



Sunday February 07, 2016 TONE 3

36th SUNDAY AFTER PENTECOST — Tone 3. Afterfeast of the Meeting of Our Lord / St Parthenius, Bishop of Lampsacus/ Venerable Luke of Hellas

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Reader Schedule

| DATE | 3 RD HOUR | 6 TH HOUR EPISTLE | |
|--------|----------------------|------------------------------|--------------|
| Feb-7 | BUNITSKY, S | SOUDER, C | WALES |
| Feb-14 | CARPENTER | SULPIZI, L | PECK |
| Feb-21 | RILEY, A | RILEY, J | CAREY |
| Feb-28 | SOUDER, C | PECK | BUNITSKY, S. |
| Mar-6 | CARPENTER | SULPIZI, L | PECK |

Hymns and Prayers

!Tone 3 Troparion (*Resurrection*)

Let the heavens rejoice!

Let the earth be glad!

For the Lord has shown strength with His arm.

He has trampled down death by death.

He has become the first born of the dead.

He has delivered us from the depths of hell,

and has granted to the world//

great mercy.

Tone 1 Troparion (*The Meeting of our Lord*)

Rejoice, O Virgin Theotokos, Full of Grace!

From you shone the Sun of Righteousness, ^Christ our God,
enlightening those who sat in darkness.

Rejoice and be glad, O righteous Elder,

you accepted in your arms the ^Redeemer of our souls,

Who grants us the Resurrection!

Tone 4 Troparion (*SS Parthenius and Luke*)

O God of our Fathers,

always act with kindness towards us;

take not Your mercy from us,
but guide our lives in peace//
through the prayers of Your saints!

Tone 3 Kontakion (*Resurrection*)

On this day You rose from the tomb, O Merciful One,
leading us from the gates of death.
On this day Adam exults as Eve rejoices;
with the Prophets and Patriarchs//
they unceasingly praise the divine majesty of Your power.

Tone 1 Kontakion (*The Meeting of our Lord*)

By Your Nativity You sanctified the Virgin's womb
and blessed Simeon's hands, ^O Christ God.
Now You have come and saved us through love.
Grant peace to all Orthodox Christians,
O only Lover of Man!

Tone 3 Prokeimenon (*Resurrection*)

Sing praises to our God, sing praises! Sing praises to our King, sing praises! (Ps 46/47:6)

v: Clap your hands, all peoples! Shout to God with loud songs of joy! (Ps 46/47:1)

Tone 3 Prokeimenon (*Song of the Theotokos*)

*My soul magnifies the Lord, and my spirit rejoices in God my Savior.
(Lk 1:46-47)*

Epistle Timothy 1:15-17

This is a faithful saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners, of whom I am chief.

However, for this reason I obtained mercy, that in me first Jesus Christ might show all longsuffering, as a pattern to those who are going to believe on Him for everlasting life.

Now to the King eternal, immortal, invisible, to God who alone is wise, be honor and glory forever and ever. Amen.

Tone 3

Alleluia, Alleluia, Alleluia!

v: In You, O Lord, have I hoped; let me never be put to shame! (Ps 30/31:1)

v: Be a God of protection for me, a house of refuge in order to save me!

(Ps 30/31:2)

Tone 8

v: Lord, now let Your servant depart in peace, according to Your word, for my eyes have seen Your salvation! (Lk 2:29)

Gospel Matthew 15:21-28

Then Jesus went out from there and departed to the region of Tyre and Sidon.

And behold, a woman of Canaan came from that region and cried out to Him, saying, "Have mercy on me, O Lord, Son of David! My daughter is severely demon-possessed."

But He answered her not a word. And His disciples came and urged Him, saying, "Send her away, for she cries out after us."

But He answered and said, "I was not sent except to the lost sheep of the house of Israel."

Then she came and worshiped Him, saying, "Lord, help me!"

But He answered and said, "It is not good to take the children's bread and throw it to the little dogs."

And she said, "Yes, Lord, yet even the little dogs eat the crumbs which fall from their masters' table."

Then Jesus answered and said to her, "O woman, great is your faith! Let it be to you as you desire." And her daughter was healed from that very hour.

(Instead of "It is truly meet ...," we sing:)

Tone 3

O Virgin Theotokos, hope of all Christians, protect, preserve, and save those who hope in you!

In the shadow and letter of the Law, let us, the faithful, discern a figure: every male [child] that opens the womb is holy to God.

Therefore we magnify the firstborn Word of a Father Who

has no beginning, //

the Son firstborn of a Mother who had not known man.

Communion Hymns

Praise the Lord from the heavens! Praise Him in the highest! (*Ps 148:1*)

I will receive the cup of salvation and call on the name of the Lord.

(*Ps 115/116:13*)

Alleluia, Alleluia, Alleluia!

This Week's Announcements

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Baptism Next Week Next Sunday (Feb 14th) at 8 a.m. we will welcome into the Church, by virtue of the sacrament of holy baptism and chrismation, Lydia Kendall. All are invited to join us as we welcome this newly enlisted warrior of Christ.

Journeys to Orthodoxy We are asking both "Cradle" Orthodox and Convert alike to share your journey to the Orthodox Church. We hope to compile these stories and make them available to both the faithful of St. Michael's and our guest and visitors. We hope that your story may be an inspiration and a help to others. Journeys to Orthodoxy may be submitted to Laura Najemy or Fr. Barnabas. Please consider sharing your journey with us.

Family Promise Our parish continues to serve as a "Support Host" to homeless families in the Wilmington area. We will once again be serving as Support Host Feb. 8th, 9th, & 11th. We will need drivers, cooks, meal servers, help with children's homework and activities, and overnight support for emergencies. We ask that you consider offering yourself to this worthy ministry. Please sign up in the narthex to help feed the homeless at Family Promise Feb. 8, 9 & 11.

Study Group This past week 9 of us finished chapter 9 of 2nd Corinthians. We talked about being a cheerful giver and how the good works of others inspire us to greater faith. Our next study group will meet on Thursday Feb 18th. We will begin reading and discussing chapter 10 of 2nd Corinthians. The study group is an excellent opportunity for continuing adult education. Please join us!

Archbishop MARK to Visit On Sat. & Sun. March 12th & 13th (Cheesefare Sunday) His Eminence Archbishop MARK will be making an archpastoral visit to St. Michael's. Cheesefare Sunday is also "Forgiveness Sunday" where we make the transition from the Sunday's after Pentecost to the Lenten period. Following coffee hour that day we will come back in to the church for Forgiveness Vespers and begin our lenten journey together. Please make plans to join us for this wonderful opportunity in the life of the church.

Compassion and Salvation

On February 13th the Church honors Saint Martinian, a fourth-century native of Caesarea in Palestine.

His life is closely intertwined with the lives of two women, Zoe and Photina, who are commemorated on the same day. Yet he was a hermit saint, and already by the age of eighteen he had decided to live his life in a mountain retreat fairly near the city but having no contact with it. He would be there for twenty-five years, becoming known in the area for his gift of healing and his silence.

A woman of Caesarea, named Zoe, had heard a great deal about the holiness of this man who never came to the city but who seemed to be known to everyone in it. Perhaps it was because she wanted to test the power of her feminine wiles that she decided she would make him betray his vow of celibacy.

Zoe put on rags and made herself look disheveled. Then she approached his dwelling at night, pretending she was disoriented after wandering too far in the dark. Appealing to his compassion, she prevailed on him to let her spend the night in his cell. He went to sleep in a large crevice near the cell.

Just before morning, Zoe tidied herself and changed into alluring clothes she'd brought in what had seemed like a beggar's bundle. When Martinian came to tell her she must leave, she offered herself to him in a low, sultry voice. He was almost overcome with desire, and walked outside for a moment to recover.

Perhaps it was because he'd been compassionate that God strengthened Martinian, keeping him from doing something that would have destroyed the life he'd worked for a quarter-century to build. He returned to the cell, built a small fire, and put his feet into it. The pain made this man, known for silence, cry out. He pulled his feet from the fire and lay gasping and sobbing on the ground.

Then he said to Zoe: "If I cannot bear this little fire, how shall I cope with the fires of hell?" She was so overcome that she begged him to help her change her life. He sent her to the monastery in Bethlehem overseen by Saint Paula, and there she lived in prayer and repentance for the rest of her life.

Once his legs healed, Martinian moved to a remote island, where a kind boatman brought him provisions every few months. But a few years later his compassion was called on again when he heard a young woman crying for help. She had survived a shipwreck and was floating toward his island on a plank. He went and pulled young Photina to safety. To avoid temptation, he invited her to stay on the island and live on his provisions till the boatman came again. Saying farewell, he dove into the water and swam to the mainland.

Martinian lived out his life peacefully in Athens. He is called a hermit saint, but perhaps his salvation also depended on his compassionate unwillingness to leave a woman in distress.

Troparion - Tone 8

You quenched the flames of passion,
blessed Martinian, with abundant tears;
you calmed the waves of the sea
and checked the assaults of wild beasts, saying:
"Almighty God, You are most glorious,
for You have saved me from the fire and storm!"

This weekly bulletin insert complements the curriculum published by the Department of Christian Education of the Orthodox Church in America. This and many other Christian Education resources are available at <http://dce.oca.org>.

Prayers for the Departed: *Archpriest John Udics, Archimandrite Athanasy, Helen Bunitsky, Frederick Salay, Spyridon and Marina*

Prayers for the Sick and Those in Need: *Fr. Vladimir Petorak, Fr. Joseph Chupeck, Fr. David Shewczyk, Mat. Ellen Chupeck, Mat. Jennifer Franchak, Lemlem Resat, Harry Wujcik, , Alfred Mokhiber, Peter Melnik, Lily Nassif, Agnes Timchak, Olga Riley, Anna Hotrovich, Marie Holowatch, Marie Karawulan, Barbara Hicks, Maria Current, Anna Herko, Zack Bajuyo, Luke Wales, Nona Carey, Joseph Wojciechowski, Mona Elia, Lydia Kendall, Georgia Harb, Maria and Doug Dozier, Mary Anne Farrell, Caton Tompkins, Michael Vannello*

Prayers for Women and the Children to be Born of Them: *Maria Peck,, Elizabeth Clause, Matushka Anastasia Hojnicky*

Anniversaries *Lynn & Tom Sulpizi (Feb.8th)*

Birthdays *Dorothy Zabinko (Feb.12th)*

Service Ministries

| Date | Coffee/ Fellowship Hour | Service Duty | Church Cleaners | Library |
|--------|-------------------------------|-------------------|-----------------|------------|
| 7-Feb | Hojnicki/Flynn/Roberts | Sheeler/Baldychev | Riley | Skomorucha |
| 14-Feb | Bacuta | Bunitsky/Lewis | Bunitsky/Oberto | Maloney |
| 21-Feb | Hamwi/Morjana | Elia/Morjana | Fravel | Lewis |
| 28-Feb | Gerassimakis/ Bunitsky | Riley | Gerassimakis | Gundersen |
| 6-Mar | Whale/ Gabriel/ Sheeler | Sulpizi/ Fink | Whalen/ Fink | Farrell |
| 13-Mar | Cheesefare Forgiveness Sunday | Hojnicki/ Souder | Farrell | Skomorucha |

Last Week's Attendance

01/30 Vespers.....34

01/31 Divine Liturgy.....113