOX CHURCH IN AMERICA

## Parish Life

### FR. DN GREGORY MATLAK TO VISIT! MARCH 28-29

Fr. Dn Gregory will be visiting St. Christina the weekend of March 28-29. He will serve while he is here. We will have a little "fire-side chat" with him in the fellowship hall after Divine Liturgy on Sunday. This will give everyone a chance to meet each other and ask questions. He will be staying through Wednesday morning to try to get a chance to look at schools, housing etc for his family.

Let us all show him the wonderful hospitality that is always a part of our parish's life.

### OCA EAST BAY PARISHES "JOINT" FRIDAY PRE-SANCTIFIED LITURGIES

This year during Great Lent the OCA parishes on the East Bay are inviting each other to celebrate the Liturgy of the Pre-Sanctified Gifts together at each other's parishes on Fridays. It will give us a chance to worship together and build the bonds of fellowship among our communities.

There will be a Lenten breakfast at each parish following the liturgy.

Below is the schedule being shared.

- **March 20 at 10 AM**- St. Christina of Tyre Church, Fremont

- **March 27 at 6 PM**- St. John the Baptist Church, 1900 Essex St, Berkeley

- **April 3 at 10 AM**- St. Michael Church, 2425 Olivera Rd Concord

- **April 10 at 6 PM**- St. John the Baptist Church, 1900 Essex St, Berkeley

Let's be sure to have a welcoming group here on **March 20th!**

### PSYANKI WORKSHOP DATE CHANGE SUNDAY — MARCH 22

Our much-loved annual pysanky workshop is scheduled for Sunday, March 22 after the fellowship meal, starting at about 12:30.

Learn how to design and create Ukrainian Easter Eggs. Supplies are provided and all levels are welcome.



A sign-up sheet is available on the welcome table. Please **sign up today** so we can be sure to have enough supplies.

### BRING IN PALMS FROM LAST YEAR

Please bring in your palms from last year so they can be disposed of properly. You can give them to Fr Michael anytime during Great Lent.

### FROM THE LIBRARY

The Lenten Reading Program has begun.

This year's theme is: "Repentance is the Key to Salvation." Fr. George will have forms for adults, children, and readers of other languages.

We are discontinuing the gift card rewards for the adult readers and plan to use the money to purchase new books for the Library.

If you have suggestions please be sure to speak to Fr. George or Matusha Georgette, our librarian.

## Our Life in Christ

the grace of Your Christ. Grant him (her) patience in this sickness, strength of body and spirit, and recovery of health. Lord, You have taught us through Your word to pray for each other that we may be healed. I pray, heal Your servant (name) and grant to him (her) the gift of complete health. For You are the source of healing and to You I give glory, Father, Son and Holy Spirit. Amen.

O Lord our God, Who by a word alone did heal all diseases, Who did cure the kinswoman of Peter, You Who chastise with pity and heal according to Your goodness; Who are able to put aside every sickness and infirmity, do You Yourself, the same Lord, grant aid to Your servant (name) and cure him (her) of every sickness of which he (she) is grieved; and send down upon him (her) Your great mercy, and if it be Your will, give to him (her) health and a complete recovery; for You are the Physician of our souls and bodies, and to You do we send up Glory: to the Father, Son and Holy Spirit, Both now and forever, and to the ages of ages. Amen.

### Prayers in Time of Need

Almighty God, the Father of mercies and God of all comfort, come to my help and deliver me from this difficulty that besets me. I believe Lord, that all trials of life are under Your care and that all things work for the good of those who love You. Take away from me fear, anxiety and distress. Help me to face and endure my difficulty with faith, courage and wisdom. Grant that this trial may bring me closer to You for You are my rock and refuge, my comfort and hope, my delight and joy. I trust in Your love and compassion. Blessed is Your name, Father, Son and Holy Spirit, now and forever. Amen.

O God, our help in time of need, Who are just and merciful, and Who inclines to the supplications of His people. Look down upon me and have mercy on me and deliver me from the trouble that now besets me. Deal with us not according to our iniquities, but according to Your manifold mercies, for we are the works of Your hands, and You know our weaknesses. I pray to you to grant me Your divine helping grace, and endow me with patience and strength to endure my hardships with complete submission to Your Will. Only You know our misery and sufferings, and to You, our only hope and refuge, I flee for relief and comfort, trusting in Your infinite love and compassion, that in due time, when You know best, You will deliver me from this trouble, and turn my distress into comfort. We then shall rejoice in Your mercy, and exalt and praise Your Holy Name, O Father, Son and Holy Spirit, both now and forever and to the ages of ages. Amen

## Our Life in Christ

### PRAYER FOR THE FAITHFUL

*From the Holy Synod of the OCA*

*O God Almighty, Lord of heaven and earth, and of all creation visible and invisible, in thine ineffable goodness, look down upon us, thy people gathered in thy Holy Name. Be our helper and defender in this day of affliction. Thou knowest our weakness. Thou hearest our cry in repentance and contrition of heart. O Lord who lovest mankind, deliver us from the impending threat of the Corona Virus. Send thine angel to watch over us and protect us. Grant health and recovery to those suffering from this virus. Guide the hands of physicians and preserve those who are healthy. Enable us to continue to serve our suffering brothers and sisters in peace that together we may glorify thy most honorable and majestic name of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages.*

*Amen!*

### Other Prayers

#### Prayer OF a Sick Person

Jesus Christ, my Lord and Savior, You became man and died on the cross for our salvation. You healed people of sickness and affliction through Your love and compassion. Visit me, Lord and grant me strength to bear this sickness with which I am afflicted, with patience, submission to Your will and trust in Your loving care. I pray that You will bless the means used for my recovery and those who administer them. Grant that my sickness may be to my spiritual benefit and that I may live the rest of my life more faithfully according to Your will. For You are the source of life and healing and to You I give praise and glory, now and forever. Amen.

#### Prayers FOR a Sick Person

Heavenly Father, physician of our souls and bodies, Who have sent Your only-begotten Son and our Lord Jesus Christ to heal every sickness and infirmity, visit and heal also Your servant (name) from all physical and spiritual ailments through

## Today's Worship — Hymns

### TROPARIA

#### Resurrection—Tone 6

The angelic powers were at Your tomb;  
the guards became as dead men.  
Mary stood by Your grave,  
seeking Your most pure body.  
You captured hell, not being tempted by it.  
You came to the Virgin, granting life.  
O Lord, Who rose from the dead,  
glory to You.

#### St Christina—Tone 4

Your lamb Christina, O Jesus,  
Calls out to You in a loud voice:  
"I love You, O my bridegroom,  
And in seeking You, I endure suffering.  
In Baptism I was crucified so that I might reign in You,  
And died so that I might live with You.  
Accept me as a pure sacrifice,  
For I have offered myself in love."  
By her prayers save our souls, since You are merciful.

#### St Gregory Palamas—Tone 8

O light of Orthodoxy, teacher of the Church, its confirmation,  
O ideal of monks and invincible champion of theologians,  
O wonderworking Gregory, glory of Thessalonica and preacher of grace,  
always intercede before the Lord that our souls may be saved!

### KONTAKIA

#### St Christina — Tone 5

You abandoned your father's error  
and received divine illumination  
as a glorious virgin betrothed to Christ.  
You bravely struggled and destroyed the enemy,  
O great Martyr Christina  
and ever pray that we may receive great mercy.

#### St Gregory Palamas—Tone 8

Holy and divine instrument of wisdom,  
joyful trumpet of theology,  
together we sing your praises, O God-inspired Gregory.  
Since you now stand before the Original Mind,  
guide our minds to Him, O Father,  
so that we may sing to you: "Rejoice, preacher of grace!"

#### Triodion — Tone 4

Now is the time for action!  
Judgment is at the doors!  
So let us rise and fast,  
offering alms with tears of compunction and crying:  
"Our sins are more in number than the sands of the sea;  
but forgive us, O Master of all,  
so that we may receive the incorruptible crowns!"

### PROKEIMENA

**Tone 5** — (*Resurrection*) You, O Lord, shall protect us and preserve us from this generation forever. (*Ps 11/12:7*)

*v: Save me, O Lord, for there is no longer any that is godly! (Ps 11/12:1)*

**Tone 1** — (*St Gregory*) My mouth shall speak wisdom, the meditation of my heart shall be understanding. (*Ps 48/49:3*)

**Epistle — Hebrews 1:10–2:3**

<sup>10</sup> And: "You, LORD, in the beginning laid the foundation of the earth, and the heavens are the work of Your hands. <sup>11</sup> They will perish, but You remain; and they will all grow old like a garment; <sup>12</sup> like a cloak You will fold them up, and they will be changed. But You are the same, and Your years will not fail."

<sup>13</sup> But to which of the angels has He ever said: "Sit at My right hand, till I make Your enemies Your footstool"? <sup>14</sup> Are they not all ministering spirits sent forth to minister for those who will inherit salvation?

<sup>1</sup> Therefore we must give the more earnest heed to the things we have heard, lest we drift away. <sup>2</sup> For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward, <sup>3</sup> how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him.



**Epistle — Hebrews 7:26–8:2**

<sup>26</sup> For such a High Priest was fitting for us, who is holy, harmless, undefiled, separate from sinners, and has become higher than the heavens; <sup>27</sup> who does not need daily, as those high priests, to offer up sacrifices, first for His own sins and then for the people's, for this He did once for all when He offered up Himself.

<sup>28</sup> For the law appoints as high priests men who have weakness, but the word of the oath, which came after the law, appoints the Son who has been perfected forever.

<sup>1</sup> Now this is the main point of the things we are saying: We have such a High Priest, who is seated at the right hand of the throne of the Majesty in the heavens, <sup>2</sup> a Minister of the sanctuary and of the true tabernacle which the Lord erected, and not man.

**Gospel — Mark 2:1–12**

<sup>1</sup> And again He entered Capernaum after some days, and it was heard that He was in the house. <sup>2</sup> Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them.

<sup>3</sup> Then they came to Him, bringing a paralytic who was carried by four men. <sup>4</sup> And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying.

<sup>5</sup> When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you." <sup>6</sup> And some of the scribes were sitting there and reasoning in their hearts, <sup>7</sup> "Why does this Man speak blasphemies like this? Who can forgive sins but God alone?"

<sup>8</sup> But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts?"

<sup>9</sup> Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk'? <sup>10</sup> But that you may know that the Son of Man has power on earth to forgive sins" – He said to the paralytic, <sup>11</sup> "I say to you, arise, take up your bed, and go to your house."

<sup>12</sup> Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, "We never saw anything like this!"

**Gospel — John 10:9–16**

<sup>9</sup> I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture. <sup>10</sup> The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

<sup>11</sup> I am the good shepherd. The good shepherd gives His life for the sheep. <sup>12</sup> But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them. <sup>13</sup> The hireling flees because he is a hireling and does not care about the sheep.

<sup>14</sup> I am the good shepherd; and I know My sheep, and am known by My own. <sup>15</sup> As the Father knows Me, even so I know the Father; and I lay down My life for the sheep.

<sup>16</sup> And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd.

HEALING OF THE PARALYTIC

