

OUR TRUE SOURCE OF INSPIRATION

At one time or another, everyone finds themselves in situations of crisis and concern. It may be illness, or family issues or even financial difficulties that push us to the brink of despair. In troubled times like these, we are often overwhelmed by our problems - we may feel like we just can't handle our personal burdens alone, no matter how we try. It is then that we not only need God's divine assistance, but the support and encouragement of our family and friends as well.

It is truly amazing how a kind word can lift our spirits and give us hope. The difference in giving up and going ahead is often caused by simply knowing that someone is in our "corner." Yes, genuine Christian compassion can contribute greatly to assisting someone in bearing their crosses in life.

This morning, we find ourselves at the halfway point of the Great Fast. Perhaps some have already weakened in their Lenten journey and have succumbed to the temptation to abandon their spiritual quest for reconciliation with Christ. Others may be wavering, needing something to keep them on the proper path of prayer and fasting as the end of this annual "pilgrimage to Pascha" is in sight. That "something" is the CROSS. It is placed before us today to uplift and encourage us. It reminds us that our own struggles pale in comparison to what the Lord was forced to endure. It inspires us to continue to "fight the good fight" and to never lose sight of the importance of what happened upon the Cross. As we sing at Matins on this 3rd Sunday of the Great Fast, "Your Cross, O Lord, is holy, and it brings healing to those who are in sickness through their sins."

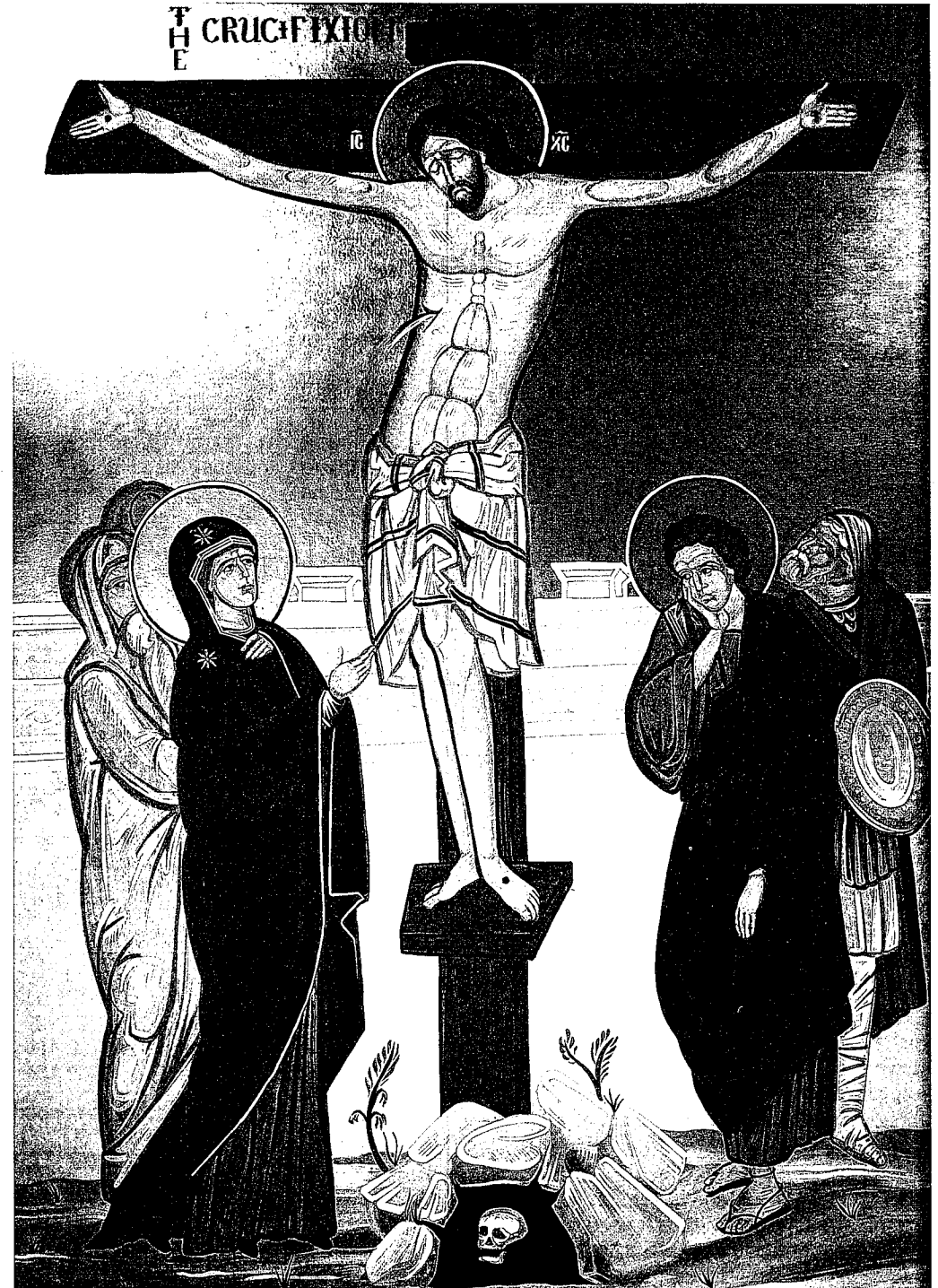
Icon: Holy Transfiguration Monastery, Ellwood City, PA Photography: Chapel Studios, Rochester, PA

The Orthodox Weekly Bulletin Vestal, Cliffwood, New Jersey Litho in U.S.A.

EPISTLE READING

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 for ever, after the order of Melchizedek."



STS. CONSTANTINE & HELEN CATHEDRAL

Mission: To lead people to God through Orthodox Christianity and to provide ways for them to live and share God's love.

SUNDAY of the HOLY CROSS ST. LAURENCE

APOLYTIKION Tone 6 Page 118 (hymnal)
KONTAKION Page 268 (hymnal)
EPISTLE Hebrews 4:14-5:6
GOSPEL Mark 8:34-9:1, Page 141
Greek Text, Page 190

AFTER COMMUNION Page 86 (hymnal)
ACOLYTES Group B
PROSFORA Meropi Paparizos
LIBRARY GREETERS Popie Papouras and Elaine Joaquin
GREETER Chris and Susan Anton

COFFEE HOST Xinakes, Beder, Harris and Schmiedicker Families

MEMORIAL Dr. Maria Dellas (1yr), sister of Demitra (James) Xinakes, Eleni (George) Basil and Ernest Dellas

40-DAY BLESSING Justin Peter, son of Jay and Theodora Bishop

SACRAMENT

Everyone is welcome in the Orthodox Church and may receive the blessed bread (antidoron) at the end of the service; but only practicing Orthodox Christians may receive the sacrament of Holy Communion. Please see Fr. Stephen after Liturgy if you have any questions.

LENTEN NEEDS

A complete list of items needed for Holy Week is posted on the bulletin Board. Please send in your donations or contact the church office.

MARCH 7, 2010

SCHEDULE for the WEEK

Monday, March 8

7:30pm Compline
7:30pm Gamblers Anonymous

Tuesday, March 9

6:30pm OPA Dance

Wednesday, March 10

1:00pm Library Meeting
5:45pm Pre-sanctified Liturgy
7:00pm Lenten Potluck Supper

Friday, March 12

4:30pm Fish Fry
6:00pm JOY Retreat
7:30pm Salutations Service

Saturday, March 13

10:00am Greek School

Sunday, March 14

9:30am Liturgy, 40-Day Memorial (Eleni Repidonis), OE Classes, 40-Blessing (Athan Willis)

STEWARDSHIP 2010

Goal:	\$355,000
Pledges Received:	162
Pledged Amount:	\$175,033
Pledged Amount Received:	\$63,959
Non-pledged Cash Received:	\$28,195
Total Collected:	\$92,154

~ We thank you for your generous support ~

IOCC BANQUET

Just a reminder, the IOCC Banquet is April 26 at St. Sava, Wallings Road.

MATINS 8:15 AM

COFFEE HOSTS NEEDED

2010 Coffee Hosts Needed: April 11, 18, May 2, 30, June 6, 13, 20 and 27. Call Lynn Fikaris at 440-449-6651 or email her at: lfikaris@yahoo.com to reserve your date.

SCHOLARSHIP APPLICATIONS

2010 application forms for the following scholarships are now available: Dean Nakis Memorial Scholarship, Daughters of Penelope Kelli Statheros Re-Entry Scholarship, AHEPA Buckeye District 11 Scholarship and our newest addition is The Ross and Carmella DeJohn Scholarship. Some restrictions may apply.

Scholarship applications will be in the Narthex and on our website at www.stsconstantine.com.

LENTEN WEDNESDAYS PROGRAM

Our next Presanctified Liturgy will be held on Wednesday, March 10 at 5:45pm, followed by a Lenten Potluck Supper at 7:00pm and a spiritual program presented by Fr. George Callos. Please plan on joining us in Fellowship Hall.

SENIOR HELLENIC DANCERS

Are you are interested in dancing with the Senior Hellenic Dancers for the 2010 Festival (August 19-22) and not already part of the group? If so, then you must attend our first practice on Sunday April 25 (following Orthodox Education). You need to be 13 years of age by December 31, 2010 in order to participate and you must attend ALL practices.

Please contact Christina Callos at 216-346-1317 or christinacallos@callosconsulting.com with any questions.

DIVINE LITURGY 9:30 AM

JOY LENTEN RETREAT

Our annual Joy Lenten Retreat for children ages 7 – 12 will be on Friday, March 12 at 6:00pm through Saturday, March 13, 9:30am. The event includes supper, Salutations Service, discussions, games, some sleep, Holy Confession and Holy Communion. There is no cost involved, but parents are asked to help by donating food for supper, snacks or breakfast, helping prepare the food, serve or cleaning up, assisting with games or discussions and acting as a chaperone (sleep with either the boys or girls). **Registration is required. Please call 216-932-3300 by Wednesday, March 10.**

LENTEN FISH FRY

Stop in and enjoy our great fish dinners each Friday through March 26. Hours are 4:30 to 8:00. Students (w/college ID) receive \$1 off on "All You Can Eat" dinners.

DINE IN OR CARRY OUT. ORTHODOX LENTEN-FRIENDLY MEAL OPTION AVAILABLE

BAKING HELP NEEDED

Your help is needed! Baking starts at 9:00am on each of the following Saturdays, March 13, 20, and 27. Please plan on helping us out.

HELP HAITI

Please share your blessings and help provide relief for the people of Haiti by 1) donating money towards the purchase of **Emergency Clean-Up Buckets** (\$55 each) or 2) taking a **Dollar-a-Meal Jar** home and depositing a donation at every meal during Lent. For more information, please contact Anna Vedouras or Anna Warren.