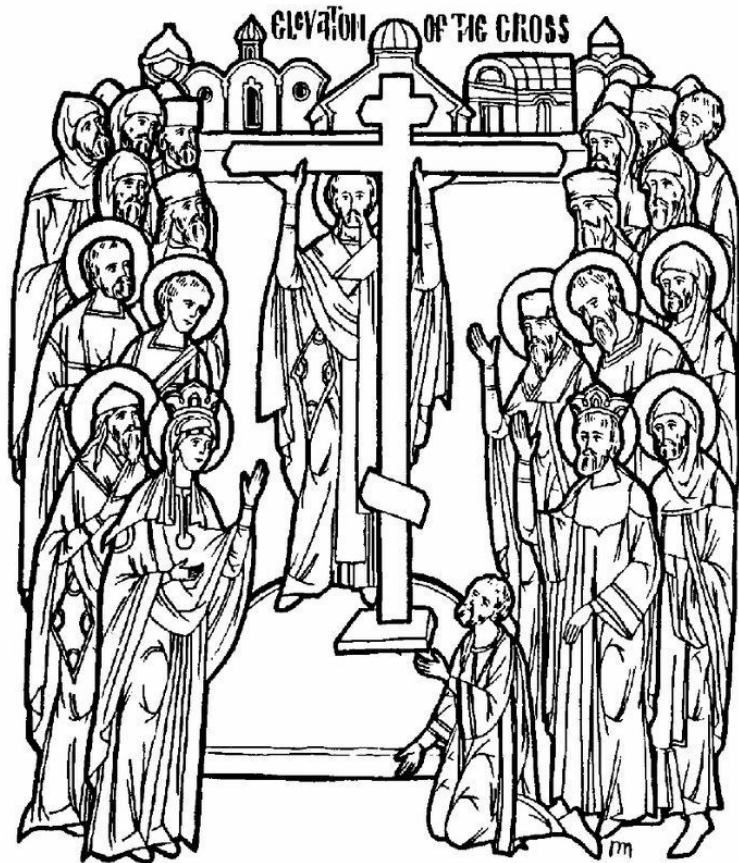


From the Divine Office for the Feast of the Exultation of the Holy Cross

The Tree of Life was planted in the Place of the Skull; and upon it, You, the Eternal King, worked salvation in the midst of the earth. Exalted today, it sanctifies the ends of the earth, and the Church is renewed in the Resurrection. Angels in Heaven greatly rejoice and men upon the earth make glad, crying aloud with David and saying, "Exalt the Lord our God and worship at His footstool, for He is holy, granting the world great mercy!" (Vespers)

The Cross is the protector of the whole world; the Cross is the splendor of the Church; the Cross is the glory of kings; the Cross is the support of the faithful; the Cross is the glory of angels and the terror of demons.

Today the Cross is exalted and the world is sanctified. For You, who are enthroned with the Father and the Holy Spirit, have spread out Your arms on it and drawn the whole world to knowledge of You, O Christ! Make those who have put their trust in You worth of divine glory! (Exapostilaria)



**SUNDAY AFTER THE HOLY CROSS
SEPTEMBER 17, 2023**



Our Lady of Perpetual Help Melkite Catholic Church
256 Hamilton St.
Worcester, MA 01604
Rectory: (508) 752-4174 Hall: (508) 755-2199
Email: olphmelkite@gmail.com/Website: olphworcester.org
Rev. Bryan McNeil, Pastor
Cell: (774) 502-8547
Divine Liturgy: Sunday 10:00 AM

Antiphon (Feast)

O God, why have You cast us off forever? Why does Your anger smolder against the sheep of Your pasture?

O Son of God Who were crucified in the flesh, save us who sing to You: Alleluia!

Remember Your flock which You built up of old, Your tribe You redeemed as Your inheritance, Mount Sion where You took up Your abode.

O Son of God Who were crucified in the flesh, save us who sing to You: Alleluia!

Yet God is our King from all eternity: He has wrought salvation in the midst of the earth.

O Son of God Who were crucified in the flesh, save us who sing to You: Alleluia!

Entrance Hymn

Priest: Extol the Lord our God and worship at His footstool for He is Holy.

People: **O Son of God Who were crucified in the flesh, save us who sing to You: Alleluia!**

Troparion of the Resurrection (Tone 7) pg. 4

You destroyed Death by Your cross. You opened paradise to the thief. You changed the weeping of the myrrh-bearers, and commanded Your apostles to proclaim that You, O Christ God, have risen, granting to the world great mercy.

Troparion of the Cross (Tone 1)

O Lord, save Your people and bless Your inheritance, granting peace to the world. And preserve Your community by the power of Your Cross.

Patronal Troparion (Tone 1) Pg. 15

In giving birth, you have preserved your virginity and in falling asleep you did not forsake the world, O Mother of God. You have passed to life being the Mother of Life. Through your intercession, save our souls from death.

Kontakion of the Holy Cross (Tone 4)

O Christ God, who chose by Your free volition to be elevated upon the holy cross, grant Your mercies to Your new people who are called by Your name. In Your power gladden the hearts of our public authorities. Strengthen them in every good deed so that Your true alliance may be for them a weapon of peace and a standard of victory.

Veneration of the Cross

We know from the journal of the Spanish pilgrim-nun Egeria that the cross was venerated on Holy Friday, despite an unusual risk:

“Then a chair is placed for the bishop in Golgotha behind the [liturgical] Cross, which is now standing; the bishop duly takes his seat in the chair, and a table covered with a linen cloth is placed before him; the deacons stand round the table, and a silver-gilt casket is brought in which is the holy wood of the Cross. The casket is opened and [the wood] is taken out, and both the wood of the Cross and the title are placed upon the table. Now, when it has been put upon the table, the bishop, as he sits, holds the extremities of the sacred wood firmly in his hands, while the deacons who stand around guard it.

“It is guarded thus because the custom is that the people, both faithful and catechumens, come one by one and, bowing down at the table, kiss the sacred wood and pass through. And because, I know not when, someone is said to have bitten off and stolen a portion of the sacred wood, it is thus guarded by the deacons who stand around, lest anyone approaching should venture to do so again.

“And as all the people pass by one by one, all bowing themselves, they touch the Cross and the title, first with their foreheads and then with their eyes; then they kiss the Cross and pass through, but none lays his hand upon it to touch it. When they have kissed the Cross and have passed through, a deacon stands holding the ring of Solomon and the horn from which the kings were anointed; they kiss the horn also and gaze at the ring.”

All the Earth Glorifies the Cross

When St Helena found the crosses at the site of Christ’s tomb she noticed a fragrant plant, then unknown in Rome, which she named basil, the royal plant. In the Middle East, the cross is adorned with basil leaves at the ceremony of the exaltation. The basil is then distributed to the worshippers.

In the Slavic Churches, the ceremony of the exultation is generally performed only by the bishop in his cathedral or an abbot in his monastery. During the ceremony, the cross is often showered with rose petals which are then dipped in rose water and given to the faithful.

Please remember in your prayers: Lorraine Lian, George Arraj, Jr., Ron Abraham, Peter Abraham, Robert Ghiz, Sadie Mirante, Archie Opatka, Katherine Thomas, Charlotte Stockhaus, Richard Abraham, Sr., Frank Boyda, Carol Boyda, Bob Lynch, Joe Najemy, Michael Mooradian, Dennis Desplaines, Michael McNeil, Jeff McNeil, Wyatt William Rahall, Billy Rahall, Dan Rahall, Lauren Abraham, Nicholas Haddad, Elaine Foley, David Ahlin, Elio Kanaan, Tom Sarrouf, Sandra Hanlan, Melissa Kalpakgian, Susan Bailey, those affected by the natural disasters throughout the world, and the people of Ukraine.

If there are people for whom you would like me to pray, please reach out and give me their names. Part of our vocation as Christians is to pray for each other, especially when someone is sick or suffering in any way.

DIVINE LITURGY INTENTIONS

Today +Habib & Miriam (39 yr.) Rahall, William & Bertha Rahall, James (JR) Rahall.
 Requested by Nick Rahall & Family
 +Ruth Welsh

Today's Coffee Hr. is hosted by Nick Rahall & Family

Next Sunday's Coffee Hr. is hosted by Antoinette Arraj & Lisa Jagielski

Last Week's Collection

Weekly	\$ 1,029
Candles	\$ 55
Other	\$ 17
TOTAL	\$1,101



FINANCIALS

8.2023		YTD (10.2022-8.2023)	
Income	\$ 9,034	Income	\$80,542
Expenses	\$11,538	Expenses	\$95,818
Net	(\$2,504)	Net	(\$15,276)

FOOD ITEMS FOR SALE

We have large trays of kibbeh for sale. Each tray has 14 servings. Cost: \$100 per tray.

We also have four assorted pastry tray from the famous Shatilla Bakery in Dearborn, MI. Cost: \$35 per tray.

Get one before they are sold out!

Welcome to any visitors we have with us this morning! We are happy to have you worship with us.

Please join us downstairs in the church hall for the coffee hour so that we can get to know each other better and answer any questions you may have about the parish or the Melkite Church.

100th ANNIVERSARY CELEBRATION

Our 100th Anniversary will be celebrated on *November 4-5*. We will have Great Vespers followed by a banquet on November 4. On November 5, we will celebrate a hierarchal Divine Liturgy followed by lunch in the parish hall. Please mark your calendars and plan to attend. More information will be forthcoming. Please contact Fr. Bryan if you would like to help with the planning and preparation for the occasion.

You should have received a letter and form to use if you want to place an ad in the commemorative book. The deadline for submitting ads was September 1. We will continue to accept ad until **September 15**. You can use the QR code below to submit your ad if you prefer.

We are looking for donations to offset some of the costs for the anniversary celebration. If you can donate, please let us know.

100th Anniversary QR Code



THANK YOU

Thanks to all who worked so hard to make this year's picnic a success! The weather proved to be a challenge but it did not dampen our spirits. The parking lot was packed and everyone enjoyed the food, music and fellowship! You are all a blessing to the Parish! As a result of all your hard work, we had gross proceeds of over \$18,000! I think it is quite impressive for a six hour festival! It is also due to the incredible generosity of our donors and patrons! We will have a fuller accounting once all of the expenses are paid.

Thank you again for sharing your time and talents!

The Elevation of the Precious Cross

MANY OF THE FEASTS we celebrate each year have a special rite connected with them. The Great Sanctification of Water on the Theophany, the hajme service on Pascha and the veneration of icons on the Sunday of Orthodoxy are perhaps the best-known examples of these festal observances.

There is also a special rite proper to the feast of the Exaltation of the Precious Cross (September 14) called, appropriately, the Exaltation of the Cross. During the Great Doxology at Orthros the cross, adorned with flowers and herbage is brought in procession to the center of the church where it is placed on a table or analogion. Everyone then makes three prostrations before the cross. After this, the priest raises the cross high and, facing East, intones a petition. The chanters respond by singing Lord, have mercy one hundred times as the priest blesses the East with the holy cross. He does the same successively facing North, then West, then South, and then East again as he circles the table. He intones the kondakion of the Holy Cross and blesses the people. The cross is placed on the table and everyone makes three prostrations before it, singing “We bow in worship before Your cross, O Master, and we sing praise to Your holy resurrection.” Then everyone in turn venerates the cross. In some churches, this rite of exaltation is performed after the Divine Liturgy.

Reenacting the Discovery of the Cross

This rite is a reenactment of something that happened spontaneously when the cross was first discovered at the excavation for the Church of the Anastasis during St Helena’s expedition to the Holy Land in AD 326-328. The fourth-century Church historian Socrates Scholasticus described what took place in his *Historia Ecclesiastica*.

The site of Christ’s death and resurrection had been covered over by a pagan temple during the Roman persecutions of the Church. St Helena had the temple destroyed to uncover the sacred site. Three crosses were discovered buried near the Lord’s tomb. The title placed on the Lord’s cross (Jesus of Nazareth, King of the Jews) was lying with the crosses but it was not clear on which of the three crosses the Lord had been crucified. The Bishop of Jerusalem, Makarios, had each of the crosses placed in turn on a terminally ill woman. When this woman was healed at the touch of the third cross, it was taken as a sign that this was the cross of Christ.

When local Christians heard of this discovery, they all wanted to see the Lord’s cross and to venerate it. Bishop Makarios, took the cross onto a raised platform and lifted it on high, ‘exalting’ it, for all to see. The people fell to their knees, bowing down before the cross and crying out repeatedly: Kyrie eleison!

As Theodoret of Cyr (393-457) described it in his Ecclesiastical History, Chapter 17, St Helena “... had part of the cross of our Savior conveyed to the palace. The rest was enclosed in a covering of silver, and committed to the care of the bishop of the city, whom she exhorted to preserve it carefully, in order that it might be transmitted uninjured to posterity.”

FOOD DONATION BOX

There is a green box in the narthex for food donations. Once a month, we will deliver whatever we collect to a local charity that helps those with food insecurity. Our first delivery was to Mustard Seed Ministries on August 4. Please buy a couple of extra items when you go the grocery store and put them in the box on your way into the church on Sunday. Thank you in advance for your generosity in helping those who need a little extra assistance!

TRISAGION of the Cross:

We bow in worship before Your Cross, O Master, and we glorify Your Holy Resurrection. (3 times)

Prokimenon

Reader: How great are Your works, O Lord! In wisdom You have wrought them all.

People: How great are Your works, O Lord! In wisdom You have wrought them all.

Reader: Bless the Lord. O my soul! You are very great indeed, O Lord my God!

People: How great are Your works, O Lord! In wisdom You have wrought them all.

Reader: How great are Your works, O Lord!

People: In wisdom You have wrought them all.

Epistle: Gal. 2:16-20

Alleluia Verses

String your bow, go forth, reign for the sake of truth, meekness and righteousness, and your right hand shall lead you wonderfully.

Verse: You loved righteousness and hated iniquity: therefore God, your God, anointed you with the oil of joy above your companions.

Gospel: Mk. 8:34-38; 9:1, Sunday After the Holy Cross

Hirmos of the Exaltation (Tone 8)

O Mother of God, you became a mystical paradise when without tilling you brought forth Christ our God by Whom the life-giving tree of the Cross was planted on earth. Wherefore we deeply bow before this Cross which is exalted today, and we magnify you.

Kinonikon

Let the light of Your countenance shine upon us, O Lord. Alleluia.

After Communion

Troparion of the Cross