



Holy Apostle Thomas

**TROPARION OF ST. THOMAS**

Thou wast a disciple of Christ and a member of the divine choir of Apostles, by thine unbelief thou didst make known Christ's Resurrection, and by touch thou wast assured of His holy Passion, O all-glorious Thomas, and now pray that we be granted peace and great mercy.

**MEGALYNARION OF ST. THOMAS**

Doubting, thou did come forth to touch His side; yet the resurrection was confirmed by thine unbelief. Henceforth, all have been taught by thee to serve Christ, O Thomas, who did end thy course well by holy martyrdom.

**ST. THOMAS  
ANTIOCHIAN  
ORTHODOX CHURCH**

1201 N. Llano Street  
Fredericksburg, Texas

**VENERATION OF THE PRECIOUS  
AND LIFE-GIVING  
CROSS**

**THIRD SUNDAY OF  
GREAT LENT**

Sunday, March 15, 2026

*Antiochian Diocese of  
Wichita and Mid-America*

Primate

His Beatitude, the Patriarch of  
Antioch, JOHN X

Archbishop of New York and  
Metropolitan of All North America  
His Eminence, Metropolitan Saba

Pastor: Rev. Fr. Methodios Ingalls

Pastor's Email: [methodios102@yahoo.com](mailto:methodios102@yahoo.com)

Pastor's Telephone (512) 632-8188

Website: [stthomasorthodoxchurch.org](http://stthomasorthodoxchurch.org)

Current Events on page 4

## March 15, 2026; Veneration of the Precious & Life-Giving Cross (3rd Sunday of Great Lent)

Martyr Agapios of Palestine and those with him; Apostle Aristoboulos of the Seventy,  
first bishop of Britain; New-martyrs Manuel of Crete and Parthenios

### THE SIXTH EOTHINON GOSPEL

The Reading from the Holy Gospel according to Saint John (20:1—10).

On the first day of the week, Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. So she ran, and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, “They have taken the Lord out of the tomb and we do not know where they have laid Him.” Peter then came out with the other disciple, and they went toward the tomb. They both ran, but the other disciple outran Peter and reached the tomb first; and stooping to look in, he saw the linen cloths lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb; he saw the linen cloths lying, and the napkin, which had been on Jesus’ head, not lying with the linen cloths but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not know the Scripture, that Jesus must rise from the dead. Then the disciples went back to their homes.

### THE SYNAXARION

On the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross. Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God’s grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast.

#### *Verses*

Let the whole world entire worship the Cross  
through Which it truly knew to worship Thee, O Word.

### THE SEVENTH EOTHINON EXAPOSTEILARION IN TONE TWO

Alas, they took the Lord away; as soon as Mary said this, then Simon Peter ran in haste to the tomb with that other initiate loved by Jesus; and when they both came running, they found the linen clothes within set apart from the napkin once on His head, each abandoned, cast off, and lying sep’rate. And so again they held their peace, until they had beheld Christ.

### EXAPOSTEILARION & THEOTOKION FOR THE HOLY CROSS IN TONE TWO

Seeing the precious Cross of Christ today here set before us, let us bow down and worship it, and faithfully rejoicing, let us all kiss it with longing, as we entreat the Lord God Who willingly was crucified thereupon, that He grant us that we might all worship His most honored and most divine Cross, that we, all being uncondemned, might reach the Resurrection.

We worship piously the Tree whereon thy Son once stretched out His spotless hands in our behalf when He was nailed upon it. O all-august Theotokos, now grant us peace and also to come to that all-holy day of the world-saving Passion suffered for us, and to worship also the light-bestowing and bright and world-delighting day of the Lord’s holy Pascha.

Christ hath risen from the dead, loosening the bonds of Death.  
Be of good cheer, and of great joy, and, O Heavens, praise the glory of God.

## THE EPISTLE

The Reading from the Epistle of St. Paul to the Hebrews (4:14—5:6)

Brethren, since we have a great High Priest, Who has passed through the heavens, Jesus the Son of God, let us hold fast the confession. For we do not have a High Priest Who is unable to sympathize with our infirmities, but one Who has been in all points tempted like as we are, yet without sin. Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace to help in time of need. For every high priest, being taken from among the people, is appointed on behalf of the people in things pertaining to God, that he may offer up both gifts and sacrifices for sins; who can have compassion on the ignorant and on those who are erring, since he himself also is encompassed with infirmity. Because of this he is bound, as for the people so also for himself, to offer up for sins. And no one takes the honor upon himself, but as being called by God, as was Aaron. So Christ also did not glorify Himself to become a High Priest, but it was by the One saying to Him, “Thou art My Son, today I have begotten Thee.” As He says also in another place, “Thou art a Priest forever, according to the order of Melchizedek.”

## THE GOSPEL

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 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.” And Jesus 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.”

### RESURRECTIONAL APOLYTIKION IN TONE SEVEN

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.

### APOLYTIKION FOR THE HOLY CROSS IN TONE ONE

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

### KONTAKION OF THE ANNUNCIATION IN TONE EIGHT

To thee our captain, Queen of War, the battle trophies won, thy people rescued by thine aid from peril, dedicate as our offering of thanksgiving, O Theotokos, as thou has might which none by war can overcome, from all forms of danger hast thou delivered me, that I may cry unto thee: Hail, O virgin unwedded bride.

### THE ANTI-TRISAGION HYMN

Before Thy Cross we bow down in worship, Sovereign Lord, and Thy Holy Resurrection we glorify. *Glory to the Father, and to the Son, and to the Holy Spirit; both now and ever, and unto ages of ages. Amen.*

And Thy Holy Resurrection we glorify.

### KOINONIKON (COMMUNION HYMN) FOR THIRD SUNDAY OF GREAT LENT

The light of Thy countenance, O Lord, hath been signed upon us. Alleluia.

## **WELCOME TO VISITORS**

If you are visiting with us today, we are glad you joined with us in prayer today. Please leave your email address with Fr. Methodios if you would like to receive this bulletin and the services. If you are interested in studying the Orthodox faith systematically, please come to the catechumen classes, and speak to Fr. Methodios at 512-632-8188, or contact him at [methodios102@yahoo.com](mailto:methodios102@yahoo.com).

## **REGULAR SERVICES**

WEDNESDAY (7:00 p.m.) — Paraklesis  
SATURDAY (6:00 p.m.) — Great Vespers  
SUNDAY (9:00 a.m.) — Orthros  
(10:00 a.m.) — Divine Liturgy

Confessions by appointment — contact the Pastor.

## **FASTING**

Great Lent — abstain from meat, dairy, wine, oil, and fish. Wine and oil are allowed on Saturday and Sunday.

## **SUNDAY SCHOOL**

Sunday School classes will be on the 2nd and 4th Sundays during social hour.

## **CATECHUMEN CLASS & BOOK STUDY**

Catechism class meets the 1st and 3rd Sundays following the Liturgy.

The book study will next meet Friday, March 20. The current book is *Journey to Reality* by Zachary Porcu. Zoom Meeting ID 303 479 4823; Passcode 878497. This is last one before PASCHA.

## **ANNUAL BAKE SALE AND RESALE BOUTIQUE**

On May 22 and 23, St Thomas will hold a bake sale and resale boutique. See the information sheet in the social hall for more information.

## **FLOWERS DURING GREAT LENT**

We are seeking extra donations for flowers during Great Lent. A list by the kitchen is available if you would like to donate flowers one week. Palms and pussy willows for Palm Sunday cost \$130 to \$140, donations are appreciated. For Pascha, flowers and red eggs cost about \$450.

## **SERVICES FOR GREAT LENT**

Monday, March 16, 7:00 pm, Great Compline

Wednesday, March 18, 7:00 pm, Presanctified Liturgy

Friday, March 20, 7:00 pm, Little Compline with Akathist and Canons

8:00 pm, Book Study on Zoom

Monday, March 23, 7:00 pm, Great Canon of St. Andrew and Life of Mary of Egypt

Tuesday, March 24, 5:30 pm, Vespers, Orthros, Divine Liturgy for Annunciation of the Theotokos

Wednesday, March 25, 7:00 — Great Vespers for Leave-taking of Annunciation

Saturday, April 4, 9:00 am, Baptisms, Divine Liturgy for Raising Lazarus

Holy Week services begin Sunday, April 5 at 7:00 pm

PASCHA—April 12, Liturgy begins Saturday, April 11, at 10:30 pm

## **ON PRAYER**

Prayer is one wing, faith the other, that lifts us heavenward. With only one wing no one can fly: prayer without faith is meaningless as faith without prayer. But if your faith is very weak, you can profitably cry: Lord give me faith! Such a prayer seldom goes unheard. The grain of mustard seed, says the Lord, grows into a great tree. — Tito Colliander, *Way of the Ascetics*, SVS Press, 1960, p. 56.