

**March 19, 2017**

**3RD SUNDAY OF LENT - HOLY & LIFE-GIVING CROSS**

## St. Innocent of Komel

Saint Innocent of Komel and Vologda was born at Moscow, and was descended from the Moscow princely family of Okhlyabinin. He became a monk in the monastery of Saint Cyril of White Lake, and was put under the guidance of Saint Nilus of Sora.

Sts Innocent and Nilus wandered through the East visiting Palestine, Constantinople, and spent several years at the monasteries of Mt. Athos. Having returned to Rus, the saints did not return to their original Saint Cyril of White Lake monastery, but to solitary cells for monastic seclusion. Out of love for wilderness-life they then withdrew into the impassable forest at the River Sora, some fifteen *versts* from the monastery. Here they set up a cross, dug a well, and built separate cells, after the manner of the skete monasteries. A church was built on a marshy spot, and there the hermits led strict lives.

Foreseeing his own demise, Saint Nilus sent Saint Innocent to the River Nurma and predicted to him: "God is sending you there, and yours shall be a cenobitic monastery; after my death, my wilderness monastery will remain as it was during my life, with the brothers living separately each in his own cell."

Upon the death of Saint Nilus, his holy disciple withdrew into the Vologda hinterland and in 1491 he built a cell at the River Eda, which flows into the River Nurma. In a short while disciples began to gather to him. Following the final command of his teacher, Saint Innocent did not seek any donations for it.

Saint Innocent labored for thirty years at building his monastery. He left behind an instruction for the brethren, based on the works of the holy Fathers, particularly the writings of Saint Nilus of Sora. Saint Innocent bade them first of all to avoid wrangling and disputes and asked them to preserve love for Christ and spiritual peace.

The saint forbade young and beardless monks to be accepted and tonsured at his monastery, and he forbade women to enter the monastery. A monk who left the monastery lost his right to a cell, and if he returned, then he could occupy it only with the consent of the igumen and the brethren. The monk asked that a future church be consecrated in the name of Saint John the Forerunner and Baptizer of the Lord, in commemoration of the Third Finding of his Venerable Head, because Saint John is a patron for all monks and wilderness dwellers (later, the monastery was called Transfiguration after its chief temple).

Saint Innocent died on March 19, 1521. In accordance with his last wish, he was buried in a corner of the monastery near a marsh. A stone was placed on his grave inscribed with the year, month, and day of his repose.

*Text & Image from <https://oca.org/saints/lives/2017/03/19/100838-st-innocent-of-komel-the-disciple-of-st-nilus-of-sora-vologda>*

The disciples were called Christians first in Antioch (Acts 11:26)



## ST. PHILIP ORTHODOX CHURCH

1970 Clearview Road  
Souderton, PA 18964

[www.st-philip.net](http://www.st-philip.net) (215) 721-4947

**Emails:** [office@st-philip.net](mailto:office@st-philip.net)  
[frnoah@st-philip.net](mailto:frnoah@st-philip.net)  
[frjamesthayer@gmail.com](mailto:frjamesthayer@gmail.com)  
[frherman1@gmail.com](mailto:frherman1@gmail.com)  
[vacker@st-philip.net](mailto:vacker@st-philip.net)

*V. Rev. Father Noah Bushelli, Pastor*  
215-721-1193

*Rev. Father James Thayer*  
215-692-0890

*Rev. Father Herman R. Acker*  
215-527-8571

**Office Hours:**  
Monday through Thursday 8:30 - 4:00

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### COMMEMORATIONS:

MARTYRS CHRYSANTHOS, DARIA, AND THOSE WITH  
THEM OF ROME (283)

MARTYR PANCHARIOS OF NICOMEDIA (302)

MARTYR DIMITRI OF TORNADA (564)

RIGHTEOUS MARY, WIFE OF VSELOD III (1206)

ST. BASSA, NUN, OF PSKOV (1473)

VENERABLE INNOCENT OF KOMEL (1521)

NEW-MARTYR DEMETRIOS THE JOINER OF  
CONSTANTINOPLE (1564)

ST. SOPHIA OF SLUTSK AND MINSK (1612)

NEW MARTYR NICHOLAS OF KARAMANOS IN  
SMYRNA (1657)

**Tone 6**

Eothinon 6

**Matins Gospel:** St. Luke 24:36-53

**Epistle:** Hebrews 4:14 - 5:6

**Liturgy Gospel:** St. Mark 8:34 - 9:1

**RESURRECTION TROPARION** - Tone 6 - When Mary stood at thy grave, looking for thy sacred Body, angelic powers shone above thy revered tomb, and the soldiers who were to keep guard became as dead men. Thou led'st hades captive and wast not tempted thereby; thou didst meet the Virgin and didst give life to the world. O thou who art risen from the dead, O Lord, glory to thee!

**TODAY:** Reception of Andrew Matzcak as a catechumen.  
**MEMORIAL** (Steve Bakas, 40 days)  
Coffee Hour, Sunday School & Teens after Liturgy.

**SAINT PHILIP'S** is a "Pan-Orthodox" parish of the Antiochian Archdiocese, serving Orthodox Christians of all backgrounds in the English language. If you are a newcomer to our community, please sign our guest book, and stay with us for the Coffee Hour today. AND, WE LOOK FORWARD TO WELCOMING YOU AGAIN!

**PLEASE NOTE:** Holy Communion is only for practicing Orthodox Christians who have prepared themselves through fasting, prayer, and recent confession, and who are dressed modestly and arrived on time for the Liturgy. All are welcome to kiss the Cross and receive Blessed Bread at the end of the Divine Liturgy.

THE ALTAR CANDLES are lighted today to the Glory of God.

MANY THANKS to Catalin Tinjala for sponsoring today's coffee hour. EVERYONE is invited to stay for refreshments after the Divine Liturgy.

THIS WEEK'S GREETERS: Greg & Jennifer Howanetz

THIS WEEK'S CLEANING TEAM: Young Adults

THANK YOU to all who fulfill these ministries!

FLOWER OFFERINGS for the beautification of our church for the Sunday of the Cross, Holy Week, and Pascha are gratefully received. God bless you!

### Everyday Evangelist

*"As the Father has sent me, so I send you." (Jn 20:21)*

Practice intentional acts of kindness out of love for God.

### Mark Your Calendar:

The Lenten Services calendar has been posted and distributed. Pick up a copy from the literature rack. (Check the online calendar for updates.)

#### St Tikhon Mission Choir

Sunday, April 2, 2017, 10:00 am  
Singing the Divine Liturgy.

PASCHA - April 16, 2017

#### Parish Life Conference

June 29 - July 2, Morristown, NJ (Hosted by St George, Little Falls)  
[www.antiochianevents.com/ny.html#](http://www.antiochianevents.com/ny.html#)

International Food Festival - Sept 15 & 16 - Mark your Calendar!

PLEASE PRAY FOR

Naomi C. - Victor - Jim R. - Dianna G & family  
Newly-departed Steve B. - Dina S - Robert G.

**OUTREACH COLLECTION:** Baby Care products

**WISDOM FROM FATHER B:** A Prayer Assignment for you ...

FR NOAH, FR JAMES, & FR HERMAN are available for hospital visits. If you or anyone you know is in the hospital and would like a visit, please call the church office.

**PLEASE PARK ONLY IN DESIGNATED PARKING SPACES; OTHER AREAS MUST REMAIN FREE FOR EMERGENCY VEHICLE ACCESS.**

**AMPLE PARKING** is always available for Church Services in lots just across Clearview Rd, thanks to our good neighbors at Solar Atmospheres. Thank you.

### This Week: Great Fast continues

Monday Mar 20: GREAT COMPLINE 7 p.m.

Tuesday Mar 21: Matushka Olga Sewing Club 11 p.m.  
6th HOUR 12 noon

Wednesday Mar 22: Confessions 6 p.m.  
PRESANCTIFIED LITURGY 7 p.m. (Youth Choir)  
Fasting potluck

Thursday Mar 23: ORTHROS 10 a.m.

Friday Mar 24: PRESANCTIFIED LITURGY 10 a.m.  
Fasting potluck  
**Annunciation Services:**  
VESPERS & ARTOKLASIA 6 pm, MATINS 7 pm  
Choir Rehearsal 8 p.m.

Saturday, Mar 25: ANNUNCIATION LITURGY 9 am  
Lenten potluck (fish, wine, oil)  
Lenten Retreat - Schedule posted  
Dr Christopher Veniamin, *St Silouan of Athos*  
Adult Study (Proverbs) 4:45 p.m.  
VESPERS 6 p.m.  
Bible Bowl study, 7 p.m.

Sunday, Mar 26: *St John Climacus*  
MATINS 8:45 a.m., DIVINE LITURGY 10 a.m.  
Sunday School, Teens, Coffee Hour

**ATTENDANCE:** At Friday Akathist: 23 Vespers on Mar 11: 36 Liturgy on Mar 12: 115 **OFFERINGS:** Candles, \$307.73 Collections, \$311. Youth, \$1. Beautification, \$1,000. BookShelf, \$37. Pastoral Discr, \$200. Capital Improv, \$170. Stewardship, \$6,375. Total received: \$8,401.73

THANK YOU AND GOD BLESS YOU FOR YOUR GENEROSITY