

**ST. ELIJAH ORTHODOX CHRISTIAN CHURCH**  
**THE SPIRITUAL CENTER OF THE DIOCESE OF WICHITA AND MID-AMERICA**  
**15000 N. May, Oklahoma City, OK 73134**

**MARCH 7, 2010**

**Issue 22**

**Number 10**

**Sunday of the Veneration of the Cross; Saints of the Day: The Hieromartyrs of Cherson: Basil, Ephraim, Eugene, Kapiton, Elpidios, Agathodoros and Aetherios; Venerable Laurence; Venerable Paul the Simple, disciple of Venerable Anthony the Great**

**DIRECTORY**

**V. Rev. Fr. Constantine Nasr**  
Senior Priest 749-8491

**Rev. Fr. Jeremy Davis**  
Assistant Priest 625-0675

**Rev. Dn. Ezra Ham**  
Administrator 602-9914

**Erin Learned**  
Youth Director 410-9456

**Al Mamary**  
Choir Director 364-8904

**Mom's Day Out** 639-2679  
Leigh Baker - Director

**Church Office** 755-7804

**Church Website**  
[www.stelijahokc.com](http://www.stelijahokc.com)

**Church Email**  
[stelijah@stelijahokc.com](mailto:stelijah@stelijahokc.com)

**St. James Stillwater Mission**  
Fr. Basil McMurry 282-1515

**St. Andrew OKC Mission**  
Fr. Mark Wallace 410-3196

**DYNAMIS: Daily Bible Readings  
for Orthodox Christians at**  
[www.dynamispublications.org](http://www.dynamispublications.org)

**Ancient Faith Radio**  
[ancientfaith.com](http://ancientfaith.com)

**WORSHIPPING THE ALL-HOLY GOD**

**Isaiah 57:15**

For thus says the high and lofty One who inhabits eternity, whose name is Holy: "I dwell in the high and holy place, and also with him who is of contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite."

**PRAYER ON ENTERING THE CHURCH**

I WILL COME INTO THY HOUSE IN THE MULTITUDE OF THY MERCY: AND IN THY FEAR I WILL WORSHIP TOWARD THY HOLY TEMPLE. Lead me, O Lord, in thy righteousness because of mine enemies; make thy way straight before me, that with a clear mind I may glorify thee forever, One Divine Power worshipped in three Persons: Father, Son and Holy Spirit. Amen.

**PRAYER ON LEAVING THE CHURCH**

Lord, now lettest thou thy servant depart in peace, according to thy word: for mine eyes have seen thy salvation, which thou hast prepared before the face of all people: a light to lighten the Gentiles, and the glory of thy people Israel.

**CHURCH ETIQUETTE**

**O Lord, sanctify those who love the beauty of your house.**

When you enter the church, please remember that the church is a place of worship. Please do not disturb others as they worship God.

## WE WELCOME OUR VISITORS

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.

SUNDAY OF THE VENERATION OF THE CROSS

## VARIATIONS IN TODAY'S DIVINE LITURGY

USING THE WHITE LITURGICAL BOOKS – TONE 6

**THE LITURGY OF ST. BASIL THE GREAT**

**A**

### The 1<sup>st</sup> Antiphon:

The light of Thy countenance, O Lord, hath been signed upon us. Thou hast given a sign unto them that fear Thee, that they may flee from before the face of the bow.

**Refrain: Through the intercessions...**

Thou hast ascended on high, Thou leddest captivity captive. Thou hast given an inheritance to them that fear Thy name.

**Refrain: Through the intercessions...**

Glory... Both now...

**Refrain: Through the intercessions...**

**B**

### The 2<sup>nd</sup> Antiphon:

All the ends of the earth have seen the salvation of our God. Let us worship at the place where His feet have stood.

**Refrain: Save us, O Son of God, who art risen...**

God is our King before the ages, He hath wrought salvation in the midst of the earth.

**Refrain: Save us, O Son of God, who art risen...**

High above all the nations is the Lord. Thou art Lord Most High over all the earth.

**Refrain: Save us, O Son of God, who art risen...**

Glory... Now...

O only-begotten Son...

**C**

### The 3<sup>rd</sup> Antiphon:

**The Troparion of the Holy Cross –  
Tone 1**

Exalt ye the Lord our God, and worship the footstool of His feet. Save Thy people and bless Thine inheritance: Shepherd them and bear them up unto eternity.

**O Lord, save Thy people and bless Thine inheritance, and to Thy faithful kings grant victory over the barbarians, and by the power of Thy Cross protect all those who follow Thee.**

**D**

### The Entrance Hymn:

O come let us worship...

**E**

**Troparion of the Resurrection –  
Tone 6, pp 99-100**

When Mary stood at Thy grave looking for Thy sacred Body, angelic powers shone above Thy revered tomb, and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby; Thou didst meet the Virgin and didst give Life to the world; O Thou Who are risen from the dead, O Lord, glory to Thee.

## **Troparion of the Holy Cross – Tone 1**

O Lord, save Thy people and bless Thine inheritance, and to Thy faithful kings grant victory over the barbarians, and by the power of Thy Cross protect all those who follow Thee.

## **Troparion of St. Elijah, p 26**

**F** **Kontakion of the Akathist Hymn – 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 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 mi 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 ti la tu ha-rab; A’ti-qi ni min su nu fish sha da-id, Hat-ta as-rukhi lai-ki, if ra hi ya’ a-ru-sa-tan la’ a ru-sa la-ha.

**G** **Instead of the Trisagion Hymn:**  
Before Thy cross we bow down in worship, O Master, and Thy Holy Resurrection we glorify.

## **H** **THE READINGS** **THE EPISTLE**

**O Lord, save your people and bless your inheritance.**

**To you, O Lord, have I cried, O my God.**

The reading is from St. Paul’s Letter to the Hebrews (4:14-5:6)

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, “Thou art my Son, today I have begotten thee”; as he says also in another place, “Thou art a priest forever, after the order of Melchizedek.”

## **THE GOSPEL**

From the Holy Gospel according to St. Mark  
(8:34-9:1)

The Lord said, “If anyone would 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 soul? For what can a man give in return for his soul? 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 Jesus 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.”

## **I** **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 of 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.

**J****Koinonikon**

The light of Thy countenance hath been impressed on us, O Lord. Alleluia.

**K****Troparion of the Holy Cross – Tone 1**

O Lord, save Thy people and bless Thine inheritance, and to Thy faithful kings grant victory over the barbarians, and by the power of Thy Cross protect all those who follow Thee.

## OFFERINGS

**HOLY BREAD** is offered by Harvey and Debbie Homsey for their good health and the good health of Taylor, Natalie, Melissa, and Zachary. It is also offered for the Homsey and Samara families. It is especially offered for Zachary on the occasion of his 10<sup>th</sup> birthday (3/10). May God grant him many years.

**HOLY BREAD** is offered by Harry Taylor, Natalie, Melissa, and Zachary Homsey for their good health and the good health of the Homsey and Samara families. It is especially offered for their parents, Harvey and Debbie, on the occasion of their 23<sup>rd</sup> wedding anniversary today (3/7). May God grant them many more.

**HOLY BREAD** is offered by Dr. Paul and Jennifer Shadid for their good health and the good health of their children Jessica, Paul, Jr., and Peter. It is especially offered on the occasions of Jessica's 22<sup>nd</sup> birthday (3/2) and Peter's 17<sup>th</sup> birthday (3/6). May God grant them many years.

**HOLY BREAD** is offered by MariLynn Shadid and her children and grandchildren for their good health. It is especially offered for the good health of George as he celebrates his 80<sup>th</sup> birthday tomorrow (3/8). May God grant him many years.

**HOLY BREAD** is offered by Farris, Maya, Raya, and Laith Shawareb for their good health and the good health of their families. It is especially offered for the speedy recovery of their grandmother Lamees Shawareb. May God grant her many years.

## ANNOUNCEMENTS

**WELCOME.** We welcome all visitors. We are delighted you are worshipping with us and look forward to meeting you personally.

**VENERATION OF THE CROSS.** This Sunday (the third of Lent) marks the mid-point of the Great Fast. The church brings forth the Holy Cross today to inspire us with the example of our Savior's voluntary sufferings, and to strengthen us with the power of this Invincible Weapon against the Enemy.

**ANNUAL LENTEN DINNER** today following Divine Liturgy. Buy your ticket and join us for this delicious tradition!

**20/40 FELLOWSHIP** will gather at 7pm this Monday, March 8, at the home of Sam and Dini Homsey (16304 Bravado, Edmond). Main dish will be provided; please bring a Lenten salad, side, dessert, or beverage. Please call Sam and Dini (285-9694) for more info.

**MDO BOARD** will meet at 6:30pm this Tuesday, March 9.

**PRESANCTIFIED LITURGY** will be held at St. Elijah this Wednesday (March 10) at 6:30pm. Nursery provided. A Lenten potluck supper will follow. Please come and bring a dish!

**SALUTATIONS (AKATHIST) SERVICE** to the Theotokos will be celebrated at 7pm this Friday, March 12.

**LENT CONTINUES** this week. The traditional fast is to abstain from meat, fish, dairy products, and alcoholic beverages (though alcohol is permitted in moderation on weekends).

**CONFESSION.** Orthodox Christians should make a sacramental confession during Great Lent in preparation for Pascha. Please do not put this off until the last minute. Confession is usually available after Saturday Vespers; alternatively, an appointment can be made with your father confessor during the week.

**OFFICE DOOR.** In order to make the church more secure during the week, especially when our Mom's Day Out program is in session, we will now keep the door by the office locked at all times. Just follow the directions on the door to buzz the office so that we can let you in.

**PLEDGE CARDS.** If you have not already done so, please submit your 2010 pledge card as soon as possible. Please do your part to ensure that our church can continue to offer its many important ministries.

**CARNATIONS** for the Salutations (Akathist) Service to the Theotokos may be donated in memory of or for the good health of loved ones. The services will be at 7pm every Friday through March 19. Please contact the church office if you would like to offer carnations.

**LENTEN OFFERINGS.** As Holy Week approaches there are many opportunities for you to contribute to our liturgical life by donating for such items as:

- Palms for Palm Sunday
- Easter Lilies
- Sacramental Wine
- Candles
- Charcoal
- Incense
- Service Books

Please contact the church office if you would like to make a donation.

**MANY THANKS** to the parents of 3<sup>rd</sup> Graders who brought their children to confession on February 27: Marco and Meredith Morrow; Brian and Carmen Swearingen; Joel and Juman Sweis; and Solomon and Hiwot Tamirat. This is a very important milestone in the spiritual lives of their children that can benefit them the rest of their lives.

**PLEASE NOTE** the Coffee Hour schedule below. If you can help on any of the open Sundays, please sign up on the bulletin board in the hall.

**VIGIL CANDLE** is lit by Mike and Teese Mullings for our troops serving in harm's way.

It is especially lit for those serving in Afghanistan and Iraq. May they be kept safe from every enemy and adversary.

**HAPPY BIRTHDAY THIS WEEK**  
**WEEK OF MAR. 7-13**

Muriel Shadid      Lucy Swyden  
George Shadid      Mickey Wehba  
William Massad      Pauline Rahill  
Robert Naifeh      Nora Baca  
Zachary Homsey



**COFFEE HOUR**

Below is the schedule of those who have volunteered to host coffee hour on upcoming Sundays.

<u>March</u>	<u>April</u>
14 –	4 - Pascha
21 –	11 –
28 – Palm Sunday	18 –
	25 – St. John the Divine Adult Fellowship

**LAST CHANCE  
PICTORIAL DIRECTORY  
MAKEUP DATES  
FRIDAY & SATURDAY  
APRIL 9-10  
GO ONLINE IMMEDIATELY  
TO SIGN UP!  
DO NOT WAIT TILL THE LAST MINUTE!  
SIGN UP NOW!!!!!!**

**GYM USAGE POLICY**

Our Church Administrator, Deacon Ezra Ham, will give an informative presentation regarding our gym usage policy and fees during the annual Lenten Dinner on Sunday, March 7. Please attend and learn about gym usage so that we can all be on the same page.

Yours in Christ,  
Fr. Constantine

Enjoy free smells as the **Annual Lenten Fish Dinner** is served you **today!** Available only at St. Elijah! Adults: \$10.00 & Children: \$5.00. Proceeds to build The Convent of St. Thekla at Antiochian Village. *Sincere thanks for your participation and contributions!*

**ATTENTION: ALTAR BOYS**

Please arrive in the Sacristy (robing room) no later than 10:15am on the Sundays you are assigned to serve, so that you can get your robe and come into the altar by 10:20am. **We will lock the sacristy door between 10:25 and 10:30am.** If you arrive after the door is locked, please sit with your parents.

St. Barnabas Ministries has received notes of thanks from the following organizations for donations made:

Sr. BJ's Pantry  
HAU (Health Alliance for the Uninsured)  
OCMC (Orthodox Christian Mission Center)

These notes have been posted on the bulletin board.

**LONG-TERM CARE SEMINAR**

You are invited to a presentation on Long-Term Care and Long-Term Care Insurance by liaison Thabet Swaiss.

Topics include:

What is Long-Term Care?

What is Long-Term Care Insurance?

How do you decide if you need Long-Term Care Insurance?

What should you look for in a policy?

Tuesday, March 23, 2010  
7-9pm

RSVP: [thabet.swaiss@prudential.com](mailto:thabet.swaiss@prudential.com)  
946-1974 (ext. 7030) or cell 606-5650

SAVE THE DATE:

# Understanding Sex as God Intends

A Seminar for our Youth · April 24-25

Saturday, April 24

Grades 5-6 – Noon-3pm

Grades 7-9 – 2-5pm

Sunday, April 25

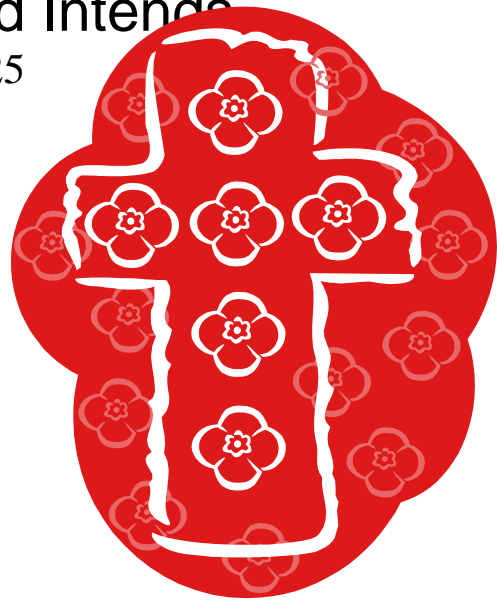
Grades 10-12 – 2-5pm

Opening Presentations by Fr Jeremy

followed by

Confidential, In-Depth, Age-Appropriate Discussions

- Dr. Monique Naifeh & Erin Learned – Girls
- Dr. Michael Morrow – Boys



Special Parents Discussion led by Deacon Ezra

**“Talking to Your Kids about Sex”**

2-3pm on Saturday

More information to come. Don't let your kids miss this great opportunity to learn about the gift and responsibility of sex in a safe, Christian environment.

# Sunday School Scoop

Students and teachers, please remember to stay quiet as you assemble in the Narthex for Communion. We want to be sure we are reverent for the most important part of Liturgy!

Thanks to everyone who came to Creative Arts Day yesterday. If your child wants to submit a project, poem, or essay, please see Erin for details. All projects must be returned to the church by March 28<sup>th</sup>.

## Do you know WWJL? (What We Just Learned?)

1. Why was the woman coming to the well?
2. How many husbands had the woman had?
3. What kind of water did Jesus offer the woman?
4. What city was the woman from?

## Upcoming Lessons and Events

Next Sunday, March  
14th:

*"Jesus and Nicodemus"*  
*Pre-read: John 3:1-21*

### Upcoming Events:

*March 21<sup>st</sup>: No Class -*  
*Spring break*

Wamp was great! The following teens traveled to Houston for a great weekend: Sarah Baskerville, Zach Crouch, Mary Eid, Deeb, Nora and Renee Haddad, Zan and Sophia Massad, Katherine Pendergraft, Nicole Shadid, Samantha Spano, Courtney Swanson, Crystal Sweiss, Petra Sweiss, Robin Sweiss, Amy Wallace, Laney Wagoner, and Sam Wilson.

They were able to spend the weekend with other teens from around our Diocese and learn from Bishop THOMAS who spoke on "Owning Your Faith."

Question: Did you get a Lenten Journey booklet last week?

If not, be sure to find Erin after church today!

## Camp St. Raphael 2010! YABOY!

Camper and staff applications for this summer **ARE NOW ONLINE!**

Please log on to [www.campstaphael.org](http://www.campstaphael.org) and print your forms. As you know, spots fill up fast, so don't delay!

Children ages 9 to 17 are eligible to be campers. If you are in need of camper scholarships, please see Erin or one of the priests.

**Registration for the YES Trip (April 16-18) IS NOW OPEN. Log on to [www.yesnorthamerica.org](http://www.yesnorthamerica.org) to register TODAY! (If your teen(s) wants to attend, please sign them up ASAP as spots are limited.)**

## Worship and Spiritual Life

Every Sunday – Sunday School after Communion – Adult Class at 9:30 am. **No classes during the summer.**  
Matins at 9:20 am – Divine Liturgy at 10:30 am Bible Study – Thursdays at 10:30 am; nursery provided  
Every Saturday – Vespers at 5 pm followed by Confession Every Wednesday – Confession by appointment

## Study

### ST. ANDREW FAMILY NIGHT!

Wednesday Nights 7-9 pm. Runs in 8-week blocks. A full Program of Seminars and Classes for Adults, Children and Youth for both Orthodox and Non-Orthodox.

## Fellowship & Parish Development

Coffee Hour – Sundays following the Divine Liturgy 20/40 Fellowship – 2<sup>nd</sup> Monday at 7 pm  
Ladies Aid – 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays at 1 pm Teen Chats – Wednesday Nights during Family Night  
Adult Fellowship – 3<sup>rd</sup> Saturday following Vespers Ladies Guild – as scheduled and announced  
Parish Council – every 3<sup>rd</sup> Tuesday at 7 pm Choir – see Al Mamary  
St. Barnabas Ministries – 1<sup>st</sup> Monday at 10:00 am

## Membership

To become a member you need to pray with us at our worship services, complete the Inquirer's Classes, pledge your financial support, and meet with our priests. We welcome you on your journey of faith and invite you to learn of the ancient and unchanging Holy Orthodox Church.

## MARCH 7, 2010

**USHERS:** Nanette Abraham, Tonya Eastridge, Shelly Fox, Karen Hanna, Janet Jaime, Jennifer Shadid, Jill Sleem, Hinda Kouri

**ALTAR SERVERS:** Brandon Cohlma, Deeb Haddad, Jay Cohlma, Jake Kouri, Tate Hammersley, Preston Silvernail, Alec Karam, Anthony Ene, David Tamirat, Adam Sweis

**EPISTLE READER:** Saundra Farha

**ELDERS:** Steve Rahill, Boulos Ayyat, Bruce Harroz, Monty Thomas, Elie Saleeba, Milton Trice

**KANDELIFT:** Ned Shadid, Jr.

**PARISH COUNCIL:** Dr. Jim Stewart

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

## CALENDAR

	<i>Sunday</i>	
Mar. 7	Annual Lenten Fish Dinner	
	<i>Monday</i>	
Mar. 8	20/40 Fellowship	7:00 pm
	<i>Tuesday</i>	
Mar. 9	Matins	7:00 am
	Exercise	8:30 am
	MDO Board	6:30 pm
	Marriage Encounter	7:00 pm
	OCF @ OU	9:00 pm
	<i>Wednesday</i>	
Mar. 10	Bible Bowl	5:30 pm
	Presanctified Liturgy and Lenten Potluck @ St. Elijah	6:30 pm
	<i>Thursday</i>	
Mar. 11	Exercise	8:30 am
	Orthodox Study Fellowship	10:30 am
	<i>Friday</i>	
Mar. 12	Exercise	8:30 am
	Salutations (Akathist) Service	7:00 pm
	<i>Saturday</i>	
Mar. 13	Creative Arts Day	9:00am-Noon
	Baptism	
	Vespers	5:00 pm

## **THANK YOU FOR YOUR STEWARDSHIP FAITHFULNESS**

“Give, and it will be given to you; good measure, pressed down, shaken together, running over, they will pour into your lap. For by your standard of measure, it will be measured to you.” Luke 6:38