



ALL SAINTS ANTIOCHIAN ORTHODOX CHURCH

Antiochian Orthodox Archdiocese of North America
4129 W. Newport Ave., Chicago, IL 60641
www.allsaintsorthodox.org

Sunday, September 20, 2026
Sunday after the Exaltation of the Holy Cross



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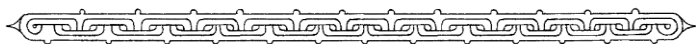
Refrain of the Second Antiphon: O Son of God, who wast crucified in the flesh, save us who sing unto Thee: Alleluia!

Troparion of the Resurrection (Tone 7): Thou didst shatter death by Thy cross; Thou didst open paradise to the thief. Thou didst turn the sadness of the ointment-bearing women into joy, and didst bid Thine Apostles proclaim a warning that Thou hast risen O Christ, granting to the world the great mercy.

Troparion for the Holy Cross (Tone 1): O Lord, save Thy people and bless Thine inheritance! Grant victories to the Orthodox Christians over their adversaries, and by the virtue of Thy cross, preserve Thine habitation.

Troparion of All Saints (Tone 4): Adorned in the blood of Thy martyrs, throughout all the world as in purple and fine linen, 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.

Kontakion of the Holy Cross (Tone 4): As You were voluntarily raised upon the cross for our sake, grant mercy to those who are called by Your name, O Christ God. Make all Orthodox Christians glad by Your power, granting them victories over their adversaries, by bestowing on them the invincible trophy, Your weapon of peace.



EPISTLE READING

For the Sunday after the Exaltation of the Holy Cross

Prokeimenon – Psalm 103:24, 1

O Lord, how manifold are Thy works; in wisdom hast Thou made them all. Bless the Lord, O my soul; O Lord my God, Thou art very great!

The reading from the Epistle of St. Paul to the Galatians (2:11-21)

BRETHREN, when Peter had come to Antioch, I withstood him to his face, because he was to be blamed. For before certain men came from

James, he would eat with the Gentiles; but when they came, he withdrew and separated himself, fearing those who were of the circumcision. And the rest of the Jews also played the hypocrite with him, so that even Barnabas was carried away with their hypocrisy.

But when I saw that they were not straightforward about the truth of the Gospel, I said to Peter before them all, “If you being a Jew, live in the manner of Gentiles and not as the Jews, why do you compel Gentiles to live as Jews?” We who are Jews by nature, and not sinners of the Gentiles, knowing that a man is not justified by the works of the law but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law; for by the works of the law no flesh shall be justified.

But if, while we seek to be justified by Christ, we ourselves also are found sinners, is Christ therefore a minister of sin? Certainly not! For if I build again those things which I destroyed, I make myself a transgressor. For I through the law died to the law that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. I do not set aside the grace of God; for if righteousness comes through the law, then Christ died in vain.

Alleluia – Psalm 44:3, 6

In Thy majesty ride forth victoriously for the cause of truth and to defend the right; let Thy right hand teach Thee dread deeds.
Thou hast loved righteousness and hated wickedness.

GOSPEL READING

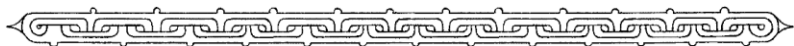
For the Sunday after the Exaltation of the Holy Cross

The reading from the Holy Gospel according to St. Mark (8:34-9:1)

THE LORD SAID: “If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the Gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of me and of my words in this adulterous and sinful

generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels.”

He said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power.”



THE CROSS OF RELATIONSHIPS

His Eminence Metropolitan Saba

Atheistic existentialism says, "Hell is other people," whereas Christian existentialism says, "Paradise is other people." Saint Silouan the Athonite used to say, "Our brother is our life." In Christ, the other — who, according to the Gospel, is our "neighbor" — is no longer an outsider. Every stranger becomes your neighbor when you treat him as the Good Samaritan treated the wounded man (Luke 10). Thus, if you strive to approach every human being with love and compassion, you will see that all are your neighbors. Yet it is important to understand that whenever you feel responsible for others, whether individually or collectively, you continually bear the cross of that responsibility.

There is a heavy cross here, specifically in our relationships with others, beginning with the members of our own family and extending even to our enemies. This cross arises from our desire to protect those we love, to help them, and to stand beside them in their trials and distresses, even when they may not want our help, may be unwilling to follow our advice, or may misunderstand us. At times, they may even oppose us in proportion to our love for them, because they demand an expression of our love that differs from ours, and that may contradict our principles and morals.

In this world, we cannot but bear responsibility for whatever may threaten the lives of those entrusted to our care and love; first, those closest to us, and then everyone with whom we come into contact in one way or another.

In sharing their burden, our own cross grows heavier, just as theirs grows heavier. Sharing responsibility for their lives becomes a source of great

anxiety and pressure. Can you simply cease caring about your children, your spouse, your parents, or your siblings? You may see them walking along a path that leads to destruction—materially or spiritually, emotionally or relationally—and your love instinctively compels you to stand beside them, strengthen and support them, and share in their pain and suffering.

Your sorrow may be magnified by being so close to them, especially since they might reject your offerings or misinterpret your actions for selfish reasons, although you had different intentions. You grieve for them and bear their burdens to the extent that you know the terrible end they will reach.

It is in this sense that Saint Silouan the Athonite said, "The greater the love, the greater the suffering." You cannot simply turn your eyes away from someone you love. At times, you may try to put him out of your mind, but the moment you hear that something bad has happened to him, your suppressed love erupts in anguish. This is a cross that leads you toward openness and selflessness, raising you to become like your Lord in His tender compassion. As the sufferings of your love increase, your heart becomes more tender, more open, and more elevated. ...

How heavy, too, is the cross of those who do not understand you, who misunderstand you, or who judge you according to assumptions and interpretations that have never even crossed your mind. This cross becomes even heavier when your intentions are the exact opposite of what they read into your conduct. Moreover, they refuse to accept any explanation or clarification from you. You seek their material and physical well-being and strive to help them grow spiritually and humanly, yet they perceive the very opposite.

In such a situation, bear their failure to understand your good intentions as a cross — one that urges you to examine yourself carefully, so that you may discover any weakness, error, or impropriety in your conduct. Leave room within yourself for the possibility that you bear some responsibility for their failure to understand you, even when you are certain that they have treated you unjustly.

Announcements and Upcoming Events

For a full calendar of events and services, visit www.allsaintsorthodox.org

Today:

- Orthros & Divine Liturgy, beginning 8:30am
- Coffee hour provided by last names R-Z
- Church school for all ages; adult class will be upstairs taught by Joseph Letendre

Tuesday, Sept. 22: Morning prayers, 9am

Wednesday, Sept. 23: Conception of St. John the Baptist

- Morning prayers, 9am
- Homeschool classes, 10am-4pm
- Vespers, 7pm

Thursday-Saturday, Sept. 24-26: Touchstone conference in Oak Brook.
See note below. No morning prayers at All Saints this Thursday and Friday.

Saturday, Sept. 26: Vespers, 7pm

Next Sunday, Sept. 27:

- Orthros & Divine Liturgy, beginning 8:30am
- Coffee hour provided by last names R-Z
- Church school for all ages follows coffee hour. Fr. Pat will teach the adult class upstairs.

TOUCHSTONE CONFERENCE: Touchstone magazine will host its 40th anniversary conference, *City on a Hill? Christians in America at 250* on September 24-26 at the DoubleTree by Hilton hotel in Oak Brook, IL. Speakers include Rod Dreher and our good friend Fr. Theophan Warren.
Deadline for registration is tomorrow, September 21!

Discounted tickets for All Saints parishioners are available here:

- <http://www.thetouchstoneconference.com/reduced-thursday>
- www.thetouchstoneconference.com/reduced-friday
- www.thetouchstoneconference.com/reduced-saturday
- www.thetouchstoneconference.com/reduced

ALL SAINTS EVE: We are rapidly approaching All Saints Eve on October 31. Last year we produced a wonderful storybook and enjoyed a

fantastic turnout for our celebration of Saints. This year, we will once again extend the opportunity for everyone to nominate and research their favorite saints. I will compile the Saint of the Year storybook and distribute it at the end of October. Last year we elected Saint Miguel Pro Juarez as Saint of the Year. Who will it be this year?

The first step is to submit nominations. Is there a saint or two that you have recently learned about? Or an old favorite that has not recently been nominated? If so, we'd love to hear about them! The top 7 nominees will form our storybook of canonized saints (east or west). Please email nominations to Rich Coleman or to Fr. Andrew, including the name of your chosen saint and a short description (to distinguish between saints of the same name). **Nominations will close on Monday, September 14th.** Please also contact Rich C. if you are willing to help with writing the stories or creating artwork this year.

Volunteer Schedule

Date	Reader	Prospora	Greeter	Coffee	Food
Sun Sept 20	Rich C	Sephora I	Richard B	volunteer	R-Z
Sun Sept 27	Michelle	Debbie K	Azizeh C	Zach C	A-F
Sun Oct 4	Jim K	Pat K	Nancy L	volunteer	G-K
Sun Oct 11	Paul K	Cristina P	Tobey L	volunteer	L-P

For Sunday coffee hour, the last names of our church members have been divided into four parts alphabetically (A-F, G-K, L-P, and R-Z). On your assigned week, please bring something simple to share with everyone for coffee hour.

Clean-up is primarily the responsibility of those assigned to bring food, but let's all help clean up after ourselves: sweep, wipe down tables, wash dishes, etc. Many hands make light work!

If you have children, monitor them as they go through the coffee hour line, and make sure they don't take more than they can eat. Please also help your children clean up after themselves.



Daily Bible Readings

September 20-26, 2026

*Based on the lectionary readings of the Antiochian
Archdiocese*

Sunday, Sept. 20: Sunday after the Exaltation of the Cross

Luke 24:12-35 / Galatians 2:11-21 / Mark 8:34-9:1

Monday, Sept. 21: Holy Prophet Jonah

Exodus 12 / Ephesians 2:11-22 / Luke 3:1-22

Tuesday, Sept. 22: Martyr Phocas, Bishop of Synope

Exodus 13 / Ephesians 3:1-7 / Luke 3:23-38

Wednesday, Sept. 23: Conception of St. John the Baptist

Exodus 14 / Ephesians 3:8-13 / Luke 1:1-25

Thursday, Sept. 24: Proto-Martyr Thekla, Equal-to-the-Apostles

Exodus 15 / Ephesians 3:14-21 / Luke 4:1-13

Friday, Sept. 25: Euphrosyne of Alexandria

Exodus 16 / Ephesians 4:1-10 / Luke 4:14-30

Saturday, Sept. 26: Falling Asleep of St. John the Evangelist

John 21:14-25 / Ephesians 4:11-24 / Luke 4:31-37

**All Saints is a parish of the Antiochian Orthodox Christian
Archdiocese**

www.antiochian.org

His Eminence Metropolitan SABA, Archbishop of North America
Archimandrite Jeremy Davis, Vicar for the Diocese of Toledo & the
Midwest