

## Announcements

- **Welcome guests and visitors!** We are very glad that you joined us this morning and hope you have enjoyed the beauty of today's service. Please approach Fr. Philip at the end and introduce yourself to him. You are invited to our fellowship meal downstairs.
- **Confessions!** Remember there will be no sacrament of confession in Holy Week or right before Pascha. So, you need to come to confession either Thursday 4/2 6pm before Holy Unction or on Saturday 4/4 pm or Sunday am. The reason for this is primarily spiritual: We should not be thinking about our sins in Holy Week but rather we focus on Christ and his life-saving sufferings. Thank you in advance.
- **Birthdays!** Congratulations to Corina Alafgani and Kristina Tsourankova on April 3<sup>rd</sup> ! Many Years!
- **Church Cleaning for Pascha!** Join us on Lazarus Saturday for church cleaning at 12pm

## This Week at Christ the Saviour

**Mon. March 30:** 7:00 pm Bible Study on Zoom. All are welcome – look for the Zoom link an hour beforehand. We are studying the 1<sup>st</sup> Book of Kings (3 Kingdoms), the story of the prophet Elijah in chapters 20 ff.

**Tues. March 31:** 12:00 pm Book Club on Zoom: We are reading the Lenten Sunday talks of Fr. Zacharias from the Essex Monastery in UK.

**Thursday April 2:** 6 pm Confessions. 7:00 pm **Holy Unction** (for baptized Orthodox)

**Lazarus Saturday April 4 :** 9:00 am Liturgy for Lazarus Saturday.

12 pm church cleaning – speak to Matushka or Fr Philip to volunteer.  
6pm Vigil for Palm Sunday – Verboe. Blessing of Palms after Gospel.

**Palm Sunday April 5:** 9:30 hours, confessions, candles etc.

10:00 am Blessing of Palms-Verbi and Divine Liturgy followed by lunch and study group.

# Christ the Saviour Orthodox Church



## Sunday, March 29, 2026

Archpriest Philip Halliwell, Rector

2040, Anza St.  
San Francisco  
sobor.org

Orthodox Church in America  
Diocese of the West

*Welcome to Christ the Saviour!  
Join us for lunch downstairs after the service!*

**Today's Epistle**

Hebrews 9:11-14

**Today's Gospel**

Mark 10:32-45

**5<sup>th</sup> Sunday of Great Lent****St. Mary of Egypt**

Tone 8

**Today's Epistle***Hebrews 9:11-14*

But Christ came as High Priest of the good things to come, with the greater and more perfect tabernacle not made with hands, that is, not of this creation. Not with the blood of goats and calves, but with His own blood He entered the Most Holy Place once for all, having obtained eternal redemption. For if the blood of bulls and goats and the ashes of a heifer, sprinkling the unclean, sanctifies for the purifying of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God, cleanse your conscience from dead works to serve the living God?

**Today's Gospel***Mark 10:32-45*

Now they were on the road, going up to Jerusalem, and Jesus was going before them; and they were amazed. And as they followed they were afraid. Then He took the twelve aside again and began to tell them the things that would happen to Him: "Behold, we are going up to Jerusalem, and the Son of Man will be betrayed to the chief priests and to the scribes; and they will condemn Him to death and deliver Him to the Gentiles; and they will mock Him, and scourge Him, and spit on Him, and kill Him. And the third day He will rise again." Then James and John, the sons of Zebedee, came to Him, saying, "Teacher, we want You to do for us whatever we ask." And He said to them, "What do you want Me to do for you?" They said to Him, "Grant us that we may sit, one on Your right hand and the other on Your left, in Your glory." But Jesus said to them, "You do not know what you ask. Are you able to drink the cup that I drink, and be baptized with the baptism that I am baptized with?" They said to Him, "We are able." So Jesus said to them, "You will indeed drink the cup that I drink, and with the baptism I am baptized with you will be baptized; but to sit on My right hand and on My left is not Mine to give, but *it is for those* for whom it is prepared." And when the ten heard *it*, they began to be greatly

displeased with James and John. But Jesus called them to *Himself* and said to them, "You know that those who are considered rulers over the Gentiles lord it over them, and their great ones exercise authority over them. Yet it shall not be so among you; but whoever desires to become great among you shall be your servant. And whoever of you desires to be first shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many."

**Reflections on the Life of St. Mary of Egypt...**

A Christian must be an ascetic

Before man sinned against the laws revealed by Divine revelation, he had already sinned against nature itself—that is, against the laws placed within nature by the Creator.

Thus, all living things require food to sustain life, yet only man is capable of turning nourishment into pleasure that becomes a passion, fattening himself to the point of losing his health. All living beings need drink, yet only man seeks pleasure in such kinds and quantities of drink that deprive him of self-awareness and self-control. All creatures possess the instinct to continue of their kind, but man alone turns this instinct into a source of shameful vices, debauchery, and terrible diseases. All living beings love freedom of life and movement, yet man alone pushes his freedom into lawlessness and excess, committing so many different crimes that lawmakers cannot devise sufficient measures to prevent or restrain them. Every creature of God rejoices in times of freedom and well-being from the surge of life coming from this, but man alone strives to turn his whole life into an unceasing holiday, exhausting himself in the invention of pleasures, and wasting his best powers and abilities in idleness and dissipation.

Therefore, in order to remain faithful just to nature, man must be an [ascetic](#). This was understood even by the ancient pagan philosophers. How then could a Christian not be an ascetic, if he desires to embody in his fallen nature that lofty ideal of truly human life that is revealed to him in the Gospel?

—*Archbishop Ambrose (Klyucharev)*

If a king wishes to capture an enemy city, he first cuts off its supply of food; the citizens, being weakened by hunger and unwilling to perish, surrender. So it is with carnal desires: if a person lives in fasting and abstinence, these desires grow weak within the soul.

—*St. John the Dwarf*