

## PARISH ANNOUNCEMENTS

- ❖ **WELCOME** to all who are visiting with us today! We hope you will feel at home here and, if you do not already have a church home, will consider becoming a part of the St. Herman community.
- ❖ **CONFESSIONS** will be heard by Fr. Thomas Frizelle on Saturday January 18, March 15, and April 12 following Great Vespers. If you need confession at another time, please contact Fr. Matthew so that he can put you in touch with another priest. Fr. Stephen Lourie will hear confessions on February 22 after Great Vespers.
- ❖ **FASTING** on Wednesdays and Fridays has resumed until the pre-Lenten period.
- ❖ **HOUSE BLESSINGS** are being scheduled. If you do not have a time set to get your house blessed, please contact Fr. Matthew.
- ❖ **HOUSE BLESSING ETIQUETTE:**
  - All who reside in the household should make every effort to be present for the Blessing.
  - All televisions, radios, etc. in the home should be turned off.
  - Lights should be turned on in all the rooms of the house that are to be blessed.
  - In anticipation of the arrival of the Priest to the house, the icon prayer corner should be accessible and clean. If there is no icon corner, the dining table should be set with a clean table cloth, one or more icons standing upright, a candle in a candle stand, a hand-censer and incense (if available).
  - Upon the arrival of the Priest, he is to be greeted by all of the family members, each of whom asks the Priest's blessing and reverences his right hand.
  - The priest should be given a *clearly printed* list of the Baptismal names of the members of the household.
- ❖ **A MARRIAGE & PARENTING RETREAT** will be held by St. John Cathedral Jan. 24-25. Dr. John Dalack will be the speaker. On Friday evening he will offer one talk on marriage and on Saturday he will give two talks on "Intentional Parenting."
- ❖ Our annual **WINTER RETREAT** will be February 21-22, 2014 with Father Stephen Lourie coming from Florida to be our retreat-master. His topic will be "Our Thoughts Determine Our Lives."
- ❖ **CHRISTIAN EDUCATION** will resume January 26.
- ❖ **THE LITURGICAL SCHEDULE** is available in the narthex and on our website at [www.SaintHermanWasilla.org](http://www.SaintHermanWasilla.org). Please note that the Liturgy scheduled on Thursday January 30 has been rescheduled as a Vespers Liturgy at 6:30pm on Wednesday January 29.

# SAINT HERMAN

## ANTIOCHIAN ORTHODOX CHURCH

*Antiochian Orthodox Christian Archdiocese of North America  
Diocese of Los Angeles and the West*

### PRIMATE

His Eminence, the Most Rev. Metropolitan PHILIP

### DIOCESAN HIERARCH

His Eminence, the Most Rev. Archbishop JOSEPH

### PASTOR

Rev. Fr. Matthew Howell

### DEACONS

Rev. Dn. Thomas Ross

Rev. Dn. John Phelps

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SUNDAY AFTER  
THEOPHANY OF  
CHRIST

*January 12, 2014*

### A NOTE REGARDING HOLY COMMUNION

Welcome! In the Orthodox Church, reception of the Holy Eucharist is reserved for baptized, chrismated Orthodox Christians who have prepared by prayer, fasting and a recent confession. If you are visiting or otherwise not prepared to commune today, you are welcome to receive some of the unconsecrated, blessed bread which the acolytes are holding. We pray for all to be united in the Body and Blood of Christ! If you would like to learn how you can enter into communion with the Orthodox Church, please speak with our clergy.

### APOLYTIKION FOR THEOPHANY OF CHRIST IN TONE 1

When Thou, O Lord, was baptized in the Jordan, worship of the Trinity was made manifest; for the voice of the Father bore witness to Thee, calling Thee His beloved Son. And the Spirit in the likeness of a dove confirmed the truth of His word. O Christ our God, Who hath appeared and enlightened the world, glory to Thee.

### KONTAKION FOR THEOPHANY OF CHRIST IN TONE 4

Today Thou hast appeared to the universe, O Lord, and Thy light hath been shed upon us, who praise Thee with knowledge, saying, Thou hast come and appeared, O unapproachable Light.

#### THE EPISTLE

(For the Sunday after Theophany)

*Let Thy mercy, O Lord, be upon us. Rejoice in the Lord, O ye righteous.*

#### The Reading from the Epistle of St. Paul to the Ephesians. (4:7-13)

Brethren, grace was given to each of us according to the measure of Christ's gift. Therefore it is said, "When He ascended on high He led a host of captives, and He gave gifts to men." (In saying, "He ascended," what does it mean but that He had also descended into the lower parts of the earth? He who descended is He who also ascended far above all the heavens, that He might fill all things.) And His gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.

#### THE GOSPEL

(For the Sunday after Theophany)

#### The reading from the Holy Gospel according to St. Matthew. (4:12-17)

At that time, when Jesus heard that John had been arrested, he withdrew into Galilee; and leaving Nazareth he went and dwelt in Capernaum by the sea, in the territory of Zebulon and Naphtali, so that what was spoken by the prophet Isaiah might be fulfilled: "The land of Zebulon and the land of Naphtali, toward the sea, across the Jordan, Galilee of the Gentiles—the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned." From that time Jesus began to preach, saying, "Repent, for the kingdom of heaven is at hand."

### SAINTS OF THE DAY

Martyr Tatiana of Rome and those with her;  
Martyr Peter Absalom of Palestine; Virgin-martyr Euthasia;  
and Martyr Mertios of Mauretania

### THIS WEEK'S SERVICES

*January 12 – January 19*

Wed. 6:30pm: Daily Vespers

Sat. 6:30pm: Great Vespers

Sun. 9:00am: Orthros;

10:00am: Divine Liturgy

### A GOOD WORD

#### VITAMINS FOR THE SOUL

- ❖ "If you see your neighbor sinning, take care not to dwell exclusively on his faults. Try to think of the many good things he has done and continues to do. Many times when we do this, we come to the conclusion that our neighbor is a far better person than we are." -- St. Basil the Great
- ❖ "The soul should be provided with the word of God. For the word of God, as Gregory the Theologian says, 'is the bread of angels, which feeds the soul that is hungry for God. But, above all, one should read the New Testament and the Psalter. From this proceeds illumination of the mind...'" -- St. Seraphim of Sarov
- ❖ "All the stars in the heavens could be more easily counted than all the miracles worked on earth by prayer." -- St. Nicholai of Zica
- ❖ "No one will ever find true happiness and perfect prosperity without God or outside God." -- Bishop INNOCENT, Bishop of Kamchatka, the Kurilian and Aleutian Islands
- ❖ "Christians are good not merely out of obedience to law or harmony with nature, or in order to gain immortal bliss for the soul. Rather, they are righteous in anticipation of the age to come, the eschaton, the age of the fullness of creation in the incarnate Son of God." -- Orthodox Study Bible notes on Epistle for Theophany, Titus 2:11-14
- ❖ "We must become and manifest the icon of God, this restored beauty in our own lives, in our families, in our Churches in our communities and in our Nation." -- His Eminence, Archbishop JOSEPH
- ❖ "St. John the Forerunner set out to men the whole path of true repentance: 'Repent ye!' And he immediately continued: 'Bring forth therefore fruits meet for repentance' (Matt. 3:2,8)." -- St. Nicholai of Zica
- ❖ "To stand guard over the heart, to stand with the mind in the heart, to descend from the head into the heart - all these are one and the same thing. The core of the work lies in the concentration of attention and the standing before the invisible Lord, not in the head but within the chest, close to the heart and in the heart. When the divine warmth comes, all this will be clear." -- St. Theophan the Recluse