

## CHRISTIAN EDUCATION

*Tuesday Night Family Night*

5:30-6:00pm – Dinner - \$3 per person or \$15 per family

6:00-7:30pm – Classes for Ages 3-19

7:00-7:30pm – Daily Vespers

### 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.
- ❖ **OCTOBER LITURGICAL CALENDARS** are available in the narthex and online at [www.sainthermanwasilla.org](http://www.sainthermanwasilla.org).
- ❖ **CONFESSIONS** will be heard October 4 after Great Vespers by Fr. Thomas Frizelle. This is one week later than previously announced due to a scheduling conflict.
- ❖ **SATURDAY SEPT. 27 - PARISH WORKDAY** 10AM – 2PM. *This is one week later than originally advertised.* Bring a sack lunch. Many hands make light work, so please come and pitch in even if you cannot stay for the entire time. Bring tools such as paint brushes, rollers and pans, hammers and drills with your name on them. Tasks that need to be completed include:
  - Painting
  - Yard clean up
  - Minor outdoor construction projects
  - Window washing

# SAINT HERMAN

## ANTIOCHIAN ORTHODOX CHURCH

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

### PRIMATE and DIOCESAN HIERARCH

His Eminence, the Most Reverend Metropolitan JOSEPH

### PASTOR

Rev. Fr. Matthew Howell

### DEACONS

Rev. Dn. Thomas Ross

Rev. Dn. John Phelps

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LEAVETAKING OF  
THE EXALTATION  
OF THE CROSS

*September 21, 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 after the Exaltation of the Holy Cross)

*O Lord, how manifold are Thy works. In wisdom hast Thou made them all.  
Bless the Lord, O my soul.*

### **The Reading from the Epistle of St. Paul to the Galatians. (2:16-20)**

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

## THE GOSPEL

(For Sunday after the Exaltation of the Holy Cross)

### **The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)**

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and of My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And He said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."

## SAINTS & FEASTS OF THE DAY

Leave-taking (Apodosis) of Exaltation of the Holy Cross;  
Apostle Quadratos of the Seventy; Prophet Jonah;  
uncovering of the relics of Demetrios, bishop of Rostov

## THIS WEEK'S SERVICES

*September 21 - 28*

Tues. 7:00pm: Daily Vespers

Sat. 6:30pm: Great Vespers

Sun. 9:00am: Matins followed by the Divine Liturgy

## A GOOD WORD

*VITAMINS FOR THE SOUL*

- ❖ "If three men meet, of whom the first fully preserves interior peace, and the second gives thanks to God in illness, and the third serves with a pure mind, these three are doing the same work." -- Abba Poemen
- ❖ "If man suppresses his stomach and his tongue, then he will be able to rule over himself." -- St. Poemen
- ❖ "The more I bow before the icon of Christ, or the Theotokos or of any patron saint, it means that I am ready to humble myself and liberate myself and free myself from all evil actions, thoughts and behaviors." - - His Eminence, Metropolitan JOSEPH
- ❖ "In the Church, when we say we are a community, we do not understand this in merely political or human terms, but rather that we are a spiritual family of our Lord Jesus Christ." -- His Eminence, Metropolitan JOSEPH
- ❖ The emperor told Mamas that he needed only to deny Christ verbally, Mamas replied: "Neither in my heart nor with my lips will I renounce my God and King, Jesus Christ."
- ❖ "The icons of the holy men and women reestablish and recover souls that are weighed down by affliction and anguish. The saints are like a cloud protecting those who are burned by the hot rays of earthly afflictions." -- His Eminence, Metropolitan JOSEPH
- ❖ "The goal of reading is the application, in our lives, of what we read. Not to learn it by heart, but to take it to heart. Not to practice using our tongues, but to be able to receive the tongues of fire and to live the mysteries of God." -- Elder Paisios the Athonite