

## 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 Saint Herman Church community.
- ❖ **WELCOME** to Fr. Stephen Lourie from Venice, Florida. Thank you for enriching us with wisdom on how to grow spiritually during our retreat. It is good to have you with us.
- ❖ **INQUIRERS CLASSES** continue as we watch a series of videos called "Finding the Church Jesus Built." Session Two will be Wednesday February 26 from 7:15-9:15pm in the parish hall (following Vespers). The title of Session Two is: "Holy Church and Holy Scripture." Please invite any friends and family members who may be interested in learning more about the Orthodox Faith. All are welcome to attend.
- ❖ **MEATFARE SUNDAY** is today, February 23. Fasting from meat starts Monday February 24 and continues until Pascha. Dairy, fish, wine and oil are allowed every day this week.
- ❖ **FORGIVENESS SUNDAY VESPERS** will be held next Sunday at 12:30pm. Reconciling with our brothers and sisters is an important step to take as we enter into Great Lent. Please do everything you can to attend.
- ❖ **CLEAN WEEK SERVICES** (The first week of Lent) will be held March 3-7 each night at 6:30pm: Great Compline with the Canon of St. Andrew of Crete on Monday, Tuesday, and Thursday; Presanctified Liturgy on Wednesday; and Akathist to the Theotokos on Friday.
- ❖ **CONFESSIONS** will be heard by Fr. Thomas Frizelle 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.
- ❖ **TEEN SOYO** will go rock climbing at "Rock On Climbing" Saturday March 1 from 10am-12pm. Cost is \$24 per person. Space is limited, so contact Fr. Matthew if you want to attend. This is open to 10-19 year-olds.
- ❖ **LITURGICAL CALENDARS** for March and April are available online at [www.sainthermanwasilla.org](http://www.sainthermanwasilla.org). Hard copies will be ready in the Narthex next week.
- ❖ **NEW PARISH COUNCIL MEMBERS** are Kai West, Rebekah Johnson, and Janice Vance. Our next meeting is Saturday March 1 at 5pm. Thank you to all those who are and were willing to serve on the council.

# 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

### Contact Information

6988 N. En Dove Road  
Wasilla, Alaska 99654

Office Telephone: (907)373-5254  
Pastor's Cell Phone: (916)396-6325

[FrMatthewHowell@gmail.com](mailto:FrMatthewHowell@gmail.com)  
[www.SaintHermanWasilla.org](http://www.SaintHermanWasilla.org)

SUNDAY OF THE  
LAST JUDGMENT  
(MEATFARE)

*February 23, 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.

### THE EPISTLE

(For Sunday of the Last Judgment)

*The Lord is my strength and my praise.*

*The Lord chastising hath chastised me, but He hath not delivered me over to death.*

**The Reading from the First Epistle of St. Paul to the Corinthians. (8:8-9:2)**

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care, lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you—a man of knowledge—at table in an idol’s temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother’s falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

### THE GOSPEL

(For Sunday of the Last Judgment)

**The Reading from the Holy Gospel according to St. Matthew. (25:31-46)**

The Lord said, “When the Son of man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, ‘Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me, I was naked and you clothed Me, I was sick and you visited Me, I was in prison and you came to Me.’ Then the righteous will answer Him, ‘Lord, when did we see Thee hungry and feed Thee, or thirsty and give Thee drink? And when did we see Thee a stranger and welcome Thee, or naked and clothe Thee? And when did we see Thee sick or in prison and visit Thee?’ And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these My brethren, you did it to Me.’ Then He will say to those at his left hand, ‘Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave Me no food, I was thirsty and you gave Me no drink, I was a stranger and you did not welcome Me, naked and you did not clothe Me, sick and in prison and you did not visit Me.’ Then they also will answer, ‘Lord, when did we see Thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to Thee?’ Then He will answer them, ‘Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.’ And they will go away into eternal punishment, but the righteous into eternal life.”

### SAINTS OF THE DAY

Hieromartyr Polycarp, bishop of Smyrna;  
Venerable Gorgonia, sister of Gregory the Theologian; Venerable Zebinas,  
Polychronios, Moses and Damian near Cyrrhus in Syria;  
Venerable Damian of Esphigmenou monastery on Mount Athos

#### CHRISTIAN EDUCATION

Ages 3-6: Every Sunday at 9:00am

Ages 7-9: Every Sunday following

Liturgy

Ages 10-12: Every Sunday following

Liturgy

Ages 13-19: Every Sunday following

Liturgy

#### THIS WEEK’S SERVICES

*February 23 – March 2*

Wed. 6:30pm: Daily Vespers

Sat. 6:30pm: Great Vespers

Sun. 9:00am: Matins

Sun. 10:00am: Divine Liturgy

Sun. 12:30pm – Forgiveness Vespers

#### A GOOD WORD

*VITAMINS FOR THE SOUL*

All Quotes from Patriarch Bartholomew’s book *Encountering the Mystery*

- ❖ "Prayer accompanies every aspect of life and liturgy."
- ❖ "Prayer is what ultimately reveals who we are in relation to God and other people. If we know how to pray then we also know how to relate to others. Prayer is a mirror of the inner life."
- ❖ "A 'pray-er' is a praying person. It is not a text, but a living human being; not a book, but a burning heart."
- ❖ "In prayer, our concerns ought to be the concerns of others, of the world, and especially of those who cannot protect themselves."
- ❖ "Authentic prayer...is an experience of at-one-ment or reconciliation with all humanity and all of God's creation."
- ❖ "Our goal is to become fiery flames of prayer, living prayers, comforting those in despair and warming those in need."
- ❖ "Mystery is that sacred space or moment when humanity and creation encounter the transcendent God."
- ❖ "Sin is not merely making evil choices, but in fact the result of an inability to make rightful--or righteous—choices."
- ❖ "The early spiritual literature of the Christian East has consistently emphasized the heart as the place where God, humanity, and the world coincide in a harmonious relationship."
- ❖ "Love for God, love for human beings, and love for animals cannot be separated sharply."