The holy day of the Elevation of the Cross, although it has an obviously “political” origin, has a place of great significance in the Church today. It remains with us as a day of fasting and prayer, a day when we recall that the Cross is the only sign worthy of our total allegiance, and that our salvation comes not by “victories” of any earthly sort but by the only true and lasting victory of the crucifixion of Christ and our co-crucifixion with him. When we elevate the Cross and bow down before it in veneration and worship to God, we proclaim that we belong to the Kingdom “not of this world,” and that our only true and enduring citizenship is with the saints in the “city of God” (Eph 2.19; Heb 11.10; Rev 21–22).

The first Old Testament reading of the Vespers of the day tells of the “tree” which changes the bitter waters into sweetness—the symbol of the Tree of the Cross (Ex 15.22–16.1). The second reading reminds us that the Lord chastens and corrects those whom He loves and that Divine Wisdom is “a Tree of life to those who lay hold upon her and trust in her, as in the Lord” (Prov 3.11–18). Again the reference is to the Cross which is, as the epistle reading of the day proclaims, “to those who are called . . . the power of God and the wisdom of God” (1 Cor 1.24).

The third Old Testament reading is from the Prophecy of Isaiah which tells of the “city of the Lord” where both Jews and Gentiles will live together and “shall bow themselves down” at the place of God’s feet and “shall know that I the Lord am Thy Saviour and Thy Redeemer, the mighty One of Israel” (Is 60.11–16). Here we have the direct reference to God’s city where men shall worship at His feet; and together with the psalm line repeated constantly during the services which calls us to “bow before His footstool,” we have once again the reference to the Holy Cross (Ps 99.5, 110.1, et al.).

Before Thy Cross, we bow down in worship, O Master, and Thy holy resurrection, we glorify (Hymn of Veneration before the Cross).

This central hymn of the Elevation of the Cross which lasts for eight days in the Church is sung many times. It replaces the Thrice-Holy of the Divine Liturgy. The normal antiphons are also replaced by special verses from the psalms which have direct reference to Christ’s crucifixion on the Cross (Ps 22, 74, 99). At the Matins, in the gospel reading from Saint John, Christ says that when He is elevated on the Cross He will draw from the psalms which have direct reference to Christ’s crucifixion on the Cross (Ps 22, 74, 99). At the Matins, in the gospel reading from Saint John, Christ says that when He is elevated on the Cross He will draw from the psalms which have direct reference to Christ’s crucifixion on the Cross (Ps 22, 74, 99). At the Matins, in the gospel reading from Saint John, Christ says that when He is elevated on the Cross He will draw from the psalms which have direct reference to Christ’s crucifixion on the Cross (Ps 22, 74, 99). At the Matins, in the gospel reading from Saint John, Christ says that when He is elevated on the Cross He will draw from the psalms which have direct reference to Christ’s crucifixion on the Cross (Ps 22, 74, 99). At the Matins, in the gospel reading from Saint John, Christ says that when He is elevated on the Cross He will draw from the psalms which have direct reference to Christ’s crucifixion on the Cross (Ps 22, 74, 99).

September 15, 2019 – Sunday after the Elevation of the Holy Cross

Great-martyr Nikitas the Goth and those with him; Martyr Porphyrios the Mime; Vissarion, bishop of Larisa; New-martyr John of Crete; Joseph the new of Partosh

Matins Gospel Reading: Mark 16:1-8

Troparion of the Resurrection (Tone 4)

Having learned the joyful message of the Resurrection from the angel, the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: “Death hath been spoiled! Christ God is risen, granting the world great mercy!”

Troparion of the Exaltation of the Holy Cross (Tone 1):

O Lord, save Thy people and bless Thine inheritance, granting victory to the Orthodox Christians over their adversaries, and by the virtue of Thy Cross preserving Thy habitation.
Kontakion of the Exaltation of the Holy Cross (Tone 4)
Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new people which is called Thy Church through them doth cry unto Thee, O Christ God: Send down Thy compassion adorned in the blood of Thy martyrs, throughout all the world as Thy adversaries, may Thine aid be a panoply of peace a colon of faith a trophy invincible.

Troparion of All Saints (Tone 4):
Adorned in the blood of Thy martyrs, throughout all the world as Thy Church through them doth cry unto Thee, O Christ God: Send down Thy compassion upon Thy people; grant peace to Thy habitation and great mercy to our souls.

Prokeimenon Psalm:
O Lord, how manifold are Thy works. In wisdom hast Thou made them all. Bless the Lord, O my soul.

Epistle Reading: Epistle of St. Paul to the Galatians 2:16-20
Gospel Reading: Mark 8:34-9:1

Saturday, September 21: Vespers, 7:30 PM (Confession available before and after)

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News and Announcements

**Walk the Walk for IOCC:** St. Andrew Greek Orthodox Church 5649 N. Sheridan Rd. in Chicago is holding the 13th Annual 5K Walk/Run for IOCC on Saturday September 21st form 8 AM to 12 PM. Please visit iocc.org/events for more information or to register.

**Orthodox Women in the Healing Ministries** will hold its 27th Annual Retreat on October 4, 5, & 6 in Rives Junction, Michigan. Retreat speaker V. Rev. Dimitrie Vincent. Theme: "My Grace is Sufficient for You, My Strength is Made Perfect in Weakness." For details, visit https://owhm.org/schedule

The 2018 Touchstone conference **Fight or Flight: The Benedict & Other Options for Facing the World, the Flesh & the Devil** will be held from Thursday, October 10 to Saturday, October 12 at Trinity University in Deerfield, Illinois. Speakers include Anthony Esolen, Rod Dreher, Robert George, Leah Libresco and many others. The conference price is $199.00 for the general public, but Touchstone is making tickets available for FREE to students attending All Saints, and $19.00 for any adult members of All Saints. Please go to this link to register: https://www.touchstonemag.com/fight-or-flight/. When you arrive on the page where you select the number of tickets, you must click on the link in the top left corner that reads "Enter Promo Code." When prompted, enter one of the codes: ASOC (for the FREE student ticket price, which also includes meals) ASOCS (for the $19.00 adult ticket price, including meals)

**The Annual All Saints Women's Retreat:** is scheduled for Saturday October 19. The theme is *Filled with Less* a movement to simplify and declutter our lives in order to make room for what really matters. As a society, we are more overwhelmed, distracted, and drowning in material possessions than ever, making it difficult to access Christ's joy and become good stewards of the gifts He has given us. Led by Integrative and Functional Nutrition Health Coach Cynthia Damaskos, Professional Organizer Presbytera Stacey Dorrance, and podcaster and blogger Molly Sabourin, the Filled With Less workshop is designed to help its participants become intentional about reducing the clutter in their homes, the toxins in their bodies and environments, the stress in their lives, and the vices preventing them from pursuing peace. Please see JoAnne T. for details. An e-mail regarding registration will be sent out soon.