



Sunday January 08, 2017 29th SUNDAY AFTER PENTECOST — Tone 4. Afterfeast of the Theophany. Sunday after Theophany. Ven. George the Chozebite, Abbot (6th c.). Ven. Domnica of Constantinople (474). St. Emilian the Confessor, Bishop of Cyzicus (9th c.). Ven. Gregory, Wonderworker of the Kiev Caves (Near Caves—1093). Ven. Gregory the Recluse, of the Kiev Caves (Far Caves—13th-14th c.). Hieromartyr Isidore and 72 others at Yuriev (Estonia—1472).

Saturday 01/14 Great Vespers 5:00 p.m.

Sunday 01/15 Hours 8:40 a.m.

Divine Liturgy 9:00 a.m.

Followed by coffee hour

Reader Schedule

<u>DATE</u>	<u>3RD HOUR</u>	<u>6TH HOUR</u>	<u>EPISTLE</u>
Jan-8	BUNITSKY	BUNITSKY	CAREY
Jan-15	WALES	WALES	WALES
Jan-22	SULPIZI	SOUDER	FINCK
Jan-29	LEWIS	PECK	PECK
<u>Feb 2</u>	<u>MEETING OF THE LORD</u>		
Feb-5	WALES	WALES	\WALES
Feb-12	SULPIZI	LEWIS	BRASOWSKI

Hymns and Prayers

Tone 4 Troparion *(Resurrection)*

When the women Disciples of the Lord
learned from the Angel the joyous message of the Resurrection,
they cast away the ancestral curse
and elatedly told the Apostles:
“Death is overthrown!
Christ God is risen,//
granting the world great mercy!”

Tone 1 Troparion of the Feast

When You, O Lord, were baptized in the Jordan,
the worship of the Trinity was made manifest.
For the voice of the Father bore witness to You,
calling You His Beloved Son;
and the Spirit in the form of a dove
confirmed the truthfulness of His word.
O Christ our God, You have revealed Yourself,//
and have enlightened the world, glory to You!

Tone 4 Kontakion *(Resurrection)*

My Savior and Redeemer
as God rose from the tomb and delivered the earth-born from their
chains.
He has shattered the gates of hell,
and as Master,//
He has risen on the third day!

Tone 4 Kontakion of the Feast

Today You have shone forth to the world, O Lord,
and the light of Your countenance has been marked on us.
Knowing You, we sing Your praises:
“You have come and revealed Yourself,//
O unapproachable Light.”

Tone 1 Prokeimenon (*Sunday after Theophany*)

Let Your mercy, O Lord, be upon us as we have set our hope on You!

(Ps 32/33:22)

v: Rejoice in the Lord, O your righteous! Praise befits the just! (Ps 32/33:1)

Epistle Ephesians 4:7-13 (*Sunday after Theophany*)

But to each one of us grace was given according to the measure of Christ's gift.

Therefore He says: "When He ascended on high, He led captivity captive, And gave gifts to men."

(Now this, "He ascended" – what does it mean but that He also first descended into the lower parts of the earth?)

He who descended is also the One who ascended far above all the heavens, that He might fill all things.)

And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ;

Tone 5 (*Sunday after Theophany*)

Alleluia, Alleluia, Alleluia.

v: I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation. (Ps 88/89:1)

v: For You have said: "Mercy will be established forever; Your truth will be prepared in the heavens." (Ps 88/89:2)

Gospel Matthew 4:12-17 (*Sunday after Theophany*)

Now when Jesus heard that John had been put in prison, He departed to Galilee.

And leaving Nazareth, He came and dwelt in Capernaum, which is by the sea, in the regions of Zebulun and Naphtali, that it might be fulfilled which was spoken by Isaiah the prophet, saying:

The land of Zebulun and the land of Naphtali, By the way of the sea, beyond the Jordan, Galilee of the Gentiles:

The people who sat in darkness have seen a great light, And upon those who sat in the region and shadow of death Light has dawned.”

From that time Jesus began to preach and to say, “Repent, for the kingdom of heaven is at hand.”

(Instead of “It is truly meet,” we sing:)

Hymn to the Theotokos

Magnify, O my soul, the most-pure Virgin Theotokos,
more honorable than the heavenly hosts!

No tongue knows how to praise you worthily, O Theotokos;
even Angels are overcome with awe praising you.

But since you are good, accept our faith;
for you know our love inspired by God!

You are the defender of Christians, and we magnify you.

Communion Hymns

The grace of God has appeared for the salvation of all men. (*Titus 2:11*)

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

Alleluia, Alleluia, Alleluia!

This Week’s Announcement

House Blessings Schedule Fr. Barnabas will be offering home blessings following the feast of Theophany. Please see the sign-up in the Narthex.

Study Group to Resume We will meet again this Thursday January 12 at 10 a.m. We will continue with “The Ladder of Divine Ascent”. All are welcome to join us.

Parish Giving As we progress to the diocesan proportional giving of 10% of our operating budget to the National and Diocesan Church, our individual assessments for 2017 are changing. With the approval of our 2017 budget in October, we committed to a level 2 giving as a parish. Although we encourage all to give proportionally, the individual assessment equates to \$166 per adult for this year or \$41.50 per quarter. Envelopes are available in the Narthex if you wish to use them as a reminder. Thank you for your continued support.

Basics of Orthodoxy Update We will be offering the basics of Orthodoxy class on Friday evenings during the Lenten season. We will begin the week of Meatfare, Friday evening Feb 24th following vespers. All are welcome to attend.

St Michael's Food Pantry A small food pantry bin is available to place the non-perishables for those who may come to St. Michael's in need of food. We would like to ask our community to kindly bring food items that are frozen or non-perishable, as nutritious and as minimally processed as possible. We would like to include some items that are easy to open and require little or no preparation for those who might not have fully operational kitchens, (No junk food or highly processed foods please.) If you bring frozen items, please label them as "St Michael's Food Pantry" donation and place in freezer. Thank you!

Using the Gift of Speech

On January 12 and 13 we read from the letter of James (3:1-4:6), who writes about the gift of speech. He describes the power speech can have for good or evil, depending on how we use it. Though the tongue is a very small instrument, he writes, it is a fire, and even a huge forest can be set ablaze by a tiny fire.

James strikingly contrasts the two ways we can use our tongues to speak: "With it we bless the Lord and Father, and with it we curse those who are made in the likeness of God. From the same mouth

come blessing and cursing. My brothers and sisters, this ought not to be so. Does a spring pour forth from the same opening both fresh and brackish water? Can a fig tree, my brothers and sisters, yield olives, or a grapevine yield figs? No more can salt water yield fresh" (3:9-12).

But it is not only the way we speak that's important. We also need to be sure that the particular words we choose are meaningful, and faithful to the truth. Empty words, meaningless chattering words, are a waste of the gift of speech, and lies of course are violations of the purpose of speech. On the 13th we remember a saint who wrote about the need for meaningful and truthful words. He is Hilary of Poitiers.

Born in Poitiers, France, Hilary had an excellent education which included Greek—unusual for a fourth-century Western European. Married and a father, he was so admired in Poitiers that he was elected bishop in about 353. But only three years later he was banished to Phrygia for several years. This was the result of his arguments against heretical Arian teachings. His writings, and his defense of Saint Athanasius, were so compelling that he is sometimes called the "Athanasius of the West." But the emperor was not pleased, and allowed Hilary's enemies to banish him.

Even in exile, Hilary continued to govern his diocese in France. It was during this time that he studied some of the Eastern Fathers' writings, and deepened his understanding of the Church's teachings about the Trinity. This enabled him to write about the importance of using the right words, both meaningful and true, to speak about the Three Divine Persons: "For one to attempt to speak of God in terms more precise than He Himself has used—to undertake such a thing is to embark upon the boundless, to dare the incomprehensible. He fixed the names of His nature: Father, Son, and Holy Spirit. Whatever is sought over and above this is beyond the limits of perception, beyond the embrace of understanding."

Saint Hilary would object to the modern effort to find words other than Father, Son and Holy Spirit to identify the Persons of the Trinity. He would agree with James that words and speech are important, because both have been given to us by God.

From the feast of St. Hilary...

"... that we should always and in all places give thanks, pay our vows, and consecrate our gifts to Thee, O Holy Lord, Father almighty, everlasting God. Who of old didst choose Thy blessed confessor Hilary for Thyself to be a prelate of sanctified confession, shining brightly with radiance vast, mighty in the meekness of his ways, burning with the fervour of his faith, flowing with the fountain of his speech. For the One in Whom his glory lay, is revealed by the multitudes thronging his sepulchre, the purification of those that hasten to it, the healing of the diseased there, the signs of astonishing miracles..."

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>.

Wisdom from the Holy Fathers

“If [the disease of sin] is natural, then it cannot be cured. Thus it would remain always, no matter how hard you worked to rid yourself of it. If you accept this thought, you will lose heart, and say to yourself: this is how it is. For this is that woeful despair, which, once it has been introduced into people, they have given themselves over to lasciviousness, to work all uncleanness (Ephesians 4: 19).

“I shall repeat again: Maintain the conviction that our disorderliness is not natural to us, and do not listen to those who say, ‘It is no use talking about it, because that is just how we are made, and you cannot do anything about it.’ That is not how we are made, and if we undertake to cure ourselves, then we will be able to do something about it.”

St. Theophan the Recluse, The Spiritual Life: And How to Be Attuned to It

"Labor, force yourself, search - and you will find; knock, and it will be opened to you. Do not relax and do not despair. But all the while remember that these labors only comprise the experience of our struggle to attract grace..."

St. Theophan the Recluse "The Path to Salvation"

Prayers for the Departed: Nabil Gouda, Dolores Kozak, Jesse Jones, Ardythe Hope, Joseph Wojceichowski, Sofia Puit, Anwor

Prayers for the Sick and Those in Need:, 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, James Hicks, Maria Current, Anna Herko, Zack Bajuyo, Luke & Anna Wales, Nona Carey, Mona Elia, Lydia Kendall, Maria and Doug Dozier, Mary Anne Farrell, Michael Vannello, Catalina(Mary) & Jeremy (John) Finck, John Griffith, Cynthia Griffith, Carson, Stephen, Maria, Aiden, Peck Family, Walter Danchenka, Anne Peck, George Coyle

For Women and the Child to be Born: Tatyana Klimova

Date	<u>Coffee Hour</u>	<u>Service Duty</u>	<u>Church Cleaner</u>	<u>Library</u>
8-Jan	Sulpizi /Skomorucha	Sheeler/ Baldychev	Sulpizi	Maloney
15-Jan	Souder /Riley	Bunitsky/Lewis	Riley	Lewis
22-Jan	Peck/Wales	Elia/ Morjana	Bunitsky	Gundersen
29-Jan	Hojnicki/Flynn/ Roberts	Riley	Farrell	Farrell

ALTAR SERVER SCHEDULE

DATE	VESPERS and LITURGY
Jan-8	Team Conover
Jan-15	Team Gabriel
Jan-22	Team George
Jan-29	Team Conover
Feb-2	MEETING OF CHRIST IN THE TEMPLE SHARED
Feb-5	Team Gabriel
Feb-12	Team George
