

The Sunday of Orthodoxy

Originally, the Prophets Moses, Aaron, and Samuel were commemorated on this Sunday. The Alleluia verses appointed for today's Liturgy reflect this older usage.

Today we commemorate the "Triumph of Orthodoxy," the restoration of the holy icons in the reign of the holy Empress Theodora (February 11).

St. Herman of Alaska Orthodox Church

Orthodox Church in America, Diocese of the West

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Reflection and Hymnography from oca.org

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Sunday, March 8th, 2020

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1st Sunday of Great Lent

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Readings

Epistle Hebrews 11:24-26; 32-12:2
Gospel John 1:43-51

Tone 5 Troparion (Resurrection)

Let us, the faithful, praise and worship the Word, co-eternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death, and to raise the dead// by His glorious Resurrection.

Tone 2 Troparion (Sunday of Orthodoxy)

We venerate Thy most pure image, O Good One; and ask forgiveness of our transgressions, O Christ our God. Of Thine own will Thou wast pleased to ascend the Cross in the flesh and deliver Thy creatures from bondage to the Enemy. Therefore with thankfulness we cry aloud to Thee: "Thou hast filled all with joy, O our Savior, // by coming to save the world."

Tone 8 Kontakion (from the Lenten Triodion)

No one could describe the Word of the Father; but when He took flesh from thee, O Theotokos, He accepted to be described, and restored the fallen image to its former state by uniting it to divine beauty.// We confess and proclaim our salvation in words and images.

This Week at St. Herman's

Sunday, March 8th - Sunday of Orthodoxy

Wine & Oil

- 9:30 AM - Divine Liturgy w/ Procession of Holy Icons
- Coffee Hour in the parish hall
- 5:00 PM - Pan-Orthodox Vespers at Three Holy Hierarchs, Mountlake Terrace

Tuesday, March 10th - Martyr Quadratus

- 6:30 AM - Matins
- 10:00 AM - WOCA Meeting at St. Demetrios, Seattle. Fr Daniel, Fr Nicholas, and Dn Christopher away.

Wednesday, March 11th - St. Sophronius of Jerusalem

- 6:30 AM - Matins
- 5:45 PM - Liturgy of the Presanctified Gifts
- Lenten meal following liturgy

Thursday, March 12th - Venerable Theophanes

- 6:30 AM - Matins

Friday, March 13th - St. Nicephorus

- 6:30 AM - Matins
- 5:45 PM - Liturgy of Pre-Sanctified Gifts
- Lenten meal following liturgy

Saturday, March 14th - Ven. Benedict of Nursia

Wine & Oil

- Memorial Saturday
- 6:00 PM - Vigil