



**Sunday September 11, 2016 12th SUNDAY  
AFTER PENTECOST — Tone 3. Afterfeast of the  
Nativity of the Theotokos. Sunday before Elevation.**

Ven. Theodora of Alexandria (474-491). Translation of the Relics of Ven. Sergius and Herman, Wonderworkers of Valaam. Martyrs Demetrius, his wife Euanthia, and their son Demetrian, at Skepsis on the Hellespont (1st c.). Martyrs Diodorus, Didymus, and Diomedes, of Laodicea. Martyr Ia and 9,000 Martyrs with her, of Persia (362-364). St. Euphrosynus the Cook, of Alexandria (9th c.). The Weeping “KAPLUNOVSKAYA” Kazan’ Icon of the Most-holy Theotokos (1689).

**This Week’s Schedule**

*Tuesday 9/13 \* Vesperal Liturgy 6:30 p.m.*

***Elevation of the Holy Cross\****

*Saturday 9/17 Great Vespers 5:00 p.m.*

*Sunday 9/18 Hours 8:40 a.m.*

***Divine Liturgy 9:00 a.m.***

*followed by coffee hour*

**Reader Schedule**

<b>DATE</b>	<b>3<sup>RD</sup> HOUR</b>	<b>6<sup>TH</sup> HOUR</b>	<b>EPISTLE</b>
Sep 11	SOUDER	LEWIS	CAREY
Sep 14	<i>ELEVATION OF THE CROSS</i>		
Sep 18	J BUNITSKY	K BUNITSKY	S BRASOWSKI
Sep 25	L SULPIZI	SOUDER	PECK
Oct 2	J RILEY	A RILEY	FINCK

## **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 4 Troparion**      *(Nativity of the Theotokos)*

Your nativity, O Virgin,

has proclaimed joy to the whole universe!

The Sun of righteousness, Christ our God,

has shone from you, O Theotokos.

By annulling the curse,

He bestowed a blessing://

By destroying death, He has granted us eternal life.

people, O our Savior!

### **Tone 8 Troparion**      *(Venerable Theodora of Alexandria)*

The image of God was truly preserved in you, O Mother,

for you took up the Cross and followed Christ.

By so doing you taught us to disregard the flesh for it passes away

but to care instead for the soul, since it is immortal://

Therefore your spirit, venerable Theodora, rejoices with the Angels.

### **Tone 4 Troparion**      *(Hieromartyr Autonómus)*

By sharing in the ways of the Apostles,

you became a successor to their throne.

Through the practice of virtue, you found the way to divine

contemplation, O inspired one of God;

By teaching the word of truth without error, you defended the Faith, even

to the shedding of your blood.//

Hieromartyr Autonómus, entreat Christ God to save our souls!

### **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 2 Kontakion**     *(Venerable Theodora of Alexandria)*

You depleted your bodily strength by fasting, vigil, and prayers, entreating the Creator to grant forgiveness of your sin; having received it, you showed us the way of repentance, Venerable Mother Theodora.

**Tone 2 Kontakion**     *(Hieromartyr Autonómus)*

With reverence you served the divine mysteries, O wise one, and became an acceptable sacrifice while partaking of the cup of Christ. Now, as you stand before Him, holy martyr Autonómus, // unceasingly intercede for us all!

**Tone 4 Kontakion**     *(Nativity of the Theotokos)*

By your nativity, most pure Virgin, Joachim and Anna are freed from barrenness, Adam and Eve -- from the corruption of death. And we, your people, freed from the guilt of sin, celebrate and sing to you://  
“The barren woman gives birth to the Theotokos, the nourisher of our Life.”

**Tone 6 Prokeimenon**   *(Sunday before the Elevation of the Cross)*

O Lord, save Your people, and bless Your inheritance! (Ps 27/28:9)

v: To You, O Lord, will I call. O my God, be not silent to me! (Ps 27/28:1)

**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** Galatians 6:11-18 *(Sunday before the Elevation)*

*See with what large letters I have written to you with my own hand! As many as desire to make a good showing in the flesh, these would compel you to be circumcised, only that they may not suffer persecution for the cross of Christ. For not even those who are circumcised keep the law, but they desire to have you circumcised that they may boast in your flesh.*

*But God forbid that I should boast except in the cross of our Lord Jesus Christ, by whom the world has been crucified to me, and I to the world.*

*For in Christ Jesus neither circumcision nor uncircumcision avails anything, but a new creation. And as many as walk according to this rule, peace and mercy be upon them, and upon the Israel of God.*

### ***1 Corinthians 15:1-11***

*Moreover, brethren, I declare to you the gospel which I preached to you, which also you received and in which you stand, by which also you are saved, if you hold fast that word which I preached to you – unless you believed in vain.*

*For I delivered to you first of all that which I also received: that Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day according to the Scriptures, and that He was seen by Cephas, then by the twelve.*

*After that He was seen by over five hundred brethren at once, of whom the greater part remain to the present, but some have fallen asleep.*

*After that He was seen by James, then by all the apostles. Then last of all He was seen by me also, as by one born out of due time. For I am the least of the apostles, who am not worthy to be called an apostle, because I persecuted the church of God.*

*But by the grace of God I am what I am, and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God which was with me.*

*Therefore, whether it was I or they, so we preach and so you believed.*

### **Tone 1**

Alleluia, Alleluia, Alleluia!

*v. I have exalted one chosen out of My people. (Ps 88/89:20)*

*v: For My hand shall defend him, and My arm shall strengthen him.  
(Ps 88/89:22)*

### **Tone 8 (*Theotokos*)**

*v: Hear, O daughter, and see, and incline your ear! (Ps 44/45:10)*

### **Gospel John 3:13-17 (*Sunday before the Elevation*)**

*No one has ascended to heaven but He who came down from heaven, that is, the Son of Man who is in heaven. And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up,*

*that whoever believes in Him should not perish but have eternal life.*

*For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.*

*For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.*

### **Matthew 19:16-26**

*Now behold, one came and said to Him, "Good Teacher, what good thing shall I do that I may have eternal life?"*

*So He said to him, "Why do you call Me good? No one is good but One, that is, God. But if you want to enter into life, keep the commandments."*

*He said to Him, "Which ones?" Jesus said, "'You shall not murder,' 'You shall not commit adultery,' 'You shall not steal,' 'You shall not bear false witness,' 'Honor your father and your mother,' and, 'You shall love your neighbor as yourself.'"*

*The young man said to Him, "All these things I have kept from my youth. What do I still lack?"*

*Jesus said to him, "If you want to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven; and come, follow Me."*

*But when the young man heard that saying, he went away sorrowful, for he had great possessions.*

*Then Jesus said to His disciples, "Assuredly, I say to you that it is hard for a rich man to enter the kingdom of heaven.*

*And again I say to you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.*

*When His disciples heard it, they were greatly astonished, saying, "Who then can be saved?"*

*But Jesus looked at them and said to them, "With men this is impossible, but with God all things are possible."*

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

### **Tone 8**

Magnify, O my soul, the most glorious birth of the Mother of God!

Virginity is foreign to mothers;  
childbearing is strange for virgins.

But in you, O Theotokos, both were accomplished./

Therefore all we nations of the earth unceasingly magnify you.

## **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 Announcement**

***Elevation of the Holy Cross*** We will celebrate with both Vespers and Divine Liturgy on the *eve* of the feast Tuesday evening September 13<sup>th</sup> at 6:30 p.m. Join us!

***Parish Family Picnic Sept. 18<sup>th</sup>*** All are welcome to join us for a Parish Family Picnic on Sunday Sept. 18<sup>th</sup> following the Divine Liturgy. There will be food, drinks, and fun. We will also be celebrating the beginning of the church school year. Make plans to be with us! There is a signup sheet in the Narthex. Please see Alice Morjana or Hope LaChance if you have any questions.

***Participate in Our Parish Health Survey!*** We invite everyone to participate in our Parish Health Survey. Your input is important to us. Through your participation in the survey we hope to evaluate the ongoing work at St. Michael's. We also hope to identify strengths and weaknesses in our overall parish witness and ministry. We will be sending out a parish wide email with a link to the survey. We plan to have preliminary survey results at our annual parish meeting. Please look for it in your email. OR, ... the survey can be found as a part of Google forms at <http://goo.gl/forms/HsSdzYhIOerSQPJ2>  
Paper copies will be available for all who do not use the computer.

***Attention all Catechumens and Inquirers*** We will be offering a class on the "Basics of Orthodoxy" on Saturday evenings prior to Vespers at 4:00 p.m. Classes will begin on Sat. Sept. 24<sup>th</sup>. All are welcome to join us.

***From our Church Library:*** Now that a new church calendar year is upon us, recharge your spiritual life by checking out one of the books at the library table, outside the Coffee Hour room. Our library team has set out a new selection of books, and there's something to inspire everyone: Saint's lives, books on the spiritual life, books on prayer, and books for the kiddos. Check it out today.

**Study Group** This past Thursday six of us finished reading and discussing step five of “The Ladder of Divine Ascent.” **PLEASE NOTE: there will be no study group on Sept. 15<sup>th</sup> or Sept. 22<sup>nd</sup> Fr. Barnabas will be away.**

### **Wisdom from the Holy Fathers**

*We have within us deeply rooted weaknesses, passions, and defects. This can not all be cut out with one sharp motion, but patience, persistence, care and attention. The path leading to perfection is long. Pray to God so that he will strengthen you. Patiently accept your falls and, having stood up, immediately run to God, not remaining in that place where you have fallen. Do not despair if you keep falling into your old sins. Many of them are strong because they have received the force of habit. Only with the passage of time and with fervor will they be conquered. Don't let anything deprive you of hope.*

**St. Nectarios of Aegina, Path to Happiness, 3**

*"Do not be greatly disturbed by the arrangement of your fate. Have only the unwavering desire for salvation and, standing before God, await His help until the time comes."*

**St. Ambrose of Optina**

*'I cannot sufficiently be astonished that such is the insanity of some men, such the impiety of their blinded understanding, such, finally, their lust after error, that they will not be content with the rule of faith delivered once and for all from antiquity, but must daily seek after something new, and even newer still, and are always longing to add something to religion, or to change it, or to subtract from it!'*

**St. Vincent of Lerins**

**Prayers for the Departed:** Harry Wujcik, Melanie Adamcio

**Prayers for the Sick and Those in Need:** Fr. Vladimir Petorak, Fr. Joseph Chupeck, Fr. Josef Petranin, Mat Julia Petranin, Mat. Ellen Chupeck, Mat. Jennifer Franchak, Mat. Lisa Weremedic, Lemlem Resat, Alfred Mokhiber, Peter Melnik, Agnes Timchak, Olga Riley, Anna Hotrovich, Marie Holowatch, Marie Karawulan, Barbara Hicks, Maria Current, Anna Herko, Zack Bajuyo, Luke & Anna Wales, Nona Carey, Joseph Wojciechowski, Mona Elia, Lydia Kendall, , Maria and Doug Dozier, Mary Anne Farrell, Caiton Tompkins, Michael Vannello, Catalina(Mary) & Jeremy (John) Finck, Alma Clothier, Rae Svecz, Andrew Kovolavich, Pearl Minnich, John Griffith, Cynthia Griffith, Carson, Stephen, Maria, Aiden, Peck Family, Harry Kutch, Stephanie Hojnicky

**Prayers for Women and the Children to be Born of Them:**  
Kristine

***Service Ministries***

<b>Date</b>	<b><u>Coffee Hour</u></b>	<b><u>Service Duty</u></b>	<b><u>Church Cleaner</u></b>	<b><u>Library</u></b>
<b>11-Sept</b>	Kraiter/Cretu/ Vladimirova	Bunitsky/ Lewis	Bunitsky / Oberto	Skomorucha
<b>18-Sept</b>	Hamwi/Morjana	Elia Morjana	Fravel	Maloney
<b>25-Sept</b>	Gerassimakis/ Bunitsky	Riley	Gerassimakis	Lewis
<b>2-Oct</b>	Whalen/ Gabriel/ Sheeler	Sulpizi/ Fink	Whalen/Fink	Gundersen

**ALTAR SERVER SCHEDULE**

**DATE**

**VESPERS and LITURGY**

Sep-11		Team George
Sep-14	<i>EXALTATION OF THE CROSS</i>	<i>SHARED</i>
Sep-18		Team Conover
Sep-25		Team Gabriel
Oct-02		Team George

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