

BEFORE THY  
CROSS.

WE  
BOW



**SUNDAY, MARCH 27<sup>TH</sup>**

**Sunday of the Holy Cross**

8:40a.m. Hours  
9:00a.m. Divine Liturgy  
Coffee Hour

**MONDAY, MARCH 28<sup>TH</sup>**

7:00p.m. Vespers; Confessions

**WEDNESDAY, MARCH 30<sup>TH</sup>**

7:00p.m. Presanctified Liturgy

**SATURDAY, APRIL 2<sup>ND</sup>**

**Memorial Saturday**

9:00a.m. Memorial Service  
5:00p.m. Bible Study  
6:00p.m. Great Vespers

**SUNDAY, APRIL 3<sup>RD</sup>**

**Sunday of St. John of the Ladder**

8:40a.m. Hours  
9:00a.m. Divine Liturgy  
Coffee Hour

*"There is no greater love than that a man lays down his life for his neighbor... when you are hurt and bear it patiently, not looking for revenge; then you are laying down your life for your neighbor."*

— Abba Poemen

**"READER SCHEDULE**

**Sunday, Apr. 3<sup>rd</sup>**

Constantine Mitsopoulos

**Sunday, April 10<sup>th</sup>**

Bruce Eckerd



**CHRIST THE SAVIOR ORTHODOX CHURCH**

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orthodoxdelmarva.org / frjohn@orthodoxdelmarva.org

**BULLETIN OF MARCH 27, 2011**

**Please Remember in Prayer**

Charles Hilton and Helen Taylor (newly-departed), Mat. Maura, Ed Tucker, Michael, Martha, Karen Nichols, Walter & Michelle Wilson, Irene Clenney, Denise Royal, Gabriela Jones, Scott & Maryann, Roman Szvec, Mat. Dunia, Patti Lease, Garrett Cuppels, Frs Michael & Andrew, Monk Christian, Jane Koshutko, Robert Evanusa, Nicholas & Linda, Nicholas, Anna, Nina Gordon, Mirela & Chris, Jaroslav, Troy, Frank & Mary Miranda, Kathy T., Bruce, Julia Plisko & family, Stella.

**Special Choir Practice – Today**

Today there will be a special choir practice. We will be going over music for Holy Week and Pascha. Fr. John's mother, Daria, who will direct the choir for us again this Pascha, has made a special trip to be here for this choir practice. All choir members are asked to please stay. Thank you!



**Film: The Mysteries of the Jesus Prayer – Tuesday**

Part 1 will be shown at Salisbury University, Henson Hall room 109, this Tuesday at 7:00pm. For the first time on film, desert hermits, monks and nuns reveal the simple prayer, bringing us into their private cells, caves and sanctuaries in the Middle East, Mediterranean, Eastern Europe and Russia. Part 2 in two weeks. All invited!

**New Liturgical Covers**

We are pleased to be using our new blue liturgical covers, sewed by our excellent parish seamstresses! May the Lord bless them as well as those who donated for this project!

**Website Update**

Photos from this past week's Pilgrimage to St. Tikhon's as well as from the sewing of our new blue liturgical covers can be found on our website. Check them out!



**The Mysteries of Confession and Communion**

should be received by all Orthodox Christians on a regular basis and at the very least during the Great Fast and Pascha. If you have not availed yourself of these life-giving sacraments, please be sure to do so. Likewise, frequent communicants should make a confession during this and all lenten periods, as well as whenever the conscience is burdened. To schedule a confession, please just ask Fr. John.

**Lenten Retreat: Compassion in Action**

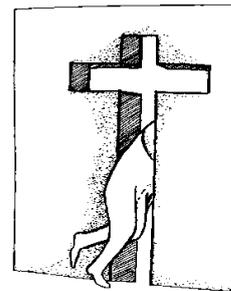
Will be held on Saturday, April 9, 2011 at St. Mark Orthodox Church in Bethesda, MD. Please see Fr. John for more information.

**Don't Wait Until It Is Too Late**

Start arranging your schedule today so that you can be present for Holy Friday through Pascha. Absolutely no one should miss these services. Put God first: take off work and stand by the Cross of Christ.

## HAVING COME TO THE MIDPOINT OF THE 40 DAY GREAT AND HOLY FAST... LET ME REFLECT...

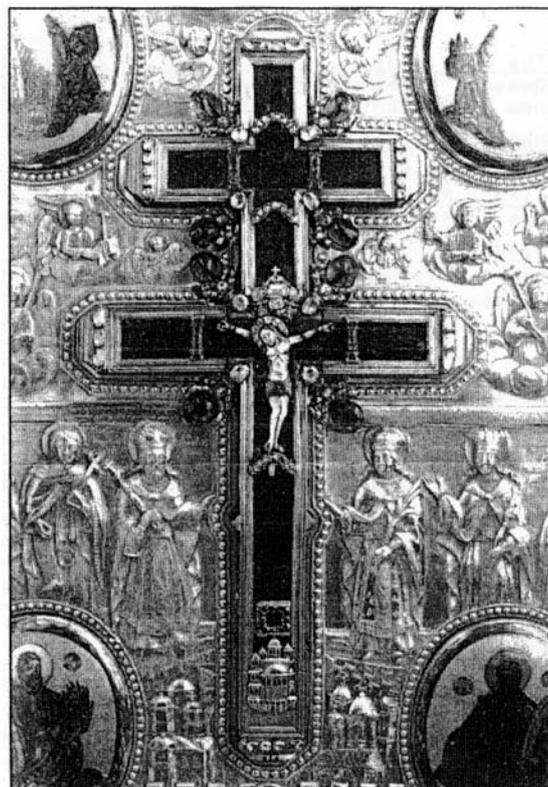
- ❖ Have I accepted Great Lent as a "gift" from God, with thanksgiving?
- ❖ Have I spent the last three weeks in a meaningfully different way?
- ❖ Have I participated in the lenten services that are held during the week, Monday through Friday?
- ❖ Have I used the lenten prayer of Saint Ephraim in my morning and evening prayers, and at other times throughout the day?
- ❖ In addition to the Holy Scriptures, what kind of spiritual reading have I done? Have I learned more about my Faith? Have I read spiritual works which can help me in my prayers, dealing with others, and spiritual faults and needs?
- ❖ Am I preparing myself to make a good, honest, and humble Confession? Do I really believe that I am confessing my sins to Jesus Christ? Am I aware that the Lord sees my inner heart and will know if I only recite my sins, instead of being truly sorrowful and deeply committed to avoid repeating them?
- ❖ In what ways will I struggle in the second part of Great Lent that I have so far left unattended?
- ❖ What price am I willing to pay in order to die and live in Christ? Am I willing to trade the earth for heaven? Am I willing to deny myself, take up my cross and follow Him to His heavenly Kingdom?



## WHAT HAPPENED TO THE CROSS ITSELF?

St. Cyril, Bishop of Jerusalem, in a letter written around 350 AD to Emperor Constantius, the son of Constantine the Great, states that the true Cross was found in Jerusalem during the reign of Constantine. From the beginning of the fifth century, church writers and historians attribute the finding of the true Cross to St. Helena, the mother of St. Constantine. In his *Catecheses*, theological discourses which Cyril delivered in Jerusalem beginning in 347 AD, he frequently mentions the sacred Cross. St. Cyril briefly describes a tradition that was followed in Jerusalem on the morning of Holy Friday. The bishop, the clergy and the faithful would gather in the Chapel of the Cross which had been constructed by Constantine near Golgotha, and there they would venerate a large relic of the true Cross which was kept in a beautiful silver and gold reliquary.

St. Cyril is the first writer to comment on the fact that relics of the true Cross had been distributed all over the world. By the beginning of the fifth century, fragments of the true Cross were found in churches, monasteries and even in homes. In fact, St. John Chrysostom (d. 407) observed that many individuals in his day wore small gold reliquaries containing particles of the Cross around their necks. The expression "knock on wood" comes from the time Christians touched their reliquary crosses in times of trouble.



*The largest fragment of the True Cross in existence – Mount Athos, Greece*

## ABOUT MAKING THE SIGN OF THE CROSS

1) The three fingers symbolize the three Persons of the Holy Trinity: Father, Son, and Holy Spirit.

2) The two fingers symbolize the two natures of Jesus Christ: divine and human.



We make the Sign of the Cross on our 1) forehead, 2) waist, 3) right shoulder, and then 4) left shoulder, thereby offering our whole mind, heart, and strength in service to the Lord.



## SCHOOL CRUCIFIXES 'DO NOT BREACH HUMAN RIGHTS'

From BBC – 18 March 2011

### Displaying crucifixes in schools in Italy does not breach the rights of non-Catholic families, the European Court of Human Rights has ruled.

The court ruled there was no evidence that a crucifix hung in a classroom would influence pupils. The ruling overturned a previous decision made in November 2009, which angered the Roman Catholic country.

Friday's decision was welcomed by Italy's foreign minister as a win for European "popular sentiment". "The decision underlines, above all, the rights of citizens to defend their own values and their own identities," Franco Frattini said, according to Italy's *La Repubblica* newspaper. "I hope that following this verdict Europe will begin to examine issues of tolerance and religious freedom with the same courage," he added.

#### 'Historic decision'

The Vatican too welcomed the decision. Its spokesman Federico Lombardi called it "an important and historic ruling".

The original case was brought by a Finnish-born mother-of-two who said public schools in the Italian town where she lived refused to remove the Roman Catholic symbols from classrooms.

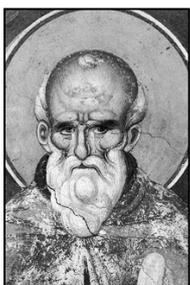
The hanging of crosses in public buildings is not compulsory in Italy but it is customary.

Soile Lautsi had argued that the crucifix violated the secular principles the public schools are supposed to uphold. "Freedom of religion, freedom from discrimination, freedom of choice are fundamental principles and in this case they weren't respected."

But the final decision by the Strasbourg-based court's Grand Chamber said it found no evidence "that the display of such a symbol on classroom walls might have an influence on pupils".

Her husband said the family was disappointed and "disillusioned" by the ruling, saying it showed that the court did not respect the principles on which Italian society is built. "Freedom of religion, freedom from discrimination, freedom of choice are fundamental principles and in this case they weren't respected," Massimo Albertin told AP from the northern Italian town of Abano Terme.

Friday's ruling focused on Italian public schools, and does not automatically force other countries to allow crucifixes in the public schools, according to the court. But the ruling will affect all 47 Council of Europe member states as citizens in other countries who want religious symbols in classrooms could use it as a legal argument in national courts. National governments could also use the ruling as a justification to change laws on religious symbols. In its earlier ruling the court had decided that the crucifix could be disturbing to non-Christian or atheist pupils.



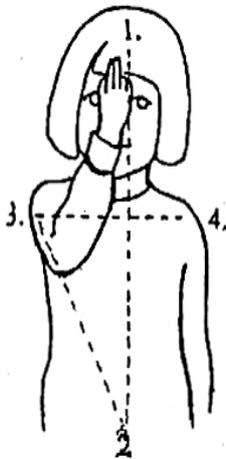
#### ST. MAXIMOS THE CONFESSOR ON LOVE

Fight the good fight until you reach the end, clinging fast to those qualities that will assure your passage to love's goal. I mean: love of humankind, brotherly and sisterly love, hospitality, love of the poor, compassion, mercy, humility, meekness, gentleness, patience, freedom from anger, long-suffering, perseverance, kindness, forbearance, goodwill and peace towards all. Out of these and through these the grace of love is fashioned, which leads one to God who deifies the human being that He Himself fashioned. Through Isaiah the Lord has told us: 'I am the Lord your God, Who leads you in the way of righteousness, in which you should go, and you have heard My commandments.' Therefore, 'your peace has become like a river and your righteousness like the waves of the sea' (Isa. 48:17-18)."

# Using the Sign of the Cross Every Day

The sign of the Cross is a great way to sanctify or bring to God every part of your busy day – whether good or bad! Here are just a few times during the day when you might want to make the sign of the Cross:

## The Sign of the Cross



1. In the name of the Father, – forehead
2. and the Son, – belly
3. and the Holy, – right shoulder
4. Spirit. – left shoulder
5. Amen. – as you pronounce this word, which means, "so be it," drop your hand, and bow your head.

- Before you get out of bed, to thank God for protecting you through the night.
- Before you prepare a meal for your family, to thank God for His bounty. (My grandmother, Mary, said a prayer and traced the sign of the Cross with the tip of her spoon whenever she opened a new sack of flour or sugar, opened a jar of jam or peanut butter, etc.)
- Before and after meals, to thank God for the bounty He provides.
- As you leave your home, to ask God to protect you on your journey and watch over your house or apartment while you are gone.
- When you pass an Orthodox church building or monastery, to ask God to preserve it and guide its leaders.
- As you bandage a "boo-boo" or take any kind of medicine, to ask that God will heal you both in body and spirit.
- Over any new piece of equipment, tool, book, art supply, or toy, to ask God to guide you in using it wisely in His service.
- Before, during and after any meeting or conversation you have – especially with someone you know to be "difficult" – that God will help you to approach them with Christian love and understanding.
- As you begin any project, and before and after working or studying, to ask God to guide your efforts.
- As you sign a contract, lease, or any other legal agreement – or even when you make a promise to someone – that God will protect and guide all involved.
- As you mail or fax an important letter, that God will see it quickly to its destination and allow the reader to understand/not misinterpret its contents.
- When you hear news of something wonderful (to thank God), or of something terrible (to ask for His mercy and protection).
- When you witness any accident – big or small – to thank God for his protection, and ask His help in "setting things to rights" and recovering from it.
- When you pass a cemetery, or are reminded of departed loved ones during the day, to ask God to forgive their sins and welcome them into His kingdom.
- As you come through the door at night, to thank God for His protection and bounty.
- Before reading the Bible, the writings of the Church Fathers, or the lives of the saints, to ask God for enlightenment.
- Over your bed, before you get into it at night, to ask God to protect you as you sleep. (Many Orthodox prayer books include special prayers to say when blessing your bed, too!)
- If you wake up in the middle of the night, after hearing a bump or screech, or having a bad dream. ✠ NTK