



THE FIRST SUNDAY IN LENT

MARCH 5, 2017

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*).

PRELUDE	<i>Prelude au Kyrie</i>	Jean Langlais
ASPERGES ME (Missal pg. 4-5; <i>a weekly reminder of our Baptismal Vows</i>)		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)		Msgr. John Mangels
NICENE CREED (STAND)		plainsong
OFFERTORY VERSE (STAND)		Ps. 90:4-5
HYMN (STAND)	<i>Tysk</i>	Hymnal No. 477
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
 MOTET

Ave verum corpus

Missal pg. 35
 plainsong
 Missal pg. 50a
 Ps. 90:4-5
 Don Lorenzo Perosi

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 in E 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: Father James Forseo, John Palucha, Joan Garver, Mike Conley & family, Marian Davis, Anya Whittier, Adel Mikhail, Keith and Sandy Boggs, Tammy Hurtado, Margaret Dudley, Claire Emmons, Stan Wallace, Traudel Schroad Gunter, Sarah Jerome, John May, Larry Stokes, Ria Furr, Monica Enright, Jackie Huttenhoff, Paul Schroeder, Cece Scott, Charles Raines, Megan Hines, Margaret Lyman, Lily Calderon, Phyllis Roberts, 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, Kh. Angelina 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 are offered this week for the health and welfare of Aaron Rendoff (3/6 birthday). A gift from Patty Rendoff.

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: Whoever fears God doesn’t fear anything else. *Elder Epiphanius of Athens* (+1989)

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.

Patristic Wisdom: Fasting is wonderful because it tramples our sins like a dirty weed, while it cultivates and raises truth like a flower. *St. Basil the Great* (+379)

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: If you ever want to be freed from all the vices simultaneously, renounce self-love, the mother of all evils. *St. Thallasios of Libya* (7th century)

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.

SOME UPCOMING EVENTS: MARK YOUR CALENDARS.

- **The Sunday of Orthodoxy:** TODAY. The Pan-Orthodox Vespers Service will take place at Assumption Greek Orthodox (Alameda and Dahlia) Cathedral at 5:00pm.
- **Stations of the Cross:** Every Friday during Lent at 7:00pm.
- **Saturday March 25: THE ANNUNCIATION** Mass 10:00am.

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 2017

Monsignor Mangels has announced the Liturgical Music program for Easter Sunday, April 16. THE AMBROSIAN CHORISTERS, soloists and orchestra will present Antonin Dvořák’s MASS IN D, op. 86. C. V. Stanford’s Anthem *If ye then be risen with Christ* will be sung at the Offertory; Mendelssohn’s *The strife is o’er* will be the Recessional.

Patristic Wisdom: A holy person cares for his neighbor, where the homeless will spend the night, how the hungry will be fed, with what the naked will be clothed. He cares and prays for the salvation of his neighbors, that their hearts may be filled with love towards God, that their minds may be directed towards God, that the wicked may turn from the paths of wickedness, that the firm may persevere, that the departed may behold the face of God, and that the living may be written in the Book of Life in the Kingdom of Light. *St. Nikolai Velimirovic* (+1956)

ON LENT

In his classic work, *Great Lent*, Father Alexander Schmemmann describes “Sad brightness” as “the sadness of my exile, of the waste I have made of my life; the brightness of God’s presence and forgiveness, the joy of the recovered desire for God, the peace of the recovered home.” It is sadness that permeates the Lenten season, with its long, fatiguing, magnificent liturgical services and its constant call to repentance. Yet it is a sadness leavened by a deep joy that only tears can adequately express. Tears of longing for the glory and peace to come, for the “recovered home” where the Father embraces each of us, His prodigal children, with a boundless depth of forgiving love.

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THIS WEEK AT SAINT AUGUSTINE’S

Monday, March 6

Ss Perpetua & Felicity, MM

Tuesday, March 7

fast

Lenten Feria

Fast

Inquirer’s Class # 3: *Man and Creation*

7:00pm

Wednesday, March 8

Ember Wednesday

Mass 7:00pm

fast and abstinence

Thursday, March 9

St. Gregory of Myssa, BCD

fast

Friday, March 10

Ember Friday

Stations of the Cross 7:00pm

fast and abstinence

Saturday, March 11

Ember Saturday

Mass 10:00am

fast

Sunday, March 12

The Second Sunday in Lent

Mass 10:00am

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

