
St. Michael the Archangel Orthodox Church

2300 W. Huntington Dr.

Wilmington, DE 19808

(302) 995-6775

www.stmichael-delaware-oca.org

Sunday November 29 , 2020 25th SUNDAY AFTER PENTECOST – Tone 8. Martyr Paramon and 370 Martyrs in Bithynia (250). Martyr Philumenus of Ancyra, and with him Martyrs Valerian and Phædrus (ca. 274). Ven. Acacius of Sinai, who is mentioned in The Ladder (6th c.). Ven. Nectarius the Obedient, of the Kiev Caves (Near Caves – 12th c.). Hieromartyr Abibus (Αβίβα), Bishop of Nekresi in Georgia (6th c.).

This Week's Schedule

Mon. Tue. & Thurs. Family Promise

Wednesday 12/2 Book Study 7:30 p.m.

Thursday 12/3 Study Group 10:00 a.m.

Saturday 12/5 Great Vespers 5:00 p.m.

Sunday 12/6 26th Sunday after Pentecost

St. Nicholas Day Divine Liturgy 9:00 a.m.

Please Note Services will also stream Online

Reader Schedule

<u>DATE</u>	<u>3RD HOUR</u>	<u>6th Hour</u>	<u>EPISTLE</u>
Dec-6	DORAZIO	BUNITSKY	PECK
Dec-13	LEWIS	SKOMORUCHA	LEWIS
Dec-20	RILEY	RILEY	RILEY
Dec-25	NATIVITY OF OUR LORD JESUS CHRIST		

Hymns and Prayers

Tone 8 Troparion *(Resurrection)*

You descended from on high, O Merciful One!
You accepted the three day burial to free us from our sufferings!//
O Lord, our Life and Resurrection, glory to You!

Tone 4 Troparion *(Martyrs)*

Your holy martyrs Paramon and Philumenus and those with them, O
Lord,
through their sufferings have received incorruptible crowns from You,
our God.
For having Your strength, they laid low their adversaries,
and shattered the powerless boldness of demons.//
Through their intercession, save our souls!

Tone 8 Kontakion *(Resurrection)*

By rising from the tomb, You raised the dead and resurrected Adam.
Eve exults in Your Resurrection,//
and the world celebrates Your rising from the dead, O greatly Merciful
One!

Tone 4 Kontakion *(Martyrs)*

Urged on by the commandments of God,
with patience, you cleansed your souls from all defilement.
You reached perfection as spiritual athletes,
and renounced sacrifice to idols.
Imitating Christ, you were slain with a spear,
O most blessed Paramon and Philumenus.//
Always fervently intercede with Christ on behalf of the world!

Tone 8 **Prokeimenon** *(Resurrection)*

Pray and make your vows / before the Lord, our God! *(Ps. 75:10a)*

V. In Judah God is known; His name is great in Israel. (Ps. 75:1)

Epistle Ephesians 4:1-6

I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called in one hope of your calling; one Lord, one faith, one baptism; one God and Father of all, who is above all, and through all, and in you all.

Tone 8

Alleluia, Alleluia, Alleluia!

V. Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (Ps. 94:1)

V. Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps. 94:2)

Gospel Luke 13:10-17

Now He was teaching in one of the synagogues on the Sabbath. And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up. But when Jesus saw her, He called her to Him and said to her, "Woman, you are loosed from your infirmity." And He laid His hands on her, and immediately she was made straight, and glorified God. But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath; and he said to the crowd, "There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day." The Lord then answered him and said, "Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it?"

So ought not this woman, being a daughter of Abraham, whom Satan has bound – think of it – for eighteen years, be loosed from this bond on the Sabbath?”

And when He said these things, all His adversaries were put to shame; and all the multitude rejoiced for all the glorious things that were done by Him.

Communion Hymn

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

This Week's Announcements

Parish Update By God's grace everyone is healthy. We want to thank all for their continued prayers and supplications. If all continue to be healthy, we will plan on coming back for Vespers on the eve of the feast of St. Nicholas Saturday Dec. 5th at 5:00 p.m. We pray for a safe and healthy return for everyone. We are encouraging everyone to monitor themselves for any symptoms of COVID-19. If any parishioner is sick with any of the following symptoms, stay home: fever, cough, shortness of breath, sore throat, muscle aches, fatigue, chills, shaking with chills, loss of smell or taste, nausea or vomiting, diarrhea, or headache or congestion or runny nose without a known cause such as allergies.

Annual All Parish Meeting will be December 6th, 2020 We will hold our annual parish meeting on Sunday, Dec 6th, 2020. We will have options for both in person and streaming participation. We will email the annual budget and parish reports the week prior to the meeting. We ask continued patience going forward. Please pray for our Parish Council as we navigate the pandemic safely.

Parish Council Meeting Our parish council will meet this Monday evening 11/30 at 8:30 p.m. on Zoom. Please let Jeff Kendall know if you are unable to attend.

The Nativity Fast This is just a reminder that the Nativity Fast is now upon us (Nov. 15th). The fast continues until the Nativity of our Lord (Dec. 25th). The celebration of the feast of the Nativity of Christ in the Orthodox Church is patterned after the celebration of the feast of the

Lord's Resurrection. A fast of forty days precedes the feast, with special preparatory days announcing the approaching birth of the Savior. Thus, on Saint Andrew's Day (November 30) and Saint Nicholas Day (December 6) songs are sung to announce the coming birthday of the Lord: 'Adorn yourself, O Cavern. Make ready, O Manger. O Shepherds and wisemen, bring your gifts and bear witness. For the Virgin is coming bearing Christ in her womb' (Vesperal Hymn of Saint Nicholas Day). Please try and make an effort!

Study Group this Week Our Study group will resume on Thursday Dec. 3 at 10:00 a.m. with chapter 15 of St. Matthew. Our group will still meet online. All are welcome to join us!

Online Streaming Help We are currently look for help with our live streaming services. Please see Thaddeus (Scott) Lewis if you are willing to help.

Book Study "The Life of Moses" by St. Gregory of Nyssa Our book study. We will meet one more time on Dec. 2 at 7:30 p.m. to discussion the book, "The Life of Moses", by St. Gregory of Nyssa. We will meet on Zoom and all are welcome to participate.

Sacraments for Those Staying Home Recognizing the need for many to quarantine due to the deadliness of the pandemic, Fr. Barnabas is available to meet individually on Wednesdays and Fridays to offer Confession and Communion for those still at home. Fr. Barnabas is also willing to meet in other creative ways , like on your porch, to assure everyone remains connected. Please email or call the office to set up a time for the Sacraments.

Questions Everyone Should ask themselves Before coming to In-Person Worship: Do you have a fever, cough, shortness of breath, and or trouble breathing? Persistent pain, pressure or tightness in chest? Any recent loss of taste/smell or gastrointestinal upset? Any contact with anyone with C-19? **If you answer YES to any of these questions you should stay at home.**

Wisdom from the Holy Fathers

“Prayer is the place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, and a protection against sadness. “

St. John Chrysostom.

“The Christian prays while he walks, while he talks, while he rests, while he works or reads: and, when he meditates alone in the secret retreat of his own soul, and calls upon the Father with groans that are no less real because they are unspoken, the Father never fails to answer and draw near to him.”

St. Clement of Alexandria

“Help me, my God, to conquer the world within myself.”

St. Nikolai of Zicha, Prayers by the Lake

“If it falls to you to have to bear great misfortunes, sorrows, and sickness, do not grow faint-hearted or despondent do not murmur; do not desire death for yourself and do not speak audaciously before the all-seeing-God-as, for instance: ‘O, what an unbearable misfortune; let me rather die!’ or ‘I would rather kill myself!’ God save you from such audacity! But endure all this courageously, as having been sent to you for God for your sins; “

St. John of Kronstadt

“Pay attention carefully. After the sin comes the shame; courage follows repentance. Did you pay attention to what I said? Satan upsets the order; he gives the courage to sin and the shame to repentance”

St. John Chrysostom

“If you do not hate your ox when it is afflicted with pestilence, and if you do not hate your sheep when it falls sick, how could you hate man, your brother, who has caught the leprosy of sin? The burden of sin is crushing enough by itself; do not load your burden of hatred on top of your brother’s well.”

St. Nikolai of Zicha “The Struggle for Faith”

“Conquer men by your gentle kindness, and make zealous men wonder at your goodness. Put the lover of justice to shame by your compassion. With the afflicted be afflicted in mind. Love all men, but keep distance from all men.”

St. Isaac the Syrian

“Some suffer much from poverty and sickness, but are not humbled, and so they suffer without profit. But one who is humbled will be happy in all circumstances, because the Lord is his riches and joy, and all people will wonder at the beauty of his soul.”

St. Silouan the Athonite

Martyr Paramon and 370 Martyrs in Bithynia Commemorated
November 29 : The Holy Martyr Paramon and the 370 Martyrs with him suffered for their faith in Christ in the year 250 during the rule of the emperor Decius (249-251). The governor of the Eastern regions, Aquianus, had locked up 370 Christians in prison, urging them to abjure Christ and instead offer sacrifice to idols.

They subjected the captives to beatings, hoping by torture and the threat of death to persuade them to renounce Christ and worship the pagan gods. One of the local inhabitants, Paramon by name, openly denounced the cruel governor and confessed his faith in the One True God, the Lord Jesus Christ. They beheaded Saint Paramon after fierce tortures, together with the other 370 martyrs.

Prayers for the Departed: Metropolitan Theodosius, Archbishop David, Barbara Hicks

Prayers for the Sick and Those in Need: Fr. John Zabinko, Fr. Joseph Chupeck, Mat. Ellen Chupeck, Mat. Myra Kovalak, Lemlem Resat, Olga Riley, James Hicks, Anna Herko, Luke Wales, Anna Wales, Nona Carey, Maria & Doug Dozier, Mona Elia, Mary Anne Farrell, Stephanie Hojnicky, Harry Kutch, Dimitrios Jim Petrides, Albert Shock, Elizabeth Melnik, Alexandra Grishin, Sam Sylvest, Paula Daubert, Elizabeth Clause, Jamie Clause, David Telep

Prayers for Catechmens Kristin Mackenzie, Shawn & Jennifer Vojaissek, Andrew Ashton

Date	<u>Service Duty</u>	<u>Church Cleaner</u>
29-Nov	Bunitsky/Morjana	Clause/Whalen
6-Dec	Riley/Riley	Skomorucha/Lewis/M Kiflemarian
13-Dec	Sulpizi	Peck
20-Dec	Hojnicki/Najemy	Carey

Upcoming Dates to Keep in Mind

Family Promise Nov. 30th

Feast of St. Nicholas Dec. 6th

Annual Parish Meeting Dec. 6th

Nativity of our Lord Dec. 25th