

St. Michael the Archangel Orthodox Church

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Sunday January 10, 2020 31st SUNDAY AFTER PENTECOST – Tone 6. Afterfeast of the Theophany. Sunday after Theophany. St. Gregory, Bishop of Nyssa (4th c.). St. Dometian, Bishop of Melitene (601). St. Marcian, Presbyter, of Constantinople (5th c.). Ven. Paul, Abbot of Obnora (Vologdá – 1429). Ven. Macarius, Abbot, of Pisma (14th c.). Bl. Theosebia the Deaconess, sister of Ss. Basil the Great and Gregory of Nyssa (385). Ven. Antipas the Athonite (1882). St. Theophan the Recluse, Bishop of Tambov (1894).

This Week's Schedule

Saturday 1/9 Great Vespers 5:00 p.m.

Sunday 1/10 31st Sunday after Pentecost

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>
Jan-10	DORAZIO	BUNITSKY	CAREY
Jan-17	PECK	PECK	PECK
Jan-24	RILEY	RILEY	RILEY
Jan-31	SKOMORUCHA	DORAZIO	LEWIS

Hymns and Prayers

Tone 6 Troparion *(Resurrection)*

The Angelic Powers were at Thy tomb;
the guards became as dead men.
Mary stood by Thy grave,
seeking Thy most pure body.
Thou didst capture hell not being tempted by it.
Thou didst come to the Virgin, granting life.
O Lord, Who didst rise from the dead, //
glory to Thee.

Tone 1 Troparion *(Feast)*

When Thou, O Lord, wast baptized in the Jordan,
the worship of the Trinity was made manifest.
For the voice of the Father bore witness to Thee,
and called Thee His beloved Son;
and the Spirit in the form of a dove
confirmed the truthfulness of His word.
O Christ our God, Who hast revealed Thyself //
and hast enlightened the world, glory to Thee.

Tone 4 Troparion *(St. Gregory)*

In truth thou wast revealed to thy flock as a rule of faith,
an image of humility and a teacher of abstinence;
thy humility exalted thee;
and thy poverty enriched thee.
O Hierarch Father Gregory,
entreat Christ our God //
that our souls may be saved!

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 1 Kontakion (St. Gregory)

Thou didst keep watch with the eyes of thy soul, O holy bishop,
revealing thyself as a watchful pastor for the world.
With the staff of thy wisdom and thy fervent intercession,
thou didst drive away all heretics like wolves, //
and didst preserve thy flock free from harm, O most wise Gregory.

Tone 4 Kontakion (Feast)

Today Thou hast shone forth to the world, O Lord,
and the light of Thy countenance has been marked on us.
Knowing Thee, we sing Thy praises:
“Thou hast come and revealed Thyself, //
O unapproachable Light.”

Tone 1 Prokeimenon (Sunday After)

Let Thy mercy, O Lord, be upon us / as we have set our hope on Thee!
(Ps. 32:22)

V. Rejoice in the Lord, O you righteous! Praise befits the just! (Ps. 32:1)

Epistle Ephesians 4:7-13 (Sunday After)

*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

Alleluia, Alleluia, Alleluia!

V. I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation. (Ps. 88:1-2)

V. For Thou hast said: Mercy will be established forever; Thy truth will be prepared in the heavens. (Ps. 88:3)

Gospel Matthew 4:12-17 (Sunday After)

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:)

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

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

But since thou art good, accept our faith;
for thou knowest our love inspired by God!

Thou art the defender of Christians, and we magnify thee.

Communion Hymn

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

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

Alleluia, Alleluia, Alleluia!

This Week's Announcements

Theophany Holy Water We will offer the Great Blessing of Waters next Sunday Jan. 10 following Liturgy. We plan to have several bottles of Holy Water prepared ahead of time for the faithful to take home.

Holy Synod of Bishops issues Encyclical of Hope On Thursday, December 31, 2020, the Holy Synod of Bishops of the Orthodox Church in America has issued an encyclical entitled, “We Rejoice Even in Tribulation”: An Encyclical of Hope. The Holy Synod offers this work out of love and gratitude to its faithful at the end of this year. The Synod also intends for the encyclical to be seen as an encouragement for the year to come. In the encyclical, the Synod seeks to find meaning in the year that has past, which has been marked by a pandemic, political polarization, economic anxiety, and civil unrest, and calls the faithful to a renewed faith and hope in Jesus Christ, and service to one another. Presently the encyclical is available as a PDF for download here <https://www.oca.org/holy-synod/encyclicals/encyclical-hope> . In January 2021, printed copies will be mailed to all parishes, monasteries, and institutions of the Orthodox Church in America. ***Please take the extra time and read this important document!***

Study Group to Return Our study group will return from its Nativity and Theophany break. We will resume this Thurs. Jan 14 with chapter 17 of St. Matthew. We will continue to meet on Zoom and all are welcome to join us.

Gift Cards for Veterans We are now collecting money for Acme gift cards for the needy and homeless veterans. Please give or send your checks (marked VETS) to St. Michaels. We will buy gift cards to deliver to Veterans Hospital. Contact Ellen Gundersen (ellengundersen5@gmail.com). The last day to donate to Veterans gift card will be January 10th.

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.

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.**

His Beatitude Metropolitan Tikhon offers statement on recent events

On Thursday, January 7, 2021, His Beatitude Metropolitan Tikhon offered the following statement:

“In the aftermath of the troubling events in Washington, DC, yesterday, may we all keep this country and one another in prayer asking the Lord to grant peace, unity, and hope to all the people of the United States of America. As the Apostle Paul exhorts us to do, “Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor” (Rom 12:9-10).

O Lord Jesus Christ, who have descended the waters of Jordan sanctifying the whole creation and offering us a new life, protect and keep this country and grant it peace, tranquility, and reconciliation!”

Wisdom from the Holy Fathers

Saint Basil the Great On The Psalms

“So that psalmody, bringing about choral singing, a bond, as it were, toward unity, and joining the people into a harmonious union of one choir, produces also the greatest of blessings, charity. A psalm is a city of refuge from the demons, a means of inducing help from the angels, a weapon in fears by night, a rest from toils by day, a safeguard for infants, an adornment for those at the height of their vigor, a consolation for the elders, a most fitting ornament for women.”

“A psalm implies serenity of soul; it is the author of peace, which calms bewildering and seething thoughts. For, it softens the wrath of the soul, and what is unbridled it chastens. A psalm forms friendships, unites

those separated, conciliates those at enmity. Who, indeed, can still consider as an enemy him with whom he has uttered the same prayer to God?"

"It peoples the solitudes; it rids the market place of excesses; it is the elementary exposition of beginners, the improvement of those advancing, the solid support of the perfect, the voice of the Church. It brightens the feast days; it creates a sorrow which is in accordance with God. For, a psalm is the work of angels, a heavenly institution, the spiritual incense."

"God does not judge a Christian because they sinner, but because the do not repent"

+St. Niphon of Constantia

"How can you find out if you are living within the will of God? Here is the sign: If you are troubled about anything, this means that you have not completely given yourself over to the will of God. A person who lives in the will of God is not concerned over anything. And if he needs anything, he gives both it and himself over to God. And if he does not receive the necessary thing, he remains calm nevertheless, as if he had it. The soul which has been given over to the will of God is afraid of nothing, not of thunder nor of thieves-nothing. But whatever happens, she says, "Thus it pleases God." If she is sick, she thinks: this means that I need to be sick, or else God would not have given it to me. Thus peace is preserved in both soul and body."

St. Silouan the Athonite

"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

"God, Who is by nature good and dispassionate, loves all men equally as His handiwork. But He glorifies the virtuous man because in his will he is united to God. At the same time, in His goodness he is merciful to the

sinner and by chastising him in this life brings him back to the path of virtue. Similarly, a man of good and dispassionate judgment also loves all men equally. He loves the virtuous man because of his nature and the probity of his intention; and he loves the sinner, too, because of his nature and because in his compassion he pities him for foolishly stumbling in darkness.”

– *Saint Maximos the Confessor*

Prayers for the Departed: *Metropolitan Theodosius, Archbishop David, Mitred Archpriest Eugene Pianovich, 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,, Andrew Ashton*

Date	<u>Service Duty</u>	<u>Church Cleaner</u>
10-Jan	Riley/Riley	Riley
17-Jan	Sulpiz	Bunitsky/Finck
24-Jan	Hojnicky/Najemny	Farrell
31-Jan	Telep/Baldychev	Clause/Whalen

Upcoming Dates to Keep in Mind

Entrance of our Lord into the Temple Feb. 2nd

Great Fast Begins.....March 15th

Holy Pascha..... May 2nd

Ascension.....June 10th

Pentecost.....June 20th