

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.
- ❖ **CHRISTIAN EDUCATION** continues today for children of all ages. The last class of the semester will be Sunday May 18.
- ❖ **PARISH COUNCIL MEETING SATURDAY MAY 10 at 4:45pm.**
- ❖ **PLEASE RETURN YOUR FOOD FOR HUNGRY BOXES** to the narthex by today. Thank you.
- ❖ **LITURGICAL CALENDARS** for May are available in the narthex and also are online at www.sainthermanwasilla.org.
- ❖ **ACOLYTE TRAINING DAY WILL BE SATURDAY MAY 17** from 10am – 2pm. Any boy or man age 7 and older is welcome to come if they have any interest or experience in serving at the altar. If you are interested in serving at the altar but cannot make it to the training, then please talk to Fr. Matthew.
- ❖ **SAVE THE DATE – ST. HERMAN'S COUNTRY FAIR MAY 31.**
- ❖ **WINES FROM AROUND THE WORLD - MAY 18 at JITTERS.** Saint John's School is hosting a wine-tasting fundraiser May 18 from 7-9:30pm at Jitters in Eagle River. There will be 20 different wines, appetizers courtesy of North Star Bakery, live entertainment and a wide array of silent auction items. Proceeds benefit the School and The Alaska Fisher House, which provides a comfortable place to stay for military members, their dependents and veterans during times of out-patient treatment and recovery. Tickets are available at St. John's School, Jitters, Picture This, or Cozy Carpet in Eagle River for \$40 in advance or \$45 at the door. For more information, call 696-3920.
- ❖ **THE CHURCH BOOKSTORE** is now housed in Fr. Matthew's office, and will be open Sundays briefly during coffee hour or other times by request.

SAINT HERMAN

ANTIOCHIAN ORTHODOX CHURCH

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

PRIMATE

His Eminence, the Most Blessed Patriarch JOHN
of Antioch

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 OF THE
MYRRH-BEARING

WOMEN

May 4, 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

The Lord is my strength and my song. The Lord has chastened me severely.

The Reading from the Acts of the Saintly and Pure Apostles. (6:1-7)

In those days, when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the Twelve summoned the body of the disciples and said, "It is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word." And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochorus, and Nicanor, and Timon, and Parmenas, and Nicolaos, a proselyte of Antioch. These they set before the apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (15:43-16:8)

At that time, Joseph of Arimathea, a respected member of the council, who was also himself looking for the Kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if He were already dead; and summoning the centurion, he asked him whether Jesus was already dead. And when he learned from the centurion that He was dead, he granted the body to Joseph. And he bought a linen shroud, and taking Him down, wrapped Him in the linen shroud, and laid Him in a tomb, which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Jesus saw where He was laid. And when the Sabbath was passed, Mary Magdalene, Mary the mother of James, and Salome, bought spices so that they might go and anoint Him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back—it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, Who was crucified. He has risen, He is not here; see the place where they laid Him. But go, tell His Disciples and Peter that He is going before you to Galilee; there you will see Him, as He told you." And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

SAINTS OF THE DAY

Pious Joseph of Arimathea, Righteous Nicodemus and the holy Myrrh-bearing Women; the Venerable Martyr Pelagia of Tarsus;
Athanasios, bishop of Corinth;
Venerable Nikephoros the Solitary of Athos

CHRISTIAN EDUCATION

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

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

Last Day of Classes is May 18

THIS WEEK'S SERVICES

May 4 – May 11

Wed. 6:30pm: Great Vespers for St. John the Theologian

Sat. 6:30pm: Great Vespers

Sun. 9:00am: Matins followed at 10:00am by Divine Liturgy

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ "We are all surrounded by corruption in the Church, in our neighborhoods, our families, and in society. How do we defeat corruption all around us? - By perfecting ourselves. Christ was surrounded by the ultimate corruption of Hell when He descended into the depths. But His perfection destroyed sin, death, and the Devil. He released those held by corruption and 'led captivity captive.'" -- His Eminence, Archbishop JOSEPH
- ❖ "Divine symbols are perfected [in baptism]: burial and death, resurrection and life and all these happen at the same time. As we submerge our heads in the water as in a tomb, the old man is buried, and as he goes down he is once and for all and entirely hidden; then, as we lift up our heads, the new man comes forth." -- St. John Chrysostom
- ❖ "Just as it is easy for us to be immersed and to lift up our heads again, so it is easy for God to bury the old man and show forth the new. This takes place three times, that you may know that the power of the Father and the Son and the Holy Spirit brings all these things to fulfillment." -- St. John Chrysostom
- ❖ "The joy of Pascha comes to us through the reality of the Cross. The bliss of salvation comes through our death at Baptism." -- Archbishop JOSEPH
- ❖ "The people itself, by passing through the Red Sea, proclaimed the good tidings of salvation by water. The people passed over, and the Egyptian king with his host was engulfed, and by these actions this sacrament was foretold. For even now, whensoever the people are in the water of regeneration, fleeing from Egypt, from the burden of sin, it is set free and saved. But the Devil with his own servants (I mean of course, the spirits of evil), is choked with grief, and perishes, deeming the salvation of men to be his own misfortune." -- St. Gregory of Nyssa