

## Sunday After the Exaltation of the Cross



### Byzantine Catholic Outreach of Iowa

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<b>Service Schedule</b>	
<b>Saturday-Vespers 5PM</b> <b>Sunday-Matins 9AM</b> <b>Divine Liturgy 11AM</b>	<b>Confession:</b> Sunday 10:30 and by appointment. <b>Feastdays-As announced.</b>

<b>Weekly Offering- September 8, 2024</b>		
<b>Sunday:</b> \$210.00 <b>e-Giving:</b> \$0	<b>Cash:</b> \$20.00 <b>Total:</b> \$230.00	<b>Average Monthly Expenditures:</b> \$2767.32 <b>Total this Month:</b> \$414.30 <b>Diff:</b> \$(2,073.02)

<b>Services This Week</b>	
<b>Wednesday, September 18</b>	Vespers. 5PM. (Readers)
<b>Saturday, September 21</b>	Vespers. 5PM
<b>Sunday, September 22. 18<sup>th</sup> Sunday After Pentecost</b>	Matins 9AM                      Confession: 10:30AM Divine Liturgy. 11 AM.

**September 15th 2024**

**SUNDAY AFTER THE EXALTATION OF THE CROSS**

**Post-festive day of the Exaltation of the Cross.**

**The holy great martyr Nicetas the Goth on the banks of the Danube.** He was ordered to be burned to death by Athanaricus the Arian king because of his Catholic faith. (372)

Tone 8. Matins 6  
 Antiphons-Post Festive of the Exaltation (pg. 258)  
 Troparion of the Resurrection Tone 8 (pg. 161) and of the Cross (pg 259)

*Glory. Now and ever.* Kontakion of the Cross, Tone 4 (pg.259)

Instead of *Trisagion*, We bow to your Cross.

Prokeimenon of the Sunday After the Exaltation, Tone 7 (pg260)  
 Epistle: Galatians 2:16-20

Alleluia of the Sunday After the Exaltation, Tone 1 (pg 260)  
 Gospel: Mark 8:34b-38

Instead of "It is Truly Proper", the Magnification and Irmos of the Exaltation (pp 260)  
 Communion Hymn, of Sunday and of the Exaltation (pg.260)

### **News from the Outreach**

Megan Reed appeared in a segment last week on Channel 4's (Quad Cities) "Foodie Friday's." It featured her and Todd's bakery "Life Breads" for gluten free items. The link can be found on channel 4's website. (Meg also seized the opportunity to mention the 10<sup>th</sup> anniversary of the Outreach!)

### **From the Desk of Father Bruce**

Glory to Jesus Christ!

I want to thank everyone who stuck around last week for the "Parish Meeting." I feel it was very productive. Our next gathering of minds will be on October 13. That will also be "Picture Day" where we get everyone together for a group photo. Let's try and have perfect attendance that day!

Bishop Robert is very open to granting our request for a "church name." In his words, "this is certainly in the realm of possibility. He is traveling the rest of the month and won't be able to focus on this matter until he returns. At that time, I plan on forwarding him the previous research and input done on this subject.

Next Sunday Adam/Lynsey Kemner, Jacq Grismer and myself will meet after liturgy to formalize the catechetical program for the coming year.

The agreed upon time for the weeknight Vesper/Liturgy time was 6:00. (All services have been live-streamed for your convenience.)

As we continue to celebrate the Exaltation of the Holy Cross, let us always be mindful that Jesus beckons us to pick up our crosses daily and follow in His steps. He fell three times on the way to Calvary—but each time got up. Crosses in life can be challenging. To fall under their weight is nothing to be ashamed of. The key is to right ourselves and unite our sufferings with that of Christ on the cross!

I want to thank those who week in and week out provide the food for the agape following Divine Liturgy. It's a wonderful way to bring our community together in a social setting, following our uniting in prayer. Special thanks last week for the beautiful cake marking the 10<sup>th</sup> anniversary of the existence of the Outreach!

"We bow to Your Cross O Lord, and Glorify Your Holy Resurrection!"



### **Sts. Sophia with Faith, Hope and Love**

The Holy Martyrs Saint Sophia and her Daughters Faith, Hope and Love were born in Italy. Sophia was a pious Christian widow who named her daughters for the three Christian virtues. St. Sophia raised them in the love of the Lord Jesus Christ, and they did not hide their faith, openly confessing it before everyone.

The faith of Saint Sophia and her daughters was brought to the attention of Emperor Hadrian. Emperor Hadrian ordered that they be brought to Rome. When they appeared before the emperor, all those present were amazed at their composure. They looked as though they had been brought to some happy festival, rather than to torture. Hadrian urged Faith, Hope, and Love, one by one to offer sacrifice to the goddess Artemis, but each daughter stood strong in their faith.

The emperor then ordered Faith, Hope, and Love to be tortured. St. Sophia was subjected to another type of grievous torture: she was forced to watch the suffering of her daughters. She displayed adamant courage, and urged her daughters to endure their torments for the sake of the Heavenly Bridegroom. All three maidens were beheaded, and joyfully bent their necks beneath the sword. At the time of their martyrdom, Faith was twelve, Hope was ten, and Love was nine.

In order to intensify St. Sophia's suffering, the emperor permitted her to take the bodies of her daughters for burial. Sitting by their graves for three days, she gave up her soul to the Lord. Even though she did not suffer for Christ in the flesh, she was not deprived of a martyr's crown. Instead, she suffered in her heart. Believers buried her body there beside her daughters. Their relics have rested at El'zasa, in the Church of Esho, since the year 777.