

CHRIST THE SAVIOUR ORTHODOX CHURCH

Orthodox Church in America • Diocese of Eastern Pennsylvania 5501 Old Locust Lane, Harrisburg, PA 17109 WWW.CTSHBG.ORG • office "at" ctshbg.org

ARCHBISHOP MARK (Maymon) V. Rev. Stephen Vernak, Pastor Rt. Rev. Daniel Kovalak, Attached Dn. John Shingara, Attached

Rdr. James Kushlan, *Choir Director* Dr. David Pawlush, *Parish Council President* John Dotsey, *Treasurer*

OUR "WHY" - To experience and share Christ's love so that everyone we encounter finds healing, purpose, and eternal life.



N ow may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit. Romans 15:13

SUNDAY MARCH 9, 2025

FIRST SUNDAY OF LENT — TONE 4. Sunday of Orthodoxy. The Holy Forty Martyrs of Sebaste. Martyr Urpasianus, of Nicomedia. St. Cæsarius, brother of St. Gregory the Theologian. Righteous Tarasius. Venerable Vitalius of Castronovo.

<u>Schedule</u>: Hours – 9:10am; Divine Liturgy of St. Basil – 9:30am; Oath of Office for the 2025 Parish Council; Memorial Litiya (+Sonia Mioff); Church School & Fellowship. Altar Guild Meeting –12:30pm.

3rd Hour: Ray Rieck • 6th Hour: Michele & Meera Gopinath Epistle: Arun Gopinath • Post-Communion: Larry Smith

Welcome to our Visitors!

Interested in learning more?

Scan this **QR Code** <u>or</u> complete a Visitor Card (in the pews)



HYMNS & READINGS

TROPARION, RESURRECTION, TONE IV – When the women dis<u>ci</u>ples of the Lord/ learned from the angel the joyous message of Thy Resur<u>rec</u>tion,/ they cast away the an<u>ces</u>tral curse/ and elatedly told the a<u>pos</u>tles:/ "<u>Death</u> is overthrown!/ Christ God is <u>ris</u>en,//granting the world great <u>mer</u>cy!"

TROPARION, SUNDAY OF ORTHODOXY, TONE II – We <u>ven</u>erate Thy most pure image, O <u>Good</u> One;/ and ask forgiveness of our transgressions, O <u>Christ</u> our God./ Of Thine own <u>will</u> Thou wast pleased to ascend the <u>Cross</u> in the flesh/ and deliver Thy creatures from bondage to the <u>Ene-</u> my./ <u>There</u>fore with thankfulness we cry aloud to Thee:/ "Thou hast filled all with joy, O our <u>Sav</u>ior,//by <u>com</u>ing to <u>save</u> the world."

TROPARION, 40 MARTYRS OF SEBASTE, TONE I – Through the <u>suf</u>ferings which Thy holy Forty Martyrs endured for Thy <u>sake</u>, O Lord,/ we beseech Thee, O Lover of <u>mankind</u>://"Heal all of our in<u>fir</u>mities!"

Glory to the Father, and to the Son, and to the Holy Spirit.

KONTAKION, SUNDAY OF ORTHODOXY, TONE VIII – No one could de<u>scribe</u> the Word of the <u>Fa</u>ther;/ but when <u>He</u> took flesh from thee, O Theotokos, He accepted to <u>be</u> described,/ and restored the fallen image to its former state by uniting it to divine <u>beauty.//We confess</u> and proclaim our salvation in words and <u>images</u>.

Now and ever, and unto ages of ages. Amen.

KONTAKION, RESURRECTION, TONE IV – My Savior and Redeemer/ as God rose from the tomb and delivered the <u>earth</u>-born from their chains./ He has shattered the <u>gates</u> of hell,/ and as <u>Master</u>,//He has risen on the <u>third</u> day!

PROKEIMENON, TONE IV (Song of the Fathers) – Blessed art Thou, O Lord God of our fathers, / and praised and glorified is Thy Name forever! *V. For Thou art just in all that Thou hast done for us!*

PROKEIMENON, TONE V (40 Martyrs) – Thou, O Lord, shalt protect us / and preserve us from this generation forever.

EPISTLE (*Hebrews 11:24-26; 32-12:2*) – *Brethren:* By faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, ²⁵ choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, ²⁶ esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward. ³² And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets: ³³ who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, ³⁴ quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. ³⁵ Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they might obtain a better resurrection. ³⁶ Still others had

trial of mockings and scourgings, yes, and of chains and imprisonment. ³⁷ They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented – ³⁸ of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth. ³⁹ And all these, having obtained a good testimony through faith, did not receive the promise, ⁴⁰ God having provided something better for us, that they should not be made perfect apart from us. ¹ Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, ² looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

ALLELUIA VERSES – Moses and Aaron were among His priests; Samuel also was among those who called on His Name. • They called to the Lord and He answered them. • Make a joyful noise to God, all the earth! Sing of His name, give to Him glorious praise!

GOSPEL (John 1:43-51) – At that time: Jesus wanted to go to Galilee, and He found Philip and said to him, "Follow Me." ⁴⁴ Now Philip was from Bethsaida, the city of Andrew and Peter. ⁴⁵ Philip found Nathanael and said to him, "We have found Him of whom Moses in the law, and also the prophets, wrote - Jesus of Nazareth, the son of Joseph." ⁴⁶ And Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." 47 Jesus saw Nathanael coming toward Him, and said of him, "Behold, an Israelite indeed, in whom is no deceit!" 48 Nathanael said to Him, "How do You know me?" Jesus answered and said to him, "Before Philip called you, when you were under the fig tree, I saw you." 49 Nathanael answered and said to Him, "Rabbi, You are the Son of God! You are the King of Israel!" 50 Jesus answered and said to him, "Because I said to you, I saw you under the fig tree,' do you believe? You will see greater things than these." ⁵¹ And He said to him, "Most assuredly, I say to you, hereafter you shall see heaven open, and the angels of God ascending and descending upon the Son of Man."

INSTEAD OF "IT IS TRULY MEET" – In thee, O Full of Grace, all creation rejoices;/ the assembly of angels and the race of men./ O sanctified temple and spiritual paradise,/ the glory of virgins,/ from whom God was incarnate/ and became a Child:/ our God before the ages./ He made thy body into a throne,/ and thy womb He made more spacious than the heavens./ In thee, O Full of Grace, all creation rejoices://glory to thee!

COMMUNION HYMN – Praise the Lord from the heavens, praise Him in the highest! • Rejoice in the Lord, O you righteous; praise befits the just! *Alleluia, Alleluia, Alleluia*!

UPCOMING SERVICES & EVENTS

Tue, Mar 11: St. Ita Home School Co-op – 10am; Synaxis March –2pm; Lenten Compline – 6:30pm; Adult Ed #1 –7pm

Wed, Mar 12: Bible Study (Zoom) - noon; Pre-Sanctified Liturgy – 6:30pm; Lenten Pot Luck

Thu, Mar 13: "O" Club Meeting –7pm

Fri, Mar 14: Facilitator Debriefing –2pm; Lenten Vespers –6:30pm

Sat, Mar 15: MEMORIAL SAT. Divine Liturgy – 9:30am; Lenten Pot luck; Ortho 101- 3:30pm; Church School Prosphora Workshop – 4pm;

Vespers – 5pm; Confession & Choir Rehearsal

Sun, Mar 16: ST. GREGORY PALAMAS. . Hours – 9:10am; Divine Liturgy of

St. Basil – 9:30am; Church School & Fellowship. Lenten Vespers –5pm at Holy Trinity Cathedral, Camp Hill

3rd Hour: Kenneth Snyder • 6th Hour: Angie DiFlorio & Ava Pankiw Epistle: John Dotsey • Post-Communion: Maria Reba

PARISH NEWS

<u>Glory be to God!</u> We want to express our thanks for all the prayers, calls, cards, meals & support that we received. CTS family was a great help during my recovery from foot surgery. *God bless you all, Jerry & Ann Cole*

<u>Attention "O" Club Members:</u> There are important topics to discuss at this monthly meeting on **Thu March 13** at 7pm in the parish hall. Please make every effort to attend. If you would like to participate remotely via Zoom, please contact Dimitri Ressetar.

<u>Youth Prosphora Baking Workshop</u>: During Great Lent, we want to find ways to increase our prayer and good deeds. Bring your children, grades 2 and up, to the church hall on March 15, 2025, at 4pm. to cut, stamp, and bake a prosphora to offer for their loved ones at the Sunday Liturgy. If you have any questions, see *Nora Lubecki* or *Sophia Kellachow*.

First Confession Class: If your child is in 3rd grade or above & has not received 1st Holy confession, please see Sophia Kellachow to sign them up! • Dates: March 29; April 5; April 12

Great Lent Prayer Buddies: Please pick up your envelope in the vestibule.

Lenten Adult Education: All lectures start at 7pm (Compline at 6:30pm)

- Tues, March 11: Sin/Confession-How to offer a good Confession Fr. Dan Kovalak
- **Tues, March 18:** Hunger for Righteousness: A Lenten Journey Toward Intimacy with God and Loving our Neighbor. Phoebe Mikhail (author)
- Tues, March 25: Forgiveness: The Prodigal Son and other parables of Repentance and Forgiveness; the Mystery of Metanoia, Confession and Restoration Fr. Stephen Vernak
- Tues, April 1: Theology of Illness & Suffering Fr. Victor Gorodenchuk

Lunch Bunch: Thurs, March 20 at 12:30pm at *Gilligan's (Rt. 22/Houck Rd)*. Please call/text Kathy Pankiw if you plan to attend at 717-579-6449 or email <u>kzpankiw@aol.com</u>. We hope to see you there.

Dutch Apple Dinner Theater: The "O" Club has reserved seats at Dutch Apple Dinner Theater to see *Fiddler on the Roof* on **Sun, May 4**. A flyer & sign-up sheet with the details are in the Fellowship Hall. Please sign up by April 6, see Bill or Joan Dupkanick if you have questions.

Parish ONLY Easter Nut Roll Sale: Nut, poppy seed & apricot rolls -\$15.00 per roll. Orders due by Sun, March 23rd & the pick up date is Sun, April 6th. Contact Debbie Hisiro at 717-903-8604 or dhisiro@verizon.net.

Parish ONLY Pascha Bread Sale: \$6 for plain and \$7 for raisin. Orders due by Sun, March 23rd and the pick up date is Sun, March 30th.Contact John Dotsey at 717-566-0395 or johnandjeandotsey@verizon.net.

<u>Meal Train Ministry:</u> If you are interested in being included on an email list to be notified whenever a "meal train" has been created for a family in our parish *(due to a new baby, or other health needs),* contact Natalie Kennedy.

Fellowship Hour Sign-Up List: Visit the "Parish Resources" tab on our website (www.CTSHBG.org) or scan the QR code. Upcoming dates:

 Sun, March 9: Charity Lenten Soup Fellowship (organized by the Men's Club through Palm Sunday, April 13)



PARISH PRAYER LIST

Names will be listed for 2 weeks unless requested.

NEWLY DEPARTED [40TH DĂY]: Margie Orris (aunt of Marie Reba) -Mar 7 [4/15]; Marc Fetters (friend of Bob Drozd) - Mar 5 [4/13]; Janet Helfrich Freeman (Nick Fresco's grandmother) - Feb 19 [3/30; Richard Morton (friend of Gail Goss) –Feb 8 [3/19]; Gary Keener (son of +Leavitt & stepson of Bette Keener) – Jan 31 [3/11]; Shawn Hudson (cousin of Deb Hisiro) – Jan 30 [3/10];

ANNIVERSARIES OF DEPARTED: Peter King, brother-in-law of +Carl Polansky, Mar 9 – 18th; Vesanka Andric, wife of +Fr. Srboljub Jockovich, Mar 9 – 19th; Myra McManus, mother of Una, Mar 9 – 10th; John Osuch Sr., Mar 10 – 4th; Eileen Onufer, Mar 10 – 16th; Marie Dura, Bill Kuchta cousin, Mar 10-14th; Andrew Spaseff, son of Effie, Mar 10 – 1st; Stanley Bupp, father of Denny, Mar 10 – 67th; M. Anne E. Prislopsky, mother of Mat. Theodora, Mar 11 – 28th; Margaret Kocher, Joanne Wevodau's aunt, Mar 11 – 17th; Audrey Harrington, cousin of +Fr. Dan R., Mar 11 – 9th; Bill Mamay, husband of Judith, Mar 13 – 6th; Met. NICHOLAS, Mar 13 – 14th; Fr. Srboljub Jockovic, Mar 13 – 2nd; Iwan Bucharew, father of Victor, Mar 14 – 23rd; Robert Cable, Jessica Drebot's uncle, Mar 14 – 10th; Steve Dragla, Mar 14 – 46th; Thomas Middlesworth, Mar 14 – 35th;Edna Shuler, grandmother of Peter Taleff, Mar 15 – 40th; Sue Mandell, Mar 15 – 26th; Dorothy Cassel, Mar 15 – 32nd;

AlLING - <u>PARISHIONERS</u>: Joe Russian; Prot. Joseph Fester; Richard Hall; John Schilling; Loretta Ivanoff; Patricia Drebot; Christine Velott; <u>FAMILY</u>/ <u>FRIENDS</u>: Pauline (N. Somple's mother); M. Martha Koen (mother of M. Anna); Chris (friend of Fr. Stephen): Joanne & Matt (friend of M. White); Rebecca, John, Alexandra, & Tamara, (family of B. Kuchta); Dawit (brother-in-law of Yorusalem); Beto, Barbara & Galo (family of C. Preciado) Elaine (friend of B. Drozd); Antony (D. Fedetz family); Robert; Milzna (friend of the Ressetar's); Matthias; Jeanette, Jane, Randy & Jack (friends of Mallick's); Michael (brother of G. Woodbridge); Ann (sister of J. Schilling); Elena (friend of A. Preciado): Gary Lelo (friend of the "O" Club); Ray (father of M. Deamer); Kh. Pamela Pier; Aleasia (family of J. Wevodau); Constantine; Cindy, Adrienne; Paul, Jenny, Joanne, & Steve (Hisiro family & friends); Jeff Sr. (father of J. Smith); Gregory (brother of K. Kuchwara); Zachary (F. Skirpan's son); Kay (aunt K. Leader); Infant Kennedy Ann, Patty, & Doug (friends of K. Pankiw); Brenda; Kyle (cousin of S. Africa); Bill, Travis, Bonnie & Bonnie (colleagues, friend & cousins of G. Goss); Elena (family friend of I. Pototska); Samantha, Suzanne, & Natalie (friend, family & godchild of E. Herman); Michael (father-in-law of C. Velott); Fadia (W. Botros' mother); Blaise (Nora & Jennifer's brother); Lori (sister-in-law of J. & N. Schilling); Presb. Marina Thornburg (Nora's Goddaughter); Nancy, Walt & Jerry "David" (friends of B. Keener); Bonnie, (cousin of Donna Bretz); child Julia; Frank (D. Martins friend); John (brother of J. Barn's coworker); Dennis Patrick (nephew of D. Bupp); Isabella; Christine Perrin; Melanie & Alex (friend & uncle of C. Yerke); Adley (child of N. Somple's friend); Aiden (nephew of S. Hanna); Robin (son-in-law of E. Files); Grace (D. Fedetz sister-in-law); M. Olga Klembara (Larissa & Anita's aunt); Joan, & Kim (friends of the J. &. A. Cole); Hannes & Anne (family of R. Rieck); Pastor Charles, Mary, Peter, & Edwin, (family & friends of the Leer's); John (brother of J. Krut); Grace, Karen, Lois, & Rich (J. Mamay's sisters & friends); Joan Therese & Dori (mother & niece of N. Lubecki & J. Lewis); Lynn (Himes daughter-in-law); Shirley (L. Pawlush's mother); child Joshua; M. Lisa Weremedic (wife of Fr. James); Janice & Emil (J. Zuro & G. Leer's aunt & uncle); Mitchel (Jean Dotsey's nephew); Linda (M. Sharon's mother); Wendy (M. Deamer's mother); Mary (mother of S. Kellachow); Victoria, Erin & David (friends of L. Smith); Flora (T. Gault's mother); Vera (Ressetar's family); Bernadine, Lonnie & Fred (Osuch family); Maia, Mike, Jessica's & their families; Beverly, Jonathan, Paul, Bev, Alynda, Tina, Mark, Jenny, Marilyn, Alicia, Shelby, & Jim (family & friends of the Kushlans); Eileen, Lori, Curt, Vera, Cassi, Mother Karitina, Alexa, Alexander, Anastasia, Saulo, & Theodore (Lopez friends & family);

HEALTH & WELL-BEING: Those suffering from natural disasters, especially those affected by the fires in California. All victims of Sickness, Terror, War, Violence, Racism, Injustice & Civil Strife; Metropolitan Paul & Archbishop John of Aleppo held hostage by Syrian Terrorists, for the suffering people of Israel, Palestine, Ethiopia, Eritrea, Ukraine, Haiti & Afghanistan, especially our citizens & soldiers who are in harms way; PARISHIONERS: Judy Mamay; Eli Mioff; Symeon Jekel; Bahliby K.; Evgeny (Owen) & Ludmilla (Jessica) Williams; Denny Bupp; M. Theodora; James Henry; Effie Spaseff; Kristen Hertzler; Kayli (Kalliopi) Mikita; Tenley Jo Zeppuhar; Nektaria (Mariana) Cruz; Katherine Kuchwara; Charlene Dardaris; Johnna; Terry Drebot; Samantha Lopez; Brigit (Gail) Goss; Mary Ellen Osuch; Natalie Treece; Evan M.; Tony Onufer; Ita (Stephanie) Snyder; John "Jack" Sweikert; Joseph Sembrot; Birikit & Hannah Zerat; Jeanne Zane; Katherine Kudelko; M. Ap. Daniel & M. Myra Kovalak; Lazarus (Jonathan) Dunnavent; Kathryn Kellachow; Sue Wolfe; Daniel Bretz; Robin Kuzupas; Larry Lewis <u>HOME-BOUND/CARE FACILITIES</u>: Nicholas Demopoulos; Millicent Russell; EXPECTANT MOTHER(S): Juanita Brandow; Stephanie Pawlush; Rachel Dupkanick; Emma Hill, Natalie Kennedy; and the child to be born of her; COL-LECE STUDENTS: Adriel Armstrong; Nicholas Demopoulos, Olivia Drozd; Grace & Evelyn Firestine; Arun Gopinath; Tressa Hanna; Jacob Herman; Shawn Jacob; Sophia Kellachow; Rdr. Vladimer Kellachow; Faniel Kesete; Flimon Kesete; Matthew Mikita; Zachary Matthews; Molly Pylypciw; Rachel Reba; Emma Rjepaj; John Romain; Heidi Schoenhals; Melat Tesfay; Siem Tesfay; Sophia Vernak; Jessica Williams; Cassandra Zart; Ashley; David, Dave; Noah; Peter; Wessam; MILITARY: Artem; Alexander; Valery; Conrad; Daulton; Shawn; Benjamin; Rdr. Vladimir; Abel; Jacob; Gabriel; Matthew; David; Michael; Patrick; Peter; Sean; Ian, Zachary; Josiah; FAMILY & FRIENDS: Christopher & Kathy (friends of B. Drozd); Bryanna & Carol (friends of A. Zart); Irene (aunt of N. Somple); Alexis & children (family of D. Hisiro); Simeon (grandson of the Africas); Tim (son of D Fedetz & cousin of C. Kemp & L. Mantle); Elliette (friend of A. Preciado); Thomas (brother of E. Herman); Thalia, Colton & Ron (aunt & cousins of Donna Bretz); Ronda, Tom & Monta Lou (family of S. Demchak); Mike (brother of D. Pawlush); David, Jone, John, Laura, Mark & Vera (friends & family of Libby); George (brother of Frank); James, Svitlana, & Andrew (friends of T. Gault); Jeanne, Michael, John, & James (family of G. Spears); Noelle (daughter of J. Zane); Michelle (friend of M. Reba); Maria (friend of M. Theodora); David (brother of Larissa & Anita); Bill (C. Yerke's father); Jesse & Amelia (grandchildren of C. Dardaris); Christine (sister in law of the DiFlorio's); Steve G. (friend of J. McGreevy); Stacy & Mia (B. Keener's friends); Tony (K. Hertzler's husband); Ronald; Una; Jean & Robert (aunt & friend of Rdr. Leo); Anne (sister-in-law of R. Rieck); Mitchell, Deborah, Michael, Emily, Ezra (S. Kellachow's family); George, Matthew, Ed, George, & Terry (family & friends of J. Mamay); Kalei (family of K. Leader); Vicki, Ron, & Scott (friends of the Pankiw's); Jackie, Bruce, Shirley, Connie, Helen, Rob & Jody (family & friends of the Mallick's); M. Natasha Lazor, Cindy, & Linda, (friends of M. Myra); Rosalie; Abby, David & Dawn (cousins of Chet); Alexandra; Masha, Ethan & Wesley (M. Cameron's family/friend); Nancy & family (Snyder's friends); Cindy, Leticia, Jeremiah, Leida; Willie, Elliana, Timothy, Jessica, Amelia, Edgar, Landon, Theodore, Sofia, Evangelia, Zoe, Ryan, Stacey, Bryan, Andrew, Priest Demetrius Nicoloudakis, Megan, Jacob & family, Georgia, Maria, Blake, Keisha, Dimitrios, child Evangelia, Kyle, Martha, Nicholas, Jack, Samuel, Christian, Steve, Juan, Isaac, Samuel, Faye, Jon, (family/ friends of the S. Lopez); OCMC MISSIONARIES: Jesse & Juanita Brandow (Guatemala); Michael & Carlyn Pak (Mexico) SEMINARIANS: (STS) Rdr. Seraphim & Christina Crossman - Bridget, Ita, Martha, and Veronica; (SVS) Rdr. Nathan & Rebecca Jekel - John, Herman, and Raphael CATECHUMENS: Rudelle Kerests; Emma Rjepaj; Gregory Woodbridge; Stephen Lum; Heidi Schoenhals

MANY YEARS!

Please submit names and dates to office "at" ctshbg.org

BIRTHDAYS: Inna Bondira - Mar 3; Wessam Botros -Mar 9; Marie Reba - Mar 9; Luula Ghebreindrias - Mar 10; Eden Araya - Mar 10; Janice Donelon - Mar 11; Kinsley Jade Kemp - Mar 11; Laura Watkins - Ma 11; Loretta Ivanoff - Mar 12; John Kuzupas - Mar 12; Lydia Mantle - Mar 12; Anastasia Preciado - Mar 12; Yafiet Tesfai - Mar 13; Madison Shingara - Mar 13; Gregory Ressetar - Mar 14; Daniel Neumann - Mar 15; Joan Dupkanick - Mar 14; Daniel Nuemann - Mar 15;

CANDLE OFFERINGS

To reserve, please see a vestryperson

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Synodikon of Orthodoxy

Recited by <u>all the faithful</u> at the conclusion of the procession

As the prophets beheld / as the Apostles have taught, / as the Church has received / as the teachers have dogmatized / as the Universe has agreed / as Grace has shown forth / as Truth has revealed / as falsehood has been dissolved / as Wisdom has presented / as Christ has Awarded / thus we declare / thus we assert / thus we preach Christ our true God / and honor His Saints / in words, in writings in thoughts, / in sacrifices, in churches, in Holy Icons / on the one hand worshipping and reverencing Christ as God and Lord / and on the other hand honoring as true servants of the same Lord of all / and accordingly offering them veneration.

- This is the Faith of the Apostles!
- This is the Faith of the Fathers!
- This is the Faith of the Orthodox!
- This is the Faith which has established the Universe!

