



St. Michael the Archangel Orthodox Church

2300 W. Huntington Dr.

Wilmington, DE 19808

(302) 995-6775

www.stmichael-delaware-oca.org

Sunday September 29, 2019 15th SUNDAY AFTER PENTECOST — Tone 6. Ven. Cyriacus the Hermit, of Palestine (556). Martyrs Dadas, Gabelas, and Casdoë (Casdoa) of Persia (4th c.). Ven. Theophanes the Merciful of Gaza.

This Week Schedule

Thursday 10/3 Study Group 10:00 a.m.

Saturday 10/5 Great Vespers 5: 00 p.m.

Sunday 10/6 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> |
|--------------------|-----------------------------------|-----------------------------------|-----------------------|
| Sep 29 | SULPIZI | PECK | PECK |
| Oct 06 | DORAZIO | SULPIZI | FINCK |
| Oct 13 | WALES | WALES | WALES |
| Oct 20 | SKOMORUCHA | BUNITSKY | LEWIS |
| Oct 27 | J PECK | PECK | PECK |

Hymns and Prayers

Tone 6 Troparion *(Resurrection)*

The angelic powers were at Your tomb;
the guards became as dead men.
Mary stood by Your grave,
seeking Your most pure body.
You took captive hell, //
not being tempted by it.
You came to the Virgin, granting life. //
O Lord, Who rose from the dead, glory to You.

Tone 1 Troparion *(Venerable Kyriakus)*

Dweller of the desert and angel in the body,
You were shown to be a wonder-worker, our God-bearing Father
Kyriakus.
You received heavenly gifts through fasting, vigil, and prayer;
healing the sick and the souls of those drawn to you by faith.
Glory to Him who gave your strength!
Glory to Him Who granted ↑you a crown!
Glory to Him Who through you grants healing to all!

Tone 6 Kontakion *(Resurrection)*

When Christ God the Giver of Life,
raised all of the dead from the valleys of misery with His mighty hand,
He bestowed resurrection on the human race. //
He is the Savior of all, the Resurrection, the Life, and the God of all.

Tone 8 Kontakion *(Venerable Kyriakus)*

The sacred Lavra honors you as a mighty champion and helper,
and yearly celebrates your memory.
As you have boldness before the Lord: preserve us from our enemies
so that we may sing: “Rejoice, thrice-blessed Kyriakus!”

Tone 6 Prokeimenon

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)*

Epistle 2 Corinthians 4:6-15

For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us.

We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair;

persecuted, but not forsaken; struck down, but not destroyed – always carrying about in the body the dying of the Lord Jesus, that the life of Jesus also may be manifested in our body.

For we who live are always delivered to death for Jesus' sake, that the life of Jesus also may be manifested in our mortal flesh.

So then death is working in us, but life in you.

And since we have the same spirit of faith, according to what is written, "I believed and therefore I spoke," we also believe and therefore speak, knowing that He who raised up the Lord Jesus will also raise us up with Jesus, and will present us with you.

For all things are for your sakes, that grace, having spread through the many, may cause thanksgiving to abound to the glory of God.

Tone 6

Alleluia, Alleluia, Alleluia!

v: *He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God. (Ps 90/91:1)*

v: *He will say to the Lord: "My Protector and my Refuge; my God, in Whom I trust." (Ps 90/91:2)*

Gospel Luke 6:31-36

And just as you want men to do to you, you also do to them likewise.

But if you love those who love you, what credit is that to you? For even sinners love those who love them.

And if you do good to those who do good to you, what credit is that to you? For even sinners do the same.

And if you lend to those from whom you hope to receive back, what credit is that to you? For even sinners lend to sinners to receive as much back.

But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High. For He is kind to the unthankful and evil.

Therefore be merciful, just as your Father also is merciful.

Communion Hymn

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

This Week's Announcement

Confessions Just a reminder that beginning next Saturday (10/5) regular confession will once again be heard following Vespers. Thanks to everyone for their patience in making confession adjustments for the Basics of Orthodoxy class.

Fr. Barnabas Powell to Speak at St. Stephen's On Tuesday Oct. 8th at St. Stephen's in Philadelphia, Fr. Barnabas Powell will be offering a talk entitled "Why Do I Do the Things I Do?...and What Can I Do About It?" (*The Christian understanding of the passions and their remedy*). Fr. Barnabas is a well-known speaker and host of "Faith Encouraged" on Ancient Faith Radio. The talk will begin at 7 p.m. more details can be found at ststephenscathedral.org.

Prospora Bakers Requested - St. Michael's could use your help in baking the holy bread and small Prospora that is used every Sunday and on Holy Days. If you are interested in participating in this ministry, please see Susan Skomorucha. Baking instruction is available.

Annual Meeting Reports Our annual parish meeting is coming up in October. Just a reminder that reports in preparation for our all parish meeting should be submitted to Jeff Kendall. Thank you all for your continued work for St. Michael's!

Church School Church school will begin on Sunday Oct. 6th during the coffee hour. The class will be for school children ages 5-12 yrs. We will also offer the molieben for church school on Oct. 6th following the liturgy. Thanks to all for the continued support of the youth education ministry.

Study Group Our study group continued this past Thursday with the gospel of St. Matthew. Nine of us continued reading and discussing “The Sermon on the Mount” in chapter six of St. Matthew. We will continue with chapter six and seven this Thursday at 10 a.m. All are welcome to join us!

Inquirer’s/ Basics of Orthodoxy Class Thanks to everyone who participated in our Basics/ Inquirer Class the last couple months. We hope and pray that our Lord may continue to lead all to the fullness of Christ.

Veterans Collection Once again, our St. Michaels family will be donating to help local Veterans and their families for Thanksgiving. They are requesting \$25 gift cards from local grocery stores to supplement their dinner tables! OR – you can donate any amount, and we will purchase the gift cards for them! There will be more details to come.

Wisdom from the Book of Proverbs

One of the themes of Chapter 21 in Proverbs is justice. In 21:3 we read, "To do righteousness and justice is more acceptable to the Lord than sacrifice."

This verse may sound familiar, since it is similar to verses from Psalm 51 (50), which is part of many Orthodox worship services: "For You have no delight in sacrifice; were I to give a burnt offering You would not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, You will not despise."

These passages reflect a question that the people of Israel took very seriously. They were surrounded by nations whose inhabitants worshipped gods that, in some cases, demanded human sacrifice. These gods seemed to care little for the welfare of human beings or for justice

among them. So the question arose of how the people of Israel were to approach their God. Was it with sacrifices and close attention to ritual? Or was it, as the two passages suggest, with contrite hearts that strove to be righteous and just? The prophet Micah presented the question, and gave the answer:

"With what shall I come before the Lord, and bow myself before God on high? Shall I come before Him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my first-born for my transgression, the fruit of my body for the sin of my soul?" He has shown you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?" (6:6-8).

The emphasis Micah places on justice is echoed in many other parts of the Old Testament. For example, we read a warning in Proverbs 21: 7 that those who are unwilling to be just bring destruction on themselves: "The violence of the wicked will sweep them away, because they refuse to do what is just." A few verses later (21:15) comes a description of two different reactions to justice: "When justice is done, it is a joy to the righteous, but dismay to evildoers."

Isaiah's prophecy in 28: 16-17a reveals God's concern for, and love of, justice not only for the present, but in the glorious future as well:

"Behold, I am laying in Zion for a foundation a stone, a tested stone, a precious cornerstone, of a sure foundation: He who believes will not be in panic. And I will make justice the line, and righteousness the plummet."

The First Letter of Peter, written to encourage persecuted Christians in the early Church, quotes this passage. The letter invites us to come to the "living stone" that is so precious in God's sight: Jesus Christ, the One who brings true justice to the whole world.

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

"But first we must struggle with the demon of dejection who casts the soul into despair. We must drive him from our heart. It was this demon that did not allow Cain to repent after he had killed his brother, or Judas after he had betrayed his Master. The only form of dejection we should cultivate is the sorrow which goes with repentance for sin and is accompanied by hope in God. It was of this form of dejection that the Apostle said: 'Godly sorrow produces a saving repentance which is not to be repented of (2 Cor. 7:10). This 'godly sorrow' nourishes the soul through the hope engendered by repentance, and it is mingled with joy. That is why it makes us obedient and eager for every good work: accessible, humble, gentle, forbearing and patient in enduring all the suffering or tribulation God may send us. Possession of these qualities shows that a man enjoys the fruits of the Holy Spirit: love, joy, peace, long-suffering, goodness, faith, self-control (cf. Gal. 5:11). But from the other kind of dejection we come to know the fruits of the evil spirit: listlessness, impatience, anger, hatred, contentiousness, despair, sluggishness in praying. So we should shun this second form of dejection as we would unchastity, avarice, anger and the rest of the passions. It can be healed by prayer, hope in God, meditation on Holy Scripture, and by living with godly people."

+ St. John Cassian (c. 360-435 AD), *On the Eight Vices: On Dejection*, from *Philokalia*, Vol. I

"Gladly bear vigils, sleeping on the ground and all other hardships, looking to the glory that will be revealed to you and to all the saints; 'for the sufferings of this present time', says the Apostle, 'are not worthy to be compared with the glory which shall be revealed in us' (Rom. 8:18)."

+ St. Evagrius Ponticus (*The Solitary*) (345-399 AD), from the *Philokalia*, Vol. 1, 37

"One cannot hide anywhere from temptations except in the depths of humility."

+ Elder Macarius of Optina

Prayers for the Departed: Archbishop Nikon, Peter Melnik, Michael Sinovich, Marie Karawulan, Virginia Sekerak David Rex

Prayers for the Sick and Those in Need: Fr. John Zabinko, Fr. Joseph Chupeck, Fr. Josef Petranin, Fr. John Nightingale, Fr. Deacon James Carpenter, Mat. Ellen Chupeck, Mat. Jan Kozak, Lemlem Resat, Olga Riley, Barbara Hicks, James Hicks, Anna Herko, Luke & Anna Wales, Nona Carey, Maria & Doug Dozier, Mona Elia, Mary Anne Farrell, John Griffith, Cynthia Griffith, Lubov Baldychev, Stephanie Hojnicky, Laura Cristina Najemy, Harry Kutch, Dimitrios Jim Petrides, Albert Shock, Elizabeth Melnik, Alexandra Grishin

| Date | Coffee Hour | Service Duty | Church Cleaner | Library |
|---------------|----------------------------|---------------------|-----------------------|----------------|
| 29-Sep | Shatley/Hines | Telep/Baldychev | Riley | Farrell |
| 6-Oct | Elia/Gunderson/Farrell | Bunitsky/Morjana | Bunitsky/Finck | Skomorucha |
| 13-Oct | C. Peck/Sulpizi/Skomorucha | Riley/Riley | Farrell | Maloney |
| 20-Oct | Whalen/Clause/Gabriel | Sulpizi/Finck | Clause/Whalen | Gundersen |

Upcoming Dates to Keep in Mind

Church School begins Oct. 6th

Parish Council Meeting Oct. 10th

All Parish Meeting Oct. 27th

Nativity Fast Nov. 15th

Entrance of the Theotokos into the Temple Nov. 21st