



THE FIRST SUNDAY IN LENT

MARCH 20, 2016

AFTER our first brave efforts at the Lenten ascetic disciplines, our natural inclinations tend to reassert themselves. Temptations may increase their strength or the frequency. Hence the danger of discouragement and of slackening in the observance of generous Lenten resolutions. It is the critical hour, in which temptations may surprise us, turn our thoughts inward upon personal problems, and make us forget the sufferings of others. Brother to all, Jesus showed that temptation can be a way of redeeming souls—our own and those of others. “In that he himself has suffered and has been tempted, he is able to help those who are tempted” (*Heb. 2:18*).

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| PRELUDE | <i>I call to Thee, Lord Jesus Christ</i> | J. S. Bach |
| ASPERGES ME (Missal pg. 4-5; a weekly reminder of our Baptism) | | plainsong |
| <i>(We KNEEL and listen as the Schola chants the Introit; the Priest quietly says the Prayers at the Foot of the Altar, pg. 8-11.)</i> | | |
| INTROIT (KNEEL) | <i>Invocabit</i> | Ps. 90:15-16; 1 |
| KYRIE (KNEEL) | <i>Missa Penitentialis</i> | plainsong |
| COLLECTS (STAND) | | |
| THE EPISTLE (SIT) | | II Cor. 6:1-10 |
| | <i>Christ's suffering and death have redeemed all mankind, and have won for each of His members the grace to resist every temptation and to grow in holiness of life. Possessing Christ, each one, through Him can enrich many.</i> | |
| GRADUAL (SIT) | | Ps. 90:11-12 |
| TRACT (SIT) | | Ps. 90:1-7; 11-16 |
| THE HOLY GOSPEL (STAND) | | Matt. 4:1-11 |
| | <i>Hungry and lonely, Jesus was tempted by the devil, first to distrust his Father's care; secondly to presume upon his Father's miraculous intervention; and thirdly to apostatize totally and worship the devil.</i> | |
| SERMON (SIT) | | Hierodeacon Theodore |
| NICENE CREED (STAND) | | plainsong |
| OFFERTORY VERSE (STAND) | | Ps. 90:4-5 |
| MOTET (SIT) | <i>Attende Domine</i> | plainsong |
| PRAYER FOR ACCEPTANCE OF OUR SACRIFICE | | Missal pg. 21 |
| SURSUM CORDA (pg. 22) & PREFACE OF LENT (pg. 25 STAND) | | |
| SANCTUS (KNEEL) | | plainsong |

THE CANON OF THE MASS (KNEEL)
 THE LORD'S PRAYER (STAND)
 AGNUS DEI (KNEEL)
 PRAYER BEFORE COMMUNION
 COMMUNION VERSE

Missal pg. 35

plainsong
 Missal pg. 50a
 Ps. 90:4-5

Following the reception of Holy Communion, it is proper to return to your pew, kneel, and make your **Thanksgiving after Communion**, (*Missal pg. 51 or St. Ambrose Prayer Book pg. 177*) If you have not received Holy Communion, you should make a **“Spiritual Communion”** (*St. Ambrose Prayer Book, pg. 187*). This is far more spiritually beneficial and preferable to “people-watching.”

POSTCOMMUNION COLLECT (STAND)
 DISMISSAL & BLESSING (KNEEL)
 THE LAST GOSPEL (STAND)
 HYMN
 POSTLUDE

St. Flavian
Prelude & Fugue in A minor

Missal pg. 53
 John 1:1-14
 Hymnal No. 59
 J. S. Bach



ANNOUNCEMENTS

WELCOME to all our guests and visitors. There are Service books in the pews for your use. While Holy Communion may **be received only by prepared Orthodox Christians**, our non-Orthodox guests are welcome to come forward at Communion for a blessing and the *pain benit*—blessed bread. Please fill out one of the “visitor cards” found in the pew racks and take a moment to sign our guest book in the Narthex! Please join us for Coffee Hour in the Parish Hall (*downstairs*).

Orthodox Christians **must be prepared** for Holy Communion through Sacramental Confession, fasting, prayer, and being at peace with others. A prepared person must have been to Confession recently (*frequency established by his Pastor*), have abstained from food and drink from Midnight and have attended Mass regularly. Please seek and give forgiveness before receiving Communion.

THOSE WHO NEED OUR PRAYERS

Please pray for: Ria Furr, Monica Enright, Amy Renee Belo, Larry Belo Jr., Del Atencio, Georgia Irene Nowlin, Nikki Tsuchiya, Jackie Huttenhoff, Paul Schroeder, Paulene Dole, Phyllis Shavlik, Giselle Kheirkhahi, Cece Scott, Charles Raines, Nils, John, Kim Peoria, Charlie Hester, Victoria Lopp, Megan Hines, Mark Ainsworth, the special intentions of Alexandra Eddy, Margaret Lyman, Don Clair, Lily Calderon, the Setah family in Syria, Abraham Martinez, Neville Gaggiani, Phyllis Roberts, Bob Hester, Mary Ann Kristoff, Sue Stanko, Robert Phillips, the suffering Christians in Syria and the Middle East, Maria Palucha, Margie Palucha, Patty Ann Zubricky, Metropolitan Boulos of Aleppo, Metropolitan Mar Gregorios Yohanna Ibrahim of Aleppo, Corinne Fierkens, Kh. Angela Keiser, Nate Redman, Aaron Rendoff, Vanessa Taylor, Jim Sanders.

TIME TO TRIM THE PRAYER LIST

EVERYONE! Please look through the prayer list and let's remove those who are no longer in need of special prayers. If people have sufficiently recovered, have died, or are no longer in need of urgent prayer we should remove them. If the list is too long it discourages people from daily prayer for those in real need.

THE SANCTUARY LAMPS burn in remembrance of the Sunday of Orthodoxy and the triumph of right-believing over the iconoclast heretics. A gift from Patty Rendoff.

MANY,MANY THANKS to my dear parishioners for your kind remembrance of my birthday (which I don't have any more!). The many gifts, cards and good wishes were overwhelming! God bless you all for your kindness!! *Fr. John*

THE ANNUAL SEMINARIANS OFFERING will be received throughout the Archdiocese on the **First Sunday in Lent**. This helps pay for the Theological education of our Seminarians who will serve as our future priests. Thank you for your generosity.

FOOD FOR HUNGRY PEOPLE DRIVE

Prayer, Fasting and ALMSGIVING are the three “legs” upon which the “table of Lent” stands. All three components are a necessary part of the Lenten Discipline; the Services of the Church during Lent, personal prayer, Fasting, and the giving of money saved on more extravagant eating given to the poor. We do this last part as a corporate endeavor through our “Food for Hungry People” drive in our Archdiocese. The offering boxes are in the Narthex.

Think about it: We make a living by what we get. We make a life by what we give. *Winston Churchill*

Thought for the Week: “People are looking for what we have. It is not enough for us to share our cultural heritage. In our pluralistic society, it is our religious heritage that will endure and what many people are looking for. As we share our faith, our own faith and community will become stronger. No need to be afraid because this is God’s will.” *Bishop Kallistos of Denver & Zelon* (+1991)

KING SOOPERS GIFT CARD PROGRAM

Thanks to everyone for making the Gift Card Program a success for St. Augustine’s. If you don’t have yours yet, please see Debbie Braun and she will get you signed up!

LENTEN EMBER DAYS: In the week following the First Sunday in Lent, we will observe the Lenten Ember days – days set aside for additional fasting, prayers for the bounty of the earth, and prayers for the ordained clergy. It is also a good time for us *to remember our Lenten Confessions*. Come to Church this week and receive the Sacrament of Confession and become reconciled to God and neighbor. Confession is available after all Services and anytime by appointment.

FRIDAY LENTEN SUPPERS: before Stations of the Cross

In the past, we have had a light supper on Friday evenings in Lent before STATIONS OF THE CROSS to make it easier for people to attend. Is this something that we want to do this year? If you are interested and would like to host a simple Lenten Supper on one of the Fridays of Lent, please put your name on the sign-up sheet in the Parish Hall.

Think about it: Do not forget prayer—it is the life of the soul. *St. Nikon of Optina* (+1931)

EASTER FLOWER OFFERING

As is our custom, we receive an offering for the flowers that adorn the Altar of God and His Holy Temple on the Great Feast of Pascha each year. The flowers may be offered as Thank offerings or Memorials for the Departed. Thank you so much for your generosity! The envelopes are on the table in the narthex.

Think About It: About the only kind of **reform** one hears about today is social reform. ...But it must not be forgotten that some people become social reformers in order to escape the own reformation. *Fulton J. Sheen*

SOME UPCOMING EVENTS: MARK YOUR CALENDARS.

- **The Sunday of Orthodoxy: TODAY.** The Pan-Orthodox Vespers Service will take place at Assumption Greek Orthodox Cathedral at 5:00pm.

- **Friday March 25 THE ANNUNCIATION** Mass 7:00pm.
- **Stations of the Cross:** Every Friday during Lent at 7:00pm.

Wisdom from the Church Fathers: It is necessary for a Christian to fast, in order to clear his mind, to rouse and develop his feelings, and to stimulate his will to useful activity. *St. John of Kronstadt* (+1908)

THE EASTER MUSICAL PROGRAM 2016

Monsignor Mangels has announced the Liturgical Music program for Easter Sunday, May 1. THE AMBROSIAN CHORISTERS, soloists and orchestra will present one of the greatest liturgical masterpieces of the Western Liturgical treasury this Easter—Ludwig van Beethoven’s magnificent MASS IN C, op. 86. (It has not been presented at St. Augustine’s since 1986 when our choir was the choral ensemble for the Breckenridge Music Festival.) We will have an expanded choir and orchestra on Easter. Also to be heard are von Eybler’s Easter Offertory *Terra Tremuit*; Mozart’s *Ave verum corpus* and at the end the *Hallelujah!* from “Christ on the Mount of Olives” also by Beethoven.

Patristic Wisdom: God does not send us temptations beyond our ability to resist, except perhaps for pride, conceit and complaining, by which we ourselves aggravate our own sorrows. Be careful not to complain or become faint-hearted. Magnanimity and patient endurance lighten sorrows, but faint-heartedness and complaining multiply and exacerbate them. *St. Makarios the Great* (+392)

The Church Fathers: How mistaken are those people who seek happiness outside themselves in foreign lands and journeys, in riches and glory, in great possessions and pleasures, in diversions and vain things. Happiness is found within ourselves. Happiness is a pure heart for it becomes a throne of God. *St. Nectarios of Aegina* (+1920)

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THIS WEEK AT SAINT AUGUSTINE’S

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| Monday, March 21 | <i>Repose of St. Benedict, Ab</i> | |
| Tuesday, March 22 | Lenten Feria | |
| Wednesday, March 23 | Ember Wednesday <i>fast and abstinence</i> | Mass 7:00pm |
| Thursday, March 24 | <i>St. Gabriel, Archangel</i> <i>fast</i> | |
| Friday, March 25 | THE ANNUNCIATION <i>fast and abstinence</i> | Mass 7:00pm |
| Saturday, March 26 | Ember Saturday <i>fast</i> | Mass 10:00am |
| Sunday, March 27 | The Second Sunday in Lent | Mass 10:00am |

CONFESSIONS: *The Sacrament of Confession is available after all weekday Services, and anytime by appointment.*