Sunday, April 5, 2020
Tone 1 – Fifth Sunday of Great Lent | Saint Mary of Egypt
Martyrs Agathopodes the Deacon, Theodulus the Reader, and those
with them at Thessalonica (ca. 303). | Venerable Publius of Egypt (4th c.).

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Deacon – Michael McCartney       Choir Director – Nina Patterson
Subdeacon – Daniel (Ken) Kavalkovich       Reader – Mark Klus
Parish President - Matthew Andrews [Phone: 856.217.8075]

Weekly Schedule

In response to the Holy Synod of the Orthodox Church in America’s updated directive on
Wednesday, April 1 and the video conference meeting between his Eminence Archbishop
MARK and the clergy of the Diocese of Eastern Pennsylvania on Thursday, April 2, the
following action was taken:

EFFECTIVE WEDNESDAY, APRIL 1, ALL CHURCH ACTIVITIES, INCLUDING
LITURGICAL SERVICES, WILL CONTINUE TO BE CANCELED AT THE PARISH
UP TO & THROUGH THURSDAY, APRIL 30, 2020.

Thereafter, the situation will be re-evaluated again based on information provided by our
civil authorities and our Church leaders.

Please check our parish website, social media pages, and your emails regularly for
updated information on the parish and the streaming of services from Lazarus Saturday,
throughout Holy Week, and up to Pascha!!
Texts for the Liturgical Service

Troparion (Tone 1)
When the stone had been sealed by the Jews, while the soldiers were guarding Thy most pure body, Thou didst rise on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to Thee, O Giver of Life: “Glory to Thy Resurrection, O Christ! Glory to Thy Kingdom! Glory to Thy dispensation, O thou who lovest of mankind!”

Troparion (Tone 8 – Saint Mary of Egypt)
The image of God was truly preserved in thee, O Mother, for thou didst take up the Cross and followed Christ. By so doing, thou taughtest us to disregard the flesh for it passeth away; but to care instead for the soul, for it is immortal. Therefore thy spirit, O holy Mother Mary, rejoiceth with the angels.

Kontakion (Tone 1)
As God, Thou didst rise from the tomb in glory, raising the world with Thyself. Human nature praises Thee as God, for death has vanished. Adam exults, O Master! Eve rejoices, for she is freed from bondage and cries to Thee: “Thou art the Giver of Resurrection to all, O Christ!”

Kontakion (Tone 3 – Saint Mary of Egypt)
Having been a sinful woman, thou becamest through repentance a bride of Christ. Having attained angelic life, thou didst defeat demons with the weapon of the Cross. Therefore, O most glorious Mary, thou art a bride of the Kingdom.

Prokeimenon (Tone 1)
Let Thy mercy, O Lord, be upon us as we have set our hope on Thee. 
v. Rejoice in the Lord, O ye righteous! Praise befits the upright!

Another Prokeimenon (Tone 4 – St Mary of Egypt)
God is wonderful in His saints, / the God of Israel.

Epistle Reading: Hebrews 9:11-14
But Christ came as High Priest of the good things to come, with the greater and more perfect tabernacle not made with hands, that is, not of this creation. Not with the blood of goats and calves, but with His own blood He entered the Most Holy Place once for all, having obtained eternal redemption. For if the blood of bulls and goats and the ashes of a heifer, sprinkling the unclean, sanctifies for the purifying of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God, cleanse your conscience from dead works to serve the living God? Alleluia (3x's) (Tone 1)
v. God gives vengeance to me, and subdues people under me! Alleluia (3x’s)
v. He magnifies the salvation of the King and deals mercifully with David, His anointed, and his seed forever. Alleluia (3x’s)
v. I waited patiently for the Lord; He attended to me and heard my supplication. Alleluia (3x’s) [TONE 1]

**Gospel Reading: Mark 10:32-45**

Now they were on the road, going up to Jerusalem, and Jesus was going before them; and they were amazed. And as they followed they were afraid. Then He took the twelve aside again and began to tell them the things that would happen to Him: Behold, we are going up to Jerusalem, and the Son of Man will be betrayed to the chief priests and to the scribes; and they will condemn Him to death and deliver Him to the Gentiles; and they will mock Him, and scourge Him, and spit on Him, and kill Him. And the third day He will rise again. Then James and John, the sons of Zebedee, came to Him, saying, “Teacher, we want You to do for us whatever we ask.” And He said to them, “What do you want Me to do for you?” They said to Him, “Grant us that we may sit, one on Your right hand and the other on Your left, in Your glory.” But Jesus said to them, “You do not know what you ask. Are you able to drink the cup that I drink, and be baptized with the baptism that I am baptized with?” They said to Him, “We are able.” So Jesus said to them, “You will indeed drink the cup that I drink, and with the baptism I am baptized with you will be baptized; but to sit on My right hand and on My left is not Mine to give, but it is for those for whom it is prepared. And when the ten heard it, they began to be greatly displeased with James and John. But Jesus called them to Himself and said to them, “You know that those who are considered rulers over the Gentiles lord it over them, and their great ones exercise authority over them. Yet it shall not be so among you; but whoever desires to become great among you shall be your servant. And whoever of you desires to be first shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.

**Instead of “It is truly meet…,” we sing the following**

All of creation rejoices in thee, O Full of Grace: / the assembly of Angels and the race of men. / O sanctified temple and spiritual paradise, / the glory of virgins, / from whom God was incarnate and became a Child: / our God before the ages. / He made thy body into a throne, / and thy womb He made more spacious than the heavens. / All of creation rejoices in thee, O Full of Grace. // Glory to thee!

**Communion Hymn:**
Praise the Lord from the heavens! Praise him in the highest! The righteous shall be in everlasting remembrance. He shall not fear evil tidings. Alleluia (3x’s)

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**Announcements**

**A Warm Welcome to all of our visitors & guests** who worshiped with us today and who have joined us in celebrating the Divine Liturgy. Please join us in the church basement for our Fellowship and Coffee Hour.
Announcements

The following was provided by one of our parishioners: “Why Soap Works So Well”

The following is from Irene Ken, physician, whose daughter is an Asst. Prof in infectious diseases at Johns Hopkins University, quite informative:

* The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code (mutation) and convert them into aggressor and multiplier cells.
* Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.
* The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.
* HEAT melts fat; this is why it is so good to use water above 77 degrees Fahrenheit for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.
* Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.
* Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.
* Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.
* NO BACTERICIDE OR ANTIBIOTIC SERVES. The virus is not a living organism like bacteria; antibodies cannot kill what is not alive.
* NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only
  - between 3 hours (fabric and porous),
  - 24 hours (cardboard),
  - 42 hours (metal) and
  - 72 hours (plastic).

But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

* The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars. They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.
* UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin.
* The virus CANNOT go through healthy skin.
* Vinegar is NOT useful because it does not break down the protective layer of fat.
* NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.
* LISTERINE IF IT SERVES! It is 65% alcohol.
* The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.
* You have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.
* You have to Moisturize dry hands from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better.

JOHNS HOPKINS HOSPITAL

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[Note: Today's readings for Saint Mary of Egypt are as follows:
Announcements (cont.)

Candles and Prayers for the Faithful and Departed

Health for the Living:

May God Grant Them Many Blessed Years!

Memory for the Departed:

Mary (Slivka) Spack, Stephen Spack offered by M/M Herbert
Michael Bondira, Peter Slivka offered by M/M Herbert
Anastasia Scarloss, Petro Lakoshin offered by M/M Herbert

May Their Memories Be Eternal

Vigil Cross Candles – 3/29/20:

One Small Votive Cross – Health of All Parishioners offered by Matushka Jan Koczak and Peter Witiak.

One Small Votive Cross – Memory of Michael and Mary, Michael and Mary, Marion, Peter and Rose, John and Anna, George and Evelyn, Frank and Mary, Peter, Joseph, RoseMary, Thomas, Miter Archpriest Evdokim, Miter Archpriest Nicolas, Priest Matthew offered by John Spack.

Please remember in your prayers:

+ Newly Departed handmaiden of God Marie Fortner (Thursday, March 26) May Her Memory Be Eternal
+ Newly Departed His Grace Bishop Milutin of Valjevo, Serbia of the Serbian Orthodox Church (Monday March 30). May His Memory Be Eternal

Grace Corba; Danielle Brown and her unborn child; Kathy Gerty and her unborn child; Emily Gerasimoff (recovery from surgery); Protodeacon Joseph Edwards; Ronald Kavalkovich (continuous recovery); Sheba Patton; Heather Parsells and her unborn child; Margaret Pellack; Robert Wanenchak (recovery from surgery); Peter Witiak (illness); Yingbo Wang; Father John Bohush (retired); and all those who are serving in our Armed Forces!

Please keep in your prayers the doctors, nurses, health care workers, physical therapist, psychologists, all those on the medical front lines, along with all those who have been affected by this Covid19 Virus.

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Announcements (cont.)

Please ensure that your Mobile Phone is set to Silent (or at least set on vibrate) during the Divine Liturgy! Thank You!!!

*****Special weekly collections taken after Gospel or Sermon*****

In addition to our general collection, the parish takes a special collection each week to fund certain parish projects. Please be generous with your offering. Every little bit counts. The special collections are as follows:

- First Sunday of every month – Kitchen Fund Project
- Second Sunday of every month – Youth Fund
- Third Sunday of every month – Restoration/Maintenance Fund
- Fourth Sunday of every month – Charity Giving

Note: if there is a Fifth Sunday during a month, the special collection is earmarked for the Kitchen Fund Project, unless otherwise noted and stated by the Parish Council.

Cash Flow Activity (March)

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<tr>
<th>Week of Sun Mar 22 to Sat Mar 28</th>
<th>March Month-To-Date</th>
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<tbody>
<tr>
<td>Attendance: 4</td>
<td>31 (average)</td>
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<tr>
<td>Funds In: $ 0.00</td>
<td>$ 7,494.18</td>
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<tr>
<td>Funds Out: $ 0.00</td>
<td>$ 4,712.88</td>
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<tr>
<td>Net Surplus/(Deficit): $ 0.00</td>
<td>$ 2,781.30</td>
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Thank you all for your continuous offerings to maintain the parish!

Shop Rite Gift Cards: If you need to purchase Shop Rite Gift Cards, please see either David Pellack or Ken Kavalkovich to secure them. Your purchase of a Shop Rite Gift Card is an additional fundraising project that helps support the church at no additional expense to the purchaser.
Calendar of Events

1st Sunday of each month – Monthly Panikhida immediately after Divine Liturgy.
2nd Tuesday of each month – Bible Study at 6:30pm in church basement.
2nd Sunday of each month – Property Committee Meeting after Divine Liturgy.
3rd Sunday of each month – Currently no permanent event is scheduled.
4th Sunday of each month – Church Life Discussion Class [On hiatus at this time]
5th Sunday of each quarter – Quarterly Parish Council Meeting after Liturgy.

Readers Schedule:

<table>
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<tr>
<th>Today (Apr 5)</th>
<th>Next Week (Apr 12)</th>
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<tbody>
<tr>
<td>3rd Hour:</td>
<td>Kyra Skoog</td>
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<td></td>
<td>Michael Wanenchak</td>
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<td>6th Hour:</td>
<td>David Pellack</td>
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<td></td>
<td>John Spack</td>
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<td>Epistle:</td>
<td>Subdeacon Daniel K. &amp; Matt Andrews</td>
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<td>Mark Klus</td>
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Fellowship Coffee Hour & Cleaning Teams:

Today (Apr 5): Saint Agatha of Belo-Russia [Lenten Meal]
(Nina Patterson, Natalie Patterson, Michael Spack).

Next Week (Apr 12): Saint Elizabeth - New Martyr [Lenten Meal]
(Emily Gerasimoff and Sandra Hourahan).

(Note: Once Sunday Divine Liturgy resumes, we will continue with the Fellowship Coffee Hour & Cleaning Teams where we let off on Sunday, March 22, which will be the Saint Agatha of Belo Russia group (Nina Patterson, Natalie Patterson, and Michael Spack).

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2020 Lenten Service Schedule at our Parish (April 6 to April 12)

ALL services at the parish are cancelled up to and through Thursday, April 30. Thereafter the situation will once again be reevaluated based on information provided by our civil authorities and Church leadership.

During the next two weeks, please check our parish website, social media pages, and your emails regularly for updated information on the parish and the streaming of our services from Friday, April 10 (Vespers of Lazarus), throughout Holy Week, and up to Pascha (Easter) on Sunday, April 19.
Fifth Sunday of Great Lent:
Saint Mary of Egypt
[April 5th]

On the fifth Sunday of Great Lent, the Church provides us with one final theme of prayer and repentance before we enter Holy Week, the life of Saint Mary of Egypt. Saint Mary explained to Abba Zosimas, “I was born in Egypt, and when I was 12 years old, I left my parents and went to Alexandria. There I gave myself to unrestrained sensuality. For more than 17 years I lived like that.”

Saint Mary described how she boarded a ship of pilgrims on its way to Jerusalem for the Feast of the Exaltation of the Holy Cross. Upon arrival she attempted to enter the church, but a force prevented her entrance. She realized that she had to repent of her sinful ways, and the Blessed Theotokos revealed to her that salvation awaited her in the desert beyond the Jordan River by means of continual prayer and fasting.

Abba Zosimas asked her, “How many years have passed since you began to live in the desert?” She replied, “It is 47 years.” Abba Zosimas asked, “What food do you find here?” She said, “I had two and a half loaves of bread when I crossed the Jordan. Eating a little at a time, I finished them after a few years.”

On this Sunday of Great Lent, the Church encourages us to emulate this powerful example of lifelong repentance by prayer and fasting. While we all surely eat more than two and a half loaves of bread in a few years, our meager fasting should heighten our compassion for the poor and the hungry, and whatever resources we are able to preserve by fasting become available for “the least of these my brethren.” Let us reach out to the poor and destitute throughout the world with the inspiration of Saint Mary of Egypt, especially during this time of tumult and suffering.

[Source: Very Reverend Father Michael Ellias from Weekly Spiritual Reflections for Great Lent – Journey to Pascha booklet by the IOCC (2016)]

NOTE: If anyone wishes to read more about the life of both Saint Mary of Egypt and Abba Zosimas, please go on the OCA website (www.oca.org) and click on the Feast & Saints link, then select today’s date, and then click on the “Read the Life” box for 5th Sunday of Great Lent: St Mary of Egypt.