



# The Fourth Sunday in Lent

“*Laetare Sunday*”

April 10, 2016



## The Fourth Sunday in Lent: “*Laetare*”

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**L**ENT is half over and *Pascha* is enticingly near. This Sunday is a foretaste of Easter joy. Knowing the ebb and flow of intensity even in our best efforts, God deals with us tenderly in rhythms of consolation and desolation. So today, thoughts of freedom and joy come in the middle of Lent. But the joy does more than cushion our failing energies and needle our lagging spirits. It is a positive, meaningful joy, born of our fruitful life in Christ and for our sweet freedom as His purchased children. The Eucharistic Banquet of heavenly Bread, foreshadowed by the multiplied loaves and fishes and become now the Bread of Life for the whole Christian world, adds to our *Laetare* joy the quiet gladness of every festive meal.

PRELUDE *Chaconne in F* Henry Purcell  
ASPERGES ME *(a weekly reminder of our Baptism)* plainsong

*(We KNEEL and listen as the Schola Cantorum chants the INTROIT and the Priest quietly says the PRAYERS AT THE FOOT OF THE ALTAR with the Servers, pg. 8-11.)*

INTROIT (KNEEL) *Laetare Jerusalem* Isa. 66:10-11; Ps. 232:1

KYRIE (KNEEL) *Mass in Honour of St. Peter in Chains* Jan Nieland

COLLECTS (STAND)

THE EPISTLE (SIT) Gal 4:22-31

*The Old Law was in part a temporary obligation. On Mt. Sinai God gave Moses the Old Law. Agar the slave and Mt. Sinai stood for the Old Law and for those who refused to believe in Christ. The Mosaic Law ended when Christ established His Church. The new Jerusalem—that is the Church—is the happy mother of many children. It grows in spite of persecution.*

GRADUAL (SIT) Johann Michael Haydn

I rejoiced at the things that were said to me: we shall go into the house of the Lord

*Ps. 232:1, 7*

TRACT (SIT) *Ps. 124:1-2*

THE HOLY GOSPEL (STAND) John 6:1-5

*The miraculous bread foreshadowed the Eucharist, which is multiplied on every altar in the world. The multiplication of bread also helped prepare the people for the sermon on the Bread of Life.*

SERMON		Rt. Rev. Msgr. John Mangels
CREDO <b>(SIT)</b>		Nieland
OFFERTORY VERSE <b>(STAND)</b>		Ps. 134:3-6
HYMN	<i>Southwell</i>	Hymnal No. 584 (1)
PRAYER FOR ACCEPTANCE <b>(said by all aloud)</b>		Missal pg. 21
SURSUM CORDA <b>(pg. 22)</b> & PREFACE OF LENT <b>(pg. 25 STAND)</b>		
SANCTUS <b>(KNEEL, pg.33)</b>		Nieland
THE CANON OF THE MASS <b>(KNEEL)</b>		Missal pg. 35
AFTER THE EPIKLESIS	<i>Benedictus qui venit</i>	Nieland
THE LORD'S PRAYER <b>(STAND)</b>		Missal pg.
44		
AGNUS DEI <b>(KNEEL, pg. 46)</b>		Nieland
PRAYER BEFORE COMMUNION		Missal pg. 50a
MOTET	<i>Ave Verum corpus</i>	Henri Nibelle
COMMUNION VERSE		Ps. 83:4-5

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 <b>(STAND)</b>		
DISMISSAL & BLESSING <b>(KNEEL)</b>		Missal pg. 53
THE LAST GOSPEL <b>(STAND)</b>		John 1:1-14
HYMN	<i>O Esca Viatorum</i>	Hymnal No. 192
POSTLUDE	<i>Marche Solennelle</i>	S. Pararie



## ANNOUNCEMENTS

**W**ELCOME 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: The Victims of the Brussels attacks, Sarah Jerome, John May, Larry Stokes, Ria Furr, Monica Enright, Amy Renee Belo, Larry Belo Jr., Max Atencio, Georgia Irene Nowlin, Jackie Huttenhoff, Paul Schroeder, Paulene Dole, Phyllis Shavlik, Giselle Kheirkhahi, Cece Scott, Charles Raines, Victoria Lopp, Megan Hines, the special intentions of Alexandra Eddy, Margaret Lyman, Lily Calderon, the Setah family in Syria, Abraham Martinez, Neville Gaggiani,

Phyllis Roberts, Bob Hester, Sue Stanko, Robert Phillips, the suffering Christians in Syria and the Middle East, Maria Palucha, Margie Palucha, Metropolitan Boulos of Aleppo, Metropolitan Mar Gregorios Yohanna Ibrahim of Aleppo, Corinne Fierkens, Kh. Angela Keiser, Nate Redman, Aaron Rendoff, Vanessa Taylor, Jim Sanders.

### PASCHAL FLOWER FUND

The offering envelopes for our Paschal Flower Fund are on the table in the Narthex. Please help us festively decorate our Church for Holy Thursday and Pascha.

## Orthodox Holy Week 2016

April 24-May 1

### Palm Sunday: April 24

BLESSING AND PROCESSION OF THE PALMS AND HIGH MASS: 10:00am

### Monday, Tuesday: April 25, 26

Low Mass: 7:00pm

### Wednesday, April 27

Low Mass 10:00am

### Holy Thursday: April 28

MASS OF THE LORD'S SUPPER AND PROCESSION: 7:00pm  
Vigil at the Garden of Repose, from after Mass until Midnight

### Good Friday: April 29

Stations of the Cross: 12:00noon  
SOLEMN AFTERNOON LITURGICAL SERVICE of the Passion & Death of Our Lord: 7:00pm

### Holy Saturday: April 30

*Cleaning and preparation of the Church for Easter:* 9:00am-12:noon  
THE GREAT VIGIL OF EASTER: **7:30pm**

### EASTER DAY [Holy Pascha]: May 1

PASCHAL SOLEMN HIGH MASS: 10:00am  
Annual Easter Dinner following Mass

THE SANCTUARY LAMPS are offered this week in thankfulness to God for answered prayer. A gift from Patty Rendoff.

### ORTHODOX EASTER AT SAINT AUGUSTINE'S

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 Music treasury—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 augmented choir and orchestra. Also to be heard are von Eybler's evocative Easter Offertory *Terra Tremuit*; Mozart's tender and sublime *Ave verum corpus* and at the end the powerful *Hallelujah!* from “Christ on the Mount of Olives” also by Beethoven. The flyers, with more information are ready and available for distribution. Use this **valuable missionary outreach tool** as a way to invite and introduce people to St. Augustine's!

## WOULD YOU LIKE TO HELP SUPPORT THE EASTER ORCHESTRA?

We are very fortunate to have a fine group of professional orchestral players who accompany our magnificent AMBROSIAN CHORISTERS on the great feasts of the Church Year. Our orchestral musicians are funded by private contribution and not from Church Funds. If you would like to be a part of this endeavor, please let us know. The sponsorship for one musician is \$250.00. Any contribution helps! Please earmark your check "Easter Orchestra".

**MANY THANKS to** Regina Widhalm and Chuck McDonald for the work on the ladies bathroom and the front doors of the Church. As always, there is always so much to do around here. Thanks to all of our parishioners who constantly see things to be done and do them!

## FOOD FOR HUNGRY PEOPLE DRIVE

Remember your Lenten Almsgiving for the Food For Hungry People drive. We will collect the boxes on the Sunday after Easter.

**WELCOME AND THANKS!** We are delighted to have our "old quartet" back with us providing the Liturgical music on this glorious Feast Day. Joining Trish and Neville Gaggiani are Jenifer Cress and Jeff McClendon who sang here every Sunday for many years a few years ago. What a blessing they are to us this morning!

## ANNUAL EASTER DINNER

It has been a long-standing tradition here at St. Augustine's to follow the High Mass of Easter Day with a glorious BREAK-FAST for our parishioners and friends. We have a **SIGN-UP SHEET in the Parish Hall** so that we are covered for this festive celebration. (We **need main dishes** as well as side dishes). If you are unable to bring something, perhaps you could talk to Anne Emmons about making a financial contribution towards one of the main dishes. Thanks in advance for your help and remember we need **CLEAN-UP help** after the meal. Let's not leave it to just one or two! Please check with Regina Widhalm about cleaning.

ALL PARISH CLEANING DAY—Holy Saturday morning

**DON'T FORGET!** On Holy Saturday (April 30) we have an **all-parish cleaning and decoration** time from 9am-noon! We need EVERYBODY! Last year things went very well and quickly with everyone here to help prepare the Church for Easter.

## PRACTICAL ADVICE FOR LENT

**FASTING** - fast every day except Sunday and abstain from meat and all meat products on days of abstinence; skip a meal or two per day; fast from sinful words and actions. Work on gaining mastery over the passions.

**PRAYER** - pray each day; use your St. Ambrose Prayer Book; say the Jesus Prayer throughout the day using a prayer rope; say the Rosary; attend Lenten worship services each week: Mass-Wednesdays & Saturdays, Friday-Stations of the Cross; seek opportunities to serve and participate more in worship.

**ALMSGIVING** - take time and money you would spend on yourself and give it away to serve the poor & needy—*Food For Hungry People Drive*.

**QUIET TIME** - turn off TV, radio, computer, iPod; sit down to meals with family; do not participate in entertaining/celebratory activity. There is nothing like a little "delayed gratification!"

**READING** - read one chapter per day from Scripture (start with Gospels); read lives and teachings of Saints and Church Fathers; attend Retreats and the Pan-Orthodox Vespers.

**REPENTANCE** - receive the Sacrament of Confession; forgive others; apologize and ask for forgiveness.

**Wisdom from the Church Fathers**—What is more precious than anything in the world? Time! What do we waste uselessly? Time! When we waste time we lose ourselves. The Lord will

call us to account for having stolen time for our own whims and for not using it for God and our souls. **St. Sebastian of Optina** (+1966)

## EASTER FLYERS

You will notice that we have flyers available advertising the Mass on Easter Day. We hope that you will take extras and distribute them to your friends, relatives and display them in prominent places. This is a simple and unobtrusive way to "get the word out"!

## Saint Augustine Antiochian Orthodox Christian Church

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## THIS WEEK AT SAINT AUGUSTINE'S

Monday, April 11	Lenten Feria, <i>St. Leo the Great, PCD</i> <i>fast</i>	
Tuesday, April 12	Lenten Feria <i>fast</i>	
Wednesday, April 13	Lenten Feria <i>fast &amp; abstinence</i>	Mass 7:00pm
Thursday, April 14	Lenten Feria, <i>St. Justin Martyr</i> <i>fast</i>	
Friday, April 15	Lenten Feria <i>fast &amp; abstinence</i>	Stations of the Cross 7:00pm Mass 10:00am
Saturday, April 16	Lenten Feria <i>fast</i>	
Sunday, April 17	PASSION SUNDAY <b>CONFESSIONS:</b> <i>The Sacrament of Confession is available following after all weekday Services, and anytime by appointment.</i>	High Mass 10:00

