

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.
- ❖ **INQUIRERS CLASSES** continue as we watch a series of videos called "Finding the Church Jesus Built." Session Four will be Friday March 14 from 7:30-9:30pm in the parish hall following the Akathist. The title of Session Four is: "The Church Councils." Please invite any friends and family members who may be interested in learning more about the Orthodox Faith. All are welcome to attend.
- ❖ **SOUP SUPPER** will follow Presanctified Liturgy on Wednesdays during Lent. We ask for a \$2 donation per person.
- ❖ **VESPERS FOR SUNDAY OF ORTHODOXY** will be at 4:00pm today at St. Innocent Cathedral in Anchorage, with His Grace, Bishop DAVID presiding. All are welcome to attend.
- ❖ **CONFESSIONS** will be heard by Fr. Thomas Frizelle Saturday March 15 and Saturday 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.
- ❖ **LITURGICAL CALENDARS** for March and April are available in the narthex and online at www.sainthermanwasilla.org.
- ❖ **FOOD FOR HUNGRY PEOPLE** boxes and calendars are in the narthex. Please pick one up and return it during Bright Week.
- ❖ **"SPIRITUAL HEALING OF ADDICTIONS: AN INTRODUCTION"** is a talk that Fr. Christopher Stanton will give on Tuesday March 18 at the Center for the Living Soul (7200 E Valley Circle, Palmer—South end of Trunk Road). The talk will examine the root issues of addiction and outline the corresponding cures. This event is free. Please call 775-2046 to register, as space is limited. Visit www.centerforthelivingsoul.com for more information.

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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1ST SUNDAY OF LENT
(TRIUMPH OF
ORTHODOXY)

March 9, 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 the Forty Martyrs of Sebastia)

Thou, O Lord, will preserve us and keep us from this generation.

Save me, O Lord, for the godly man hath disappeared.

The Reading from the Epistle of St. Paul to the Hebrews. (12:1-10)

Brethren, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and sin which clings so closely; and let us run with perseverance the race that is set before us, looking to Jesus: the Pioneer and Perfecter of our faith, Who for the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider Him Who endured from sinners such hostility against Himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. And have you forgotten the exhortation which addresses you as sons? "My son: do not regard lightly the discipline of the Lord, nor lose courage when you are punished by Him; for the Lord disciplines him whom He loves, and chastises every son whom He receives." It is for discipline that you have to endure. God is treating you as sons; for what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father?

THE GOSPEL

(For the First Sunday of Great Lent)

The Reading from the Holy Gospel according to St. John. (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

SAINTS OF THE DAY

The Holy and Great 40 Martyrs of Sebastia

CHRISTIAN EDUCATION

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

Ages 7-9, 10-12, and 13-19: Every Sunday following Liturgy

THIS WEEK'S SERVICES

March 9 - 16

Today 4:00pm: Sunday of Orthodoxy Vespers at St. Innocent Cathedral

Monday 6:30pm: Great Compline

Wednesday 6:30pm: Presanctified Liturgy followed by soup supper

Friday 6:30pm: Small Compline with Akathist to the Theotokos, followed by Inquirers Class Session 4

Saturday 6:30pm: Great Vespers

Sunday 9:00am: Matins; 10:00am: Divine Liturgy

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ "It is through the virtue of humility that we attain spiritual gifts. Humility is the acknowledgement that God has saved us, forgiven us and desires that we should do the same. God does not force us to do so, we must be willing. If we are not willing to be humble, the world will humiliate us. The humble person cannot be humiliated, for humiliation is nothing but a blow to our pride. The one who has no pride escapes such suffering." --Archbishop JOSEPH
- ❖ "If we dare to call ourselves Orthodox Christians, if we are bold enough to utter even a single prayer to God, then we must first examine ourselves and see if we are truly humble. We must carefully inspect our relationships at home, at work and in the parish. Where we see conflict, we know that we still lack humility. The perfectly humble man or woman has no such animosities towards his or her brethren." -- His Eminence, Archbishop JOSEPH
- ❖ "We must renew our commitment to personal prayer and liturgical participation, to keeping the fasts of the Church, to giving our time and financial resources to the ministries of the Church, and, most especially, to being healed through self-examination and Confession." -- His Eminence, Archbishop JOSEPH
- ❖ "How can we say that we adhere to the meek and All-pure Christ, if we daily poison the air with tales about the sins and shortcomings of others? To conceal your own virtue and the shortcomings of others – in this is pre-eminent spiritual wisdom." -- St. Nicholai of Zica
- ❖ "There is no one so stupid as he who cannot see his own sins and cannot see the virtues of others. There is no one so enlightened as he who can see and recognize his own sins and the virtues of others." -- St. Nicholai of Zica