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News & Announcements  
March 1, 2026

*Sunday of Orthodoxy*  
*Κυριακη της Ορθοδοξιας*



**Bring an Icon from Home**

**The Holy Righteous Martyr Eudocia the Samaritan 3/1/2026**  
**Andonina the New Martyr 3/1/2026**  
**David the Archbishop 3/1/2026**

**Morning Matins 9:00 am**  
**Morning Great Doxology starts at 9:45 am**  
**Morning Divine Liturgy 10:00 a.m.**

## The Sunday Epistle Reading

**Blessed are you, O Lord, the God of our fathers.**

**Verse: For you are just in all you have done.**

**The reading is from St. Paul's Letter to the Hebrews 11:24-26, 32-40**

**Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward.**

**And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets -- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth.**

**And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.**

**Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν.  
Στίχ. Ὅτι δίκαιος εἶ ἐπὶ πᾶσιν, οἷς ἐποίησας ἡμῖν.**

## Πρὸς Ἑβραίους 11:24-26, 32-40 τὸ ἀνάγνωσμα

Ἀδελφοί, πίστει Μωϋσῆς μέγας γενόμενος ἠρνήσατο λέγεσθαι υἱὸς θυγατρὸς Φαραῶ, μᾶλλον ἐλόμενος συγκακουχεῖσθαι τῷ λαῷ τοῦ θεοῦ ἢ πρόσκαιρον ἔχειν ἀμαρτίας ἀπόλαυσιν· μείζονα πλοῦτον ἠγησάμενος τῶν Αἰγύπτου θησαυρῶν τὸν ὄνειδισμόν τοῦ Χριστοῦ· ἀπέβλεπεν γὰρ εἰς τὴν μισθαποδοσίαν. Καὶ τί ἔτι λέγω; Ἐπιλείπει γὰρ με διηγούμενον ὁ χρόνος περὶ Γεδεών, Βαράκ τε καὶ Σαμψών καὶ Ἰεφθάε, Δαυὶδ τε καὶ Σαμουὴλ καὶ τῶν προφητῶν· οἱ διὰ πίστεως κατηγωνίσαντο βασιλείας, εἰργάσαντο δικαιοσύνην, ἐπέτυχον ἐπαγγελιῶν, ἔφραξαν στόματα λεόντων, ἔσβεσαν δύναμιν πυρός, ἔφυγον στόματα μαχαίρας, ἐνεδυναμώθησαν ἀπὸ ἀσθενείας, ἐγενήθησαν ἰσχυροὶ ἐν πολέμῳ, παρεμβολὰς ἔκλιναν ἀλλοτρίων. Ἔλαβον γυναῖκες ἐξ ἀναστάσεως τοὺς νεκροὺς αὐτῶν· ἄλλοι δὲ ἐτυμπανίσθησαν, οὐ προσδεξάμενοι τὴν ἀπολύτρωσιν, ἵνα κρείττονος ἀναστάσεως τύχωσιν· ἕτεροι δὲ ἐμπαιγμῶν καὶ μαστίγων πείραν ἔλαβον, ἔτι δὲ δεσμῶν καὶ φυλακῆς· ἐλιθάσθησαν, ἐπρίσθησαν, ἐπειράσθησαν, ἐν φόνῳ μαχαίρας ἀπέθανον· περιῆλθον ἐν μηλωταῖς, ἐν αἰγείοις δέρμασιν, ὑστερούμενοι, θλιβόμενοι, κακουχούμενοι - ὧν οὐκ ἦν ἄξιος ὁ κόσμος - ἐν ἐρημίαις πλανώμενοι καὶ ὄρεσιν καὶ σπηλαίοις καὶ ταῖς ὄπαῖς τῆς γῆς. Καὶ οὗτοι πάντες, μαρτυρηθέντες διὰ τῆς πίστεως, οὐκ ἔκομίσαντο τὴν ἐπαγγελίαν, τοῦ θεοῦ περὶ ἡμῶν κρείττον τι προβλεψαμένου, ἵνα μὴ χωρὶς ἡμῶν τελειωθῶσιν.

### The Gospel According to John 1:43-51

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said

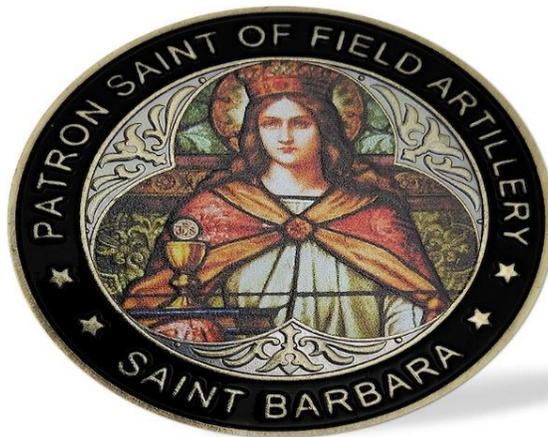
to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

**Ἐκ τοῦ Κατὰ Ἰωάννην 1:44-52**  
**Εὐαγγελίου τὸ Ἀνάγνωσμα**

Τῷ καιρῷ ἐκείνῳ, ἠθέλησεν ὁ Ἰησοῦς ἐξελθεῖν εἰς τὴν Γαλιλαίαν· καὶ εὕρισκει Φίλιππον καὶ λέγει αὐτῷ· ἀκολουθεῖ μοι. ἦν δὲ ὁ Φίλιππος ἀπὸ Βηθσαιῶν, ἐκ τῆς πόλεως Ἀνδρέου καὶ Πέτρου. εὕρισκει Φίλιππος τὸν Ναθαναὴλ καὶ λέγει αὐτῷ· ὃν ἔγραψε Μωϋσῆς ἐν τῷ νόμῳ καὶ οἱ προφῆται, εὐρήκαμεν, Ἰησοῦν τὸν υἱὸν τοῦ Ἰωσήφ τὸν ἀπὸ Ναζαρέτ. καὶ εἶπεν αὐτῷ Ναθαναὴλ· ἐκ Ναζαρέτ δύναται τι ἀγαθὸν εἶναι; λέγει αὐτῷ Φίλιππος· ἔρχου καὶ ἴδε. εἶδεν ὁ Ἰησοῦς τὸν Ναθαναὴλ ἐρχόμενον πρὸς αὐτὸν καὶ λέγει περὶ αὐτοῦ· ἴδε ἀληθῶς Ἰσραηλίτης, ἐν ᾧ δόλος οὐκ ἔστι. λέγει αὐτῷ Ναθαναὴλ· πόθεν με γινώσκεις; ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· πρὸ τοῦ σε Φίλιππον φωνῆσαι, ὄντα ὑπὸ τὴν συκῆν εἶδόν σε. ἀπεκρίθη Ναθαναὴλ καὶ λέγει αὐτῷ· ῥαββί, σὺ εἶ ὁ υἱὸς τοῦ Θεοῦ, σὺ εἶ ὁ βασιλεὺς τοῦ Ἰσραὴλ. ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· ὅτι εἶπόν σοι, εἶδόν σε ὑποκάτω τῆς συκῆς, πιστεύεις; μείζω τούτων ὄψει. καὶ λέγει αὐτῷ· ἀμὴν ἀμὴν λέγω ὑμῖν, ἀπ' ἄρτι ὄψεσθε τὸν οὐρανὸν ἀνεωγῶτα, καὶ τοὺς ἀγγέλους τοῦ Θεοῦ ἀναβαίνοντας καὶ καταβαίνοντας ἐπὶ τὸν υἱὸν τοῦ ἀνθρώπου.

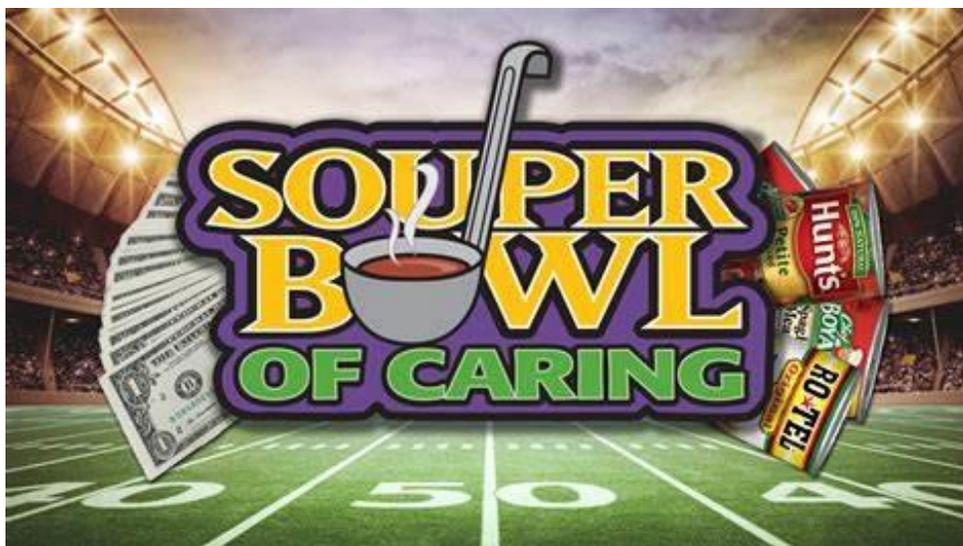
### *To Our Visitors and Guests*

*We welcome you to worship with us today, whether you are an Orthodox Christian or this is your first visit to an Orthodox Church, we are pleased to have you with us. Although Holy Communion and other Sacraments are offered only to baptized and chrismated (confirmed) Orthodox Christians in good standing with the Church, all are invited to receive the Antidoron (blessed bread) from the priest at the conclusion of the Divine Liturgy. The Antidoron is not a sacrament, but it is reminiscent of the agape feast that followed worship in the ancient Christian Church. After the Divine Liturgy this morning please join us in the Church Hall for fellowship and refreshments. Please complete a Visitor's Card before you leave today and drop it in the offering tray, or give it to one of the parishioners after the service, or mail it to the Church Office.*



### **Spring General Assembly - Sunday, March 8**

**Please join us for our regular Spring General Assembly on Sunday, March 8th in the Fellowship Hall following the Divine Liturgy. Please make sure you have completed a 2026 Stewardship Pledge Form to participate In the proceedings being a steward in good standing.**



**THE ANNUAL SOUPER BOWL  
COLLECTION DRIVE:  
WILL END TODAY SUNDAY MARCH 1<sup>ST</sup>**

Please Deliver Your Non-Perishable Food Items  
To the Souper Bowl Table located  
Just outside of the Narthex Doors.

**All Donations will benefit the  
Food Bank of  
Central and Eastern NC**

**Location:** 2700 Angier Avenue, Suite A, Durham, NC 27703

**Phone:** 919.956.2513

**Hours of Operation:** Monday – Friday: 8:30 AM – 5:00 PM



*Today's Coffee Hour Sponsors 3/1*  
**Philoptochos**

*Today's Scheduled Narthex Greeters for 3/1*  
**John Biggs**  
**Kerri Zaferatos**

*Today's Volunteer Chantor*  
**Gus Bouloubasis**

*Volunteer Choir Director Directing Today*  
**Panos Messis**

*Assistant Volunteer Choir Director*  
**Costa Constantinou**

*Volunteer Organist*  
**Eleni Christakos**

## **Sunday of Orthodoxy's Origin Explained**

For more than one hundred years the Church of Christ was troubled by the persecution of the Iconoclasts of evil belief, beginning in the reign of Leo the Isaurian (717-741) and ending in the reign of Theophilus (829-842). After Theophilus's death, his widow the Empress Theodora (celebrated Feb. 11), together with the Patriarch Methodius (June 14), established Orthodoxy anew. This ever-memorable Queen venerated the icon of the Mother of God in the presence of the Patriarch Methodius and the other confessors and righteous men, and openly cried out these holy words: "If anyone does not offer relative worship to the holy icons, not adoring them as though they were gods, but venerating them out of love as images of the archetype, let him be anathema." Then with common prayer and fasting during the whole first week of the Forty-day Fast, she asked God's forgiveness for her husband. After this, on the first Sunday of the Fast, she and her son, Michael the Emperor, made a procession with all the clergy and people and restored the holy icons, and again adorned the Church of Christ with them. This is the holy deed that all we the Orthodox commemorate today, and we call this radiant and venerable day the Sunday of Orthodoxy, that is, the triumph of true doctrine over heresy.

## **Synodikon of the 7th Ecumenical Council**

As the prophets beheld / as the apostles have taught / as the Church has received / as the teachers have declared / as the world has agreed / as grace has shown forth / as truth has been revealed / as falsehood has been dispelled / as wisdom has become manifest / as Christ awarded.

Thus we declare / thus we affirm / thus we proclaim / Christ our true God / and honor His saints / in words / in writings / in thoughts / in sacrifices / in churches / and in holy icons.

On the one hand / worshiping and reverencing Christ / as God and Lord / and on the other / honoring the saints / as true servants of the same Lord of all / and offering them proper veneration.

This is the faith of the apostles / This is the faith of the fathers / This is the faith of the Orthodox / This is the faith on which the world is established.

Therefore / with fraternal and filial love / we praise the heralds of the faith / those who with glory and honor / have struggled for the faith / and we say: to the champions of Orthodoxy / the faithful emperors / the most-holy patriarchs / the hierarchs / the teachers / the martyrs / and the confessors / May your memory be eternal.

### **CHOIR**

Eternal be their memory. Eternal be their memory. Eternal be their memory.

ΑΙΩΝΙΑ Η ΜΝΗΜΗ. ΑΙΩΝΙΑ Η ΜΝΗΜΗ. ΑΙΩΝΙΑ ΑΥΤΩΝ Η ΜΝΗΜΗ.

### **HIERARCH**

Let us beseech God that we may be instructed and strengthened by the trials and struggles of these saints, which they endured for the faith even unto death, and by their teachings, entreating that we may to the end imitate their godly life. May we be deemed worthy of obtaining our requests through the mercy and grace of the Great and First Hierarchy, Christ our God, through the intercessions of our glorious Lady, the Theotokos and ever-virgin Mary, the divine angels and all the Saints.

### **CHOIR**

Amen.

# THIS WEEKS LENTEN SERVICES

Ακολουθίες της Εβδομάδας



Wednesday, March 4

**2<sup>nd</sup> Wednesday of Lent - Pre-Sanctified Liturgy – 6:00 pm**

Τεταρτη, 4 Μαρτιου – 6:00 μ.μ.

ΠΡΟΗΓΙΑΣΜΕΝΗ

Friday, March 6

**2<sup>nd</sup> Salutation to the Theotokos – 6:00 pm**

Παρασκευη, 6 Μαρτιου – 6:00 μ.μ.

2η ΧΑΙΡΕΤΙΣΜΟΙ ΤΗΣ ΠΑΝΑΓΙΑΣ



**Pre-Sanctified Liturgy**  
**Wednesday, March 4<sup>th</sup> at 6:00 pm**

Ακολουθια των Προηγιασμενων  
Τιμιων Δωρων  
Τεταρτη, 4 Μαρτιου – 6:00 μ.μ.



Friday, March 6

**2<sup>nd</sup> Salutation to the Theotokos – 6:00 pm**

Παρασκευή, 6 Μαρτίου – 6:00 μ.μ.

ΠΡΩΤΟΙ ΧΑΙΡΕΤΙΣΜΟΙ ΤΗΣ ΠΑΝΑΓΙΑΣ

*“Rejoice, unfading rose.*

*Rejoice, the only one who budded forth the unfading apple.*

*Rejoice, birth-giver of the aromatic balm of the King of all.”*

## St. Barbara Philoptochos Easter Sale

Celebrate Pascha with Tradition! Fresh tsoureki from Superior Bakery in Fayetteville and beautifully dyed red Easter eggs, individually wrapped in tulle – all ready for your table.

All proceeds will be donated to St Barbara Philoptochos ministries.

Place your order by Wednesday, April 1<sup>st</sup>.

Pickup on Palm Sunday, April 5th

**Quantities are limited. Order while supplies last**

Name \_\_\_\_\_

Phone Number/Email  
address \_\_\_\_\_

*For cash and check orders, please complete this form with your payment and place in an envelope in the Philoptochos mailbox in the conference room.*

*For credit card orders, please place your order at the Bookstore on Sundays or contact Sandy Huggins at [huggins.alexandra@gmail.com](mailto:huggins.alexandra@gmail.com)*

	Quantity	Unit Price	Total
Tsoureki \$15/loaf			
Red Eggs \$10/dozen (Note: eggs can only be purchased by the dozen)			
Total			



Let Philoptochos take some of the pressure of hosting Easter off your plate!

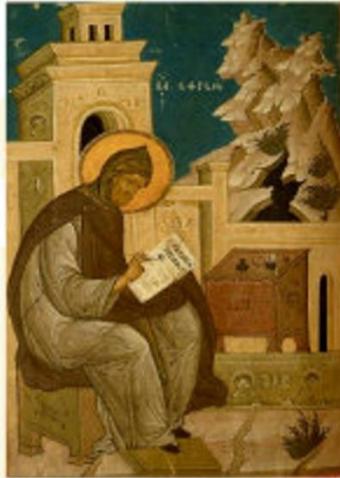
We're offering freshly baked loaves of tsourekia from Superior Bakery in Fayetteville, along with traditional red eggs to complete your celebration.

- **Tsourekia:** \$15 per loaf
- **Red eggs:** \$10 per dozen (sold by the dozen only)

Please complete the attached order form by **April 1st** for pickup on **Palm Sunday, April 5th**. We will also be accepting orders in person on Sundays after Church. or you may follow the additional ordering instructions listed on the form. For any questions, please contact Sandy Huggins at [huggins.alexandra@gmail.com](mailto:huggins.alexandra@gmail.com).

Supplies are limited, so be sure to place your order while quantities last

# GREAT LENT AND HOLY WEEK 2026 (Feb. 23 – April 11) FASTING GUIDE



“O Lord and Master  
of my life,  
Take from me the spirit  
of sloth, despair,  
lust of power  
and idle talk;

But give rather the spirit of chastity,  
humility, patience, and love to Thy servant.

Yea, O Lord and King,  
grant me to see my own transgressions  
and not to judge my brother, for blessed  
art Thou unto ages of ages. Amen.”

This year, our journey through the Lenten fast to Pascha begins with the Great Compline of Clean Monday on February 23 at 6:00 pm.

The guidelines in this post are general. Fasting is a spiritual discipline that should be practiced with the oversight and direction of your spiritual father. If you have any specific questions about how the fasting discipline applies to you, you should consult your spiritual

The Lenten fasting discipline commences on Clean Monday on March 3 and concludes with the breaking of the fast at Pascha on April 20. In general, the fasting rules during Great Lent and Holy Week are as follows:

**WEEKDAYS** (Monday – Friday) are observed as *Strict Fast Days*. On these days we abstain from meat, dairy, fish with backbones, fowl, alcoholic beverages, and oil.

**WEEKENDS** (Saturday and Sunday) are observed as *Wine and Oil Days*. On these days the fast is relaxed to permit alcoholic beverages and olive and other vegetable oils.

In addition, two special feastdays that fall during this period – **Annunciation (March 25)** and **Palm Sunday (April 5, this year)** – are kept as *Fish, Wine, and Oil Days*. On these days the fast is relaxed to permit fish with backbones, in addition to alcoholic beverages and oil.

There are certain days of the Holy Week cycle that have special fasting rules.

- **Great and Holy Thursday (April 9, this year)** is observed as a *Wine and Oil Day* due to the commemoration of the institution of the Eucharist.
- **Great and Holy Saturday (April 11, this year)** is observed as a *Strict Fast Day* – the only Saturday of the year kept as a strict fast; however, wine (but not oil) is permitted.

Additional Notes:

1. Meals for the fast should follow the dietary restrictions and be cooked simply. Portions should be smaller than usual.
2. Fasting on the weekdays of the first week of Great Lent is especially severe. The strictest observance would be to take only two meals during this week – one on Wednesday evening and one on Friday evening after the services scheduled for those nights – keeping Clean Monday, Tuesday, and Thursday as absolute fasts (i.e., no food whatsoever). For many this is impracticable. A good starting place to work towards the strict observance is to keep the first day of Great Lent, Clean Monday, as an absolute fast and to limit meals on the other days.
3. It is a pious practice to observe Great and Holy Friday as an absolute fast. If one does not have the strength to do this, it is good to abstain from food until after venerating the epitaphios (winding sheet) during Vespers on this day.
4. If you have a medical condition that requires you to relax the fasting guidelines, then do so.
5. **Before you attempt to strictly follow the fasting guidelines, consult with Fr. Stavroforos.** It is very easy to lose sight of the fact that fasting is a means to an end (that is, our salvation) and not an end in itself.
6. Generally speaking, children and elderly people are allowed to relax the fast under the guidance of their spiritual father.

### **FASTING TO RECEIVE COMMUNION AT A PRE-SANCTIFIED LITURGY**

7. A special feature of the Liturgy of the Presanctified is that it is celebrated in the evening in connection with Vespers. The early Christians preparing to receive Communion at the Liturgy of the Presanctified fasted the whole day from morning till evening. Today complete fasting is prescribed starting from noon, so that after twelve o'clock we have nothing to eat or drink until after the evening Liturgy.



## Liturgy of the Presanctified Gifts on Wednesdays at 6:00 pm on Feb 25, March 4, 11, 18, April 1

As we already have seen, the eucharistic Divine Liturgy is not celebrated in the Orthodox Church on lenten weekdays. In order for the faithful to sustain their lenten effort by participation in Holy Communion, the Liturgy of the Presanctified Gifts is served. The service is an ancient one in the Orthodox Church. We officially hear about it in the canons of the seventh century, which obviously indicates its development at a much earlier date.

*On all days of the holy fast of Lent, except on the Sabbath, the Lord's Day, and the holy day of the Annunciation, the Liturgy of the Presanctified is to be served (Canon 52, Quinisext, 692).*

The Liturgy of the Presanctified Gifts is an evening service. It is the solemn lenten Vespers with the administration of Holy Communion added to it. There is no consecration of the eucharistic gifts at the presanctified liturgy. Holy Communion is given from the eucharistic gifts sanctified on the previous Sunday at the celebration of the Divine Liturgy, unless, of course, the feast of the Annunciation should intervene; hence its name of “presanctified.”

The Liturgy of the Presanctified Gifts is served on Wednesday and Friday evenings, although some churches may celebrate it only on one of these days. It comes in the evening after a day of spiritual preparation and total abstinence. The faithful who are unable to make the effort of total fasting because of weakness or work, however, normally eat a light lenten meal in the early morning.

During the psalms of Vespers, the presanctified gifts are prepared for communion. They are transferred from the altar table where they have been reserved since the Divine Liturgy, and are placed on the table of oblation. After the evening hymn, the Old Testament scriptures of Genesis and Proverbs are read, between which the celebrant blesses the kneeling congregation with a lighted candle and the words: “The Light of Christ illumines all,” indicating that all wisdom is given by Christ in the Church through the scriptures and sacraments. This blessing was originally directed primarily to the catechumens—those preparing to be baptized on Easter—who attended the service only to the time of the communion of the faithful.

After the readings, the evening Psalm 141 is solemnly sung once again with the offering of incense. Then, after the litanies of intercession and those at which the catechumens were dismissed in former days, the presanctified eucharistic gifts are brought to the altar in a solemn, silent procession. The song of the entrance calls the faithful to communion.

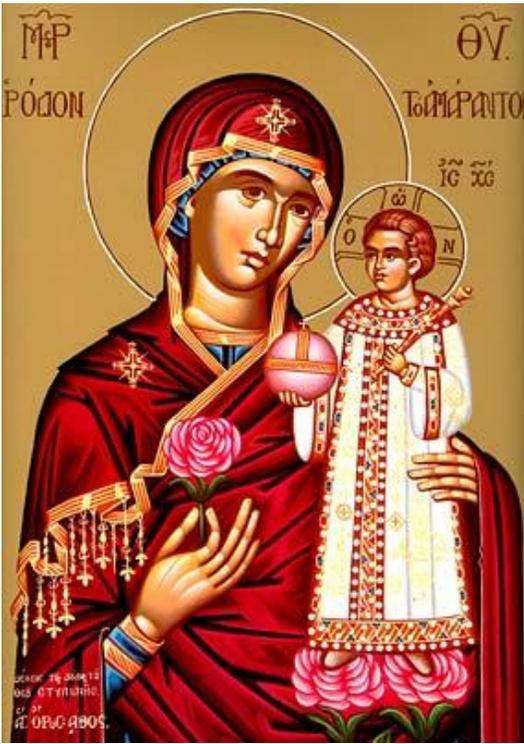
*Now the heavenly powers [i.e., the angels] do minister invisibly with us. For behold the King of Glory enters. Behold the mystical sacrifice, all fulfilled, is ushered in.*

*Let us with faith and love draw near that we may be partakers of everlasting life. Alleluia. Alleluia. Alleluia.*

After the litany and prayers, the Our Father is sung and the faithful receive Holy Communion to the chanting of the verse from Psalm 34: “O taste and see how good is the Lord. Alleluia.” The post-communion hymns are sung and the faithful depart with a prayer to God who “has brought us to these all-holy days for the cleansing of carnal passions,” that he will bless us “to fight the good fight, to accomplish the course of the fast, and to attain unto and to adore the holy resurrection” of Christ.

The Liturgy of the Presanctified Gifts is traditionally considered to be the work of the sixth-century pope, Saint Gregory of Rome. The present service, however, is obviously the inspired liturgical creation of Christian Byzantium

## Salutation Services at 6:00 pm on Fridays Feb 27, March 6, 13, 20 and the Akathyst Service on the 27.



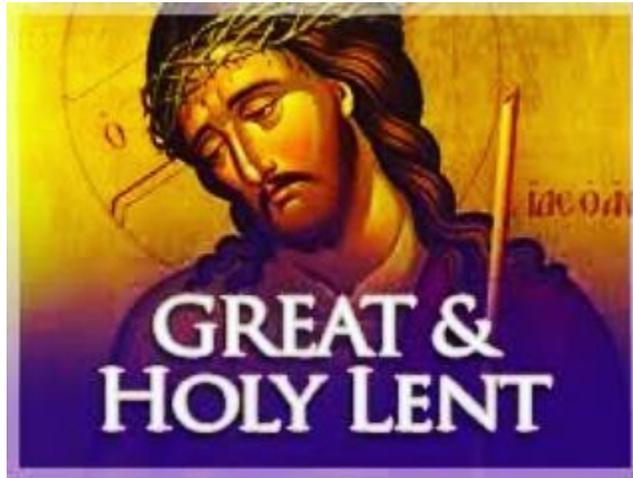
The Akathist Hymn is a profound, devotional poem, which sings the praises of the Holy Mother and Ever-Virgin Mary. It is one of the most beloved services in the Orthodox Church. It was composed in the imperial city of Constantinople, "the city of the Virgin," by St. Romanos the Melodist, who reposed in the year 556. The Akathist Hymn has proven so popular in the liturgical life of the Church that many other hymns have been written following its format. These include Akathists to Our Lord Jesus Christ, to the Cross, and to many Saints.

The Akathist hymn consists of praises directed to the Mother of God, beginning with the salutation of the Archangel Gabriel: "Rejoice." As the hymn is chanted all of the events related to our Lord's Incarnation pass before us for our contemplation. The Archangel Gabriel marvels at the Divine self-emptying and the renewal of creation which will occur when Christ comes to dwell in the Virgin's womb. The unborn John the Baptist prophetically rejoices. The shepherds recognize Christ as a blameless Lamb, and rejoice that in the Virgin "the things of earth join chorus with the heavens." The pagan Magi following the light of the star, praise Her for revealing the light of the world.

The word "akathistos" means "not sitting," i.e., standing; normally all participants stand while it is being prayed. The hymn is comprised of 24 stanzas, arranged in an acrostic following the Greek alphabet. The stanzas alternate between long and short. Each short stanza is written in prose and ends with the singing of "Alleluia." Each longer stanza ends with the refrain: "Rejoice, O Bride Unwedded."

The first part of the hymn is about the Annunciation to the Virgin Mary by the Angel. It describes Mary's surprise at the news, her visit to her mother and Joseph's doubts as to her innocence. The second part is about the birth of Christ, the worship of the Shepherds and Magi, the flight to Egypt and the visit to Saint Simeon in the Temple. In the third part the hymn directs our attention to the renewal of the world by Christ's coming, and the amazement of the Angels and the wise men at the sight of the Incarnation of God's Son. The fourth and the last part is once more a lyric and rhetorical appraisal of Virgin Mary, whom the poet adorns with the most beautiful of adjectives asking her to accept his poetical offering and to intercede for the salvation of human race from the earthly sin.

Orthodox Christian Observance of the Akathist Hymn on the first 4 Fridays of Great Lent.



## GREAT LENT RELIGIOUS SERVICES:

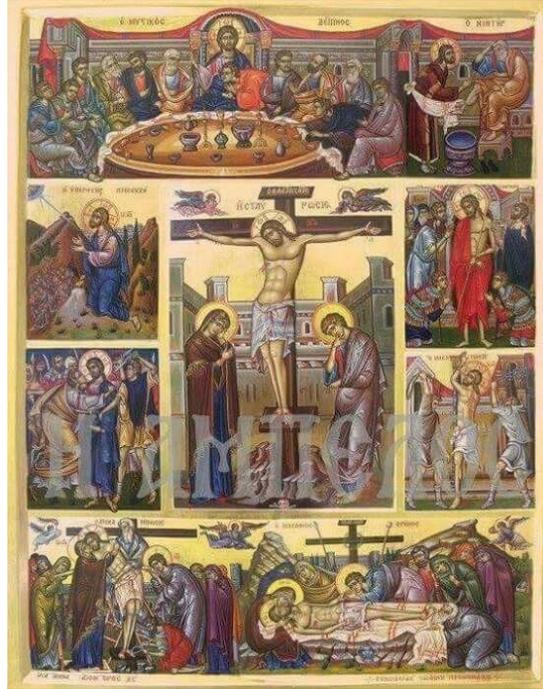
### March

- 1 – Sunday of Orthodoxy – 9:00 am*
- 4 – 2<sup>nd</sup> Wednesday Pre-Sanctified Liturgy – 6:00 pm*
- 6 – Friday – 2<sup>nd</sup> Salutation to the Theotokos – 6:00 pm*
- 8 – Sunday of Gregory Palamas – 9:00 am*
- 11 – 3<sup>rd</sup> Wednesday Pre-Sanctified Liturgy – 6:00 pm*
- 13 – Friday – 3<sup>rd</sup> Salutation to the Theotokos – 6:00 pm*
- 15 – Sunday of the Exaltation of the Holy Cross – 9:00 am*
- 18 – 4<sup>th</sup> Wednesday Pre-Sanctified Liturgy – 6:00 pm*
- 20 – 4<sup>th</sup> Salutation to the Theotokos – 6:00 pm*
- 22 – Sunday of Saint John of the Ladder – 9:00 am*
- 25 – Wednesday – Feast of the Annunciation – 9:00 am*
- 27 – The Akathyst Hymn – 6:00 pm*
- 29 – Mary of Egypt Sunday – 9:00 am*

### April

- 1 – Pre-Sanctified Liturgy before Holy Week – 6:00 pm*
- 4 – Saturday of Lazarus – 9:00 am*

## Holy Week at St. Barbara 2026



*Sunday, April 5<sup>th</sup> Morning - Palm Sunday - 9:00 am*

*Sunday, April 5<sup>th</sup> Evening - 1st Bridegroom Service - 6:00 pm*

*Monday, April 6<sup>th</sup> Evening - 2nd Bridegroom Service - 6:00 pm*

*Tuesday, April 7<sup>th</sup> Evening - 3rd Bridegroom Service - 6:00 pm*

*Wednesday, April 8<sup>th</sup> Afternoon - Service of Holy Unction - 2:00 pm*

*Wednesday, April 8<sup>th</sup> Evening - Service of the Bridegroom - 6:00 pm*

*Thursday, April 9<sup>th</sup> Morning - Vespers & Liturgy of St. Basil- 9:00 am*

*Thursday, April 9<sup>th</sup> Evening - The Holy Passion Service - 6:00 pm*

*Friday, April 10<sup>th</sup> Morning - Royal Hours - 9:00 am*

*Friday, April 10<sup>th</sup> Afternoon - Descent from the Cross - 3:00 pm*

*Friday, April 10<sup>th</sup> Evening - Lamentation Service - 6:00 pm*

*Saturday Morning, April 11<sup>th</sup> - Vesperal Liturgy of St. Basil 9:00 am*

*Saturday Evening, April 11<sup>th</sup> Matins and Resurrection Service 11:00 pm*

*Sunday, April 12<sup>th</sup> - Morning - Easter Pascha Agape Service - 11:00 am*



Η ΑΓΙΑ ΚΑΙ ΜΕΓΑΛΗ ΕΒΔΟΜΑΔΑ ΣΤΗΝ ΑΓΙΑ ΒΑΡΒΑΡΑ ΓΙΑ ΕΤΟΣ 2026

Κυριακη, 5 Απριλιου

Κυριακη των Βαιων Πρωι .....9:00 πμ

Κυριακη Βραδυ του Νυμφιου.....6:00 μμ

Δευτερα, 6 Απριλιου

Μεγαλη Δευτερα Βραδυ του Νυμφιου.....6:00 μμ

Τριτη, 7 Απριλιου

Μεγαλη Τριτη Βραδυ του Νυμφιου – Το Τροπαριο της Κασσιανης.....6:00 μμ

Τεταρτη, 8 Απριλιου

Μεγαλη Τεταρτη Απογευμα –Μυστηριον του Ευχελαιου.....2:00 μμ

Μεγαλη Τεταρτη Βραδυ – Ακολουθια του Νυμφιου και Μυρομα .....6:00 μ.μ.

Πεμπτη, 9 Απριλιου

Μεγαλη Πεμπτη Πρωι– Θεια Λειτουργια Μεγ. Βασιλειου.....9:00 πμ

Μεγαλη Πεμπτη Βραδυ – Τα 12 Ευαγγελια..... 6:00 μμ

Παρασκευη, 10 Απριλιου

Μεγαλη Παρασκευη Πρωι–Ακολουθια των Βασιλικων Ωρων .....9:00 μμ

Η Αποκαθλωση.....3:00 μμ

Μεγαλη Παρασκευη Βραδυ – Ο Επιταφιος Θρηνος.....6:00 μμ

Σαββατο Πρωι, 11 Απριλιου

Μεγα Σαββατο Πρωι – Θεια Λειτουργια Μεγα Βασιλειου..... 9:00 πμ

Σαββατο Βραδυ, 11 Απριλιου

Η Ανασταση του Κυριου – Σαββατο Βραδυ..... 11:00 μμ

Κυριακη, 12 Απριλιου

Ο Εσπερινος της Αγαπης ..... 11:00 πμ