



## Saint Nicholas Greek Orthodox Church

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**Sunday, March 10th, 2024**

Meatfare Sunday

8:30am: Orthros, 10am: Divine Liturgy

12pm: Youth Church School & Adult Ed

## Hymns of the Day

### Resurrectional Apolytikion in the Grave Mode

By means of Your Cross, O Lord, You abolished death. \* To the robber You opened Paradise. \* The lamentation of the myrrhbearing women You transformed, \* and You gave Your Apostles the order to proclaim to all \* that You had risen, O Christ our God, \* and granted the world Your great mercy.

**Ἀπολυτίκιον Ἀναστάσιμον. Ἦχος βαρύς.**

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἠνέωξας τῷ ληστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρήνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

## **Apolytikion of Saint Nicholas in the Fourth Mode**

An example of the faith and a life of humility: \* as a teacher of abstinence you did inspire and lead your flock, \* and through the truthfulness of your deeds \* were exalted to greatness through your humility, \* uplifting all, and by poverty gaining wealth. \* Father and hierarch Saint Nicholas, \* intercede with Christ our God \* that our souls may be saved.

## **Kontakion of Meatfare Sunday in the First Mode**

When You come down to the earth, O God, in Your glory, all things will cower tremulous, and a river of fire will draw before Your Judgment Seat; the books shall be opened up, and public knowledge will things hidden be. Rescue me, then, I pray, from unquenchable fire, and count me worthy to stand at Your right hand, O You, the most righteous Judge.



## **Gospel and Epistle Readings**

### **Epistle Reading**

#### **St. Pauls' First Letter to the Corinthians 8:8-13; 9:1-2**

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do.

Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your

brethren and wounding their conscience when it is weak, you sin against Christ.

Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

## Gospel Reading

### Matthew 25:31-46

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left.

"Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'

"Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?'

"And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.'

“Then he will say to those at his left hand, ‘Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.’

“Then they also will answer, ‘Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?’

“Then he will answer them, ‘Truly, I say to you, as you did it not to one of the least of these, you did it not to me.’ And they will go away into eternal punishment, but the righteous into eternal life.”



## The Lord's Prayer

### Ελληνικά:

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, \* ἀγιασθήτω τὸ ὄνομά σου·  
\* ἐλθέτω ἡ βασιλεία σου· \* γεννηθήτω τὸ θέλημά σου \* ὡς  
ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς· \* τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον  
δὸς ἡμῖν σήμερον· \* καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ  
ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν· \* καὶ μὴ εἰσενέγκῃς ἡμᾶς  
εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

### Español:

Padre Nuestro, que estás en el cielo, \* santificado sea tu nombre; \* venga tu reino; \* hágase tu voluntad, \* en la tierra como en el cielo. \* Danos hoy nuestro pan de cada día; \* perdona nuestras ofensas, como también nosotros perdonamos a

los que nos ofenden; \* no nos dejes caer en la tentación, y libranos del mal.

### **English:**

Our Father, who art in the heavens \* hallowed be Thy name; \* Thy Kingdom come; \* Thy will be done \* on earth as it is in heaven; \* give us this day our daily bread, \* and forgive us our trespasses, as we forgive those who trespass against us; \* and lead us not into temptation, but deliver us from the evil one.

## **Saints and Feasts**

### **Meatfare Sunday**

The foregoing two parables— especially that of the Prodigal Son— have presented to us God’s extreme goodness and love for man. But lest certain persons, putting their confidence in this alone, live carelessly, squandering upon sin the time given them to work out their salvation, and death suddenly snatch them away, the most divine Fathers have appointed this day’s feast commemorating Christ’s impartial Second Coming, through which we bring to mind that God is not only the Friend of man, but also the most righteous Judge, Who recompenses to each according to his deeds.

It is the aim of the holy Fathers, through bringing to mind that fearful day, to rouse us from the slumber of carelessness unto the work of virtue, and to move us to love and compassion for our brethren. Besides this, even as on the coming Sunday of Cheese-fare we commemorate Adam’s exile from the Paradise of delight— which exile is the beginning of life as we know it now— it is clear that today’s is reckoned the

last of all feasts, because on the last day of judgment, truly, everything of this world will come to an end.

### **Kodratos the Martyr & his Companions**

During a third-century persecution against Christians, a pious woman named Rufina fled from Corinth to a mountain. There she gave birth to a son named Kodratos, and died soon afterward. By the Providence of God the infant remained alive and was nourished in miraculous manner: a cloud appeared over him, dropping a sweet dew into his mouth.

The childhood and youth of Saint Kodratos were spent in the wilderness. When he was a young man, he chanced upon Christians, who enlightened him with the light of the true Faith. Kodratos studied grammar, and later learned the physician's art and attained great success in it. But most of all, Kodratos loved the wilderness solitude and he spent the greater part of his time in the hills, in prayer and meditation upon God. His friends and followers frequently came to the saint to hear his instruction. Among them were Cyprian, Dionysius, Anectus, Paul, Crescens and many others.

By order of the impious emperor Decius, the military prefect Jason arrived at Corinth to torture and slay Christians. Since Kodratos was the eldest, he spoke for the rest. The saint bravely defended his faith in Christ the Savior. Despite inhuman suffering, he encouraged the others, urging them not to be afraid and to stand firmly for the Faith.

Unable to persuade any of them to deny Christ, Jason ordered the martyrs to be thrown to wild beasts to be torn apart. But the beasts did not touch them. They tied the saints to chariots by their feet and dragged them through the city, and many of the crowd threw stones at them. Finally, they condemned the martyrs to beheading by the sword. At the place of execution the martyrs requested time to pray,

and then one after the other they bent their necks beneath the sword.



## Parish Information

### Church School

Church School meets on Sundays following Divine Liturgy, at approximately noon. Our two Youth Church School classrooms meet downstairs.

### Orthodox Christianity 101

Our Orthodox Christianity 101 class meets in the Church hall following coffee hour. Anyone who is interested in learning the basic teachings and practices of the Orthodox Christian faith is welcome to attend! We will read and discuss the book *Welcome to the Orthodox Church* by Frederica Mathewes-Green.

### Men's Breakfast Group

The next Men's Breakfast will be on **Saturday, April 6** at 8am. Bring your favorite breakfast foods, and feel free to invite a friend!

### Ladies' Potluck Luncheon

Our Ladies' Potluck Luncheon group meets on the second Thursday of each month! The next luncheon will take place in the Church hall on **Thursday, March 14** at 12pm.

## Byzantine Chant Classes

Byzantine chant classes take place on **Saturdays at 4pm**. If you are interested in learning and helping out, please feel free to attend!



## This Week at Saint Nicholas

- Wednesday, March 13: 6pm Small Paraklesis
- Thursday, March 14: 12pm Ladies Luncheon, 6pm Parish Council
- Saturday, March 16 **Second Saturday of Souls**: 9am Orthros, 10am Divine Liturgy, 4pm Byzantine Chant Class, 5pm Great Vespers