

## CHRISTIAN EDUCATION

*Tuesday Night Family Night*

5:30-6:00pm – Potluck – *Free, but please bring a dish to share*

6:00-7:30pm – Classes for Ages 3-19

6:00-7:00pm – Class to learn how to make Prospora (bread for liturgy) hosted by Pr. Anastasia and Gloria Dittbrender

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 SATURDAY OCTOBER 4** by Fr. Thomas Frizelle after Great Vespers.
- ❖ **PFDs ARE HERE! Please mark “PFD” on the memo of your check when tithing on your PFD.** All proceeds this year will go toward finishing the parish house. We need about \$13,000 to finish the inside and \$13,000 to finish the outside including siding. If everyone—men, women, and children—in the parish tithed 10% on their PFD, then we would bring in \$30,000.
- ❖ **PROSPHORA CLASS – TUESDAY SEPT. 30, 6:00-7:00pm.** Presbytera Anastasia and Gloria Dittbrender will be teaching a class this Tuesday to anyone interested in learning how to make prospora, which is the bread used for liturgy. Also, they are looking for more volunteers to be part of the prospora rotation for liturgies. If you are interested or have any questions, please talk to either of them during coffee hour.
- ❖ **OCTOBER 7** – Fr. Michael Habib will be available to hear confessions following Daily Vespers.

Thank you to all who showed up and helped with our work day yesterday, both children and adults. We cleaned and improved the property and the parish hall, accomplishing many important tasks together. May God bless you for your service and efforts.

# 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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16<sup>TH</sup> SUNDAY  
AFTER PENTECOST

*September 28, 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 Sixteenth Sunday after Pentecost)

*The Lord will give strength to His people.*

*Ascribe to the Lord, O sons of God, ascribe to the Lord honor and glory.*

### **The Reading from the Second Epistle of St. Paul to the Corinthians. (6:1-10)**

Brethren, working together with Him, then, we entreat you not to accept the grace of God in vain. For He says, "At the acceptable time I have listened to you, and helped you on the day of salvation." Behold, now is the acceptable time; behold, now is the day of salvation. We put no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, tumults, labors, watching, hunger; by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet well known; as dying, and behold we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

## THE GOSPEL

(For the First Sunday of Luke)

### **The Reading from the Holy Gospel according to St. Luke. (5:1-11)**

At that time, Jesus was standing by the lake of Gennesaret. And He saw two boats by the lake; but the fishermen had gone out of them and were washing their nets. Getting into one of the boats, which was Simon's, Jesus asked him to put out a little from the land. And He sat down and taught the people from the boat. And when Jesus had finished speaking, He said to Simon, "Put out into the deep and let down your nets for a catch." And Simon answered, "Master, we toiled all night and took nothing! But at Thy word I will let down the nets." And when they had done this, they enclosed a great shoal of fish; and as their nets were breaking, they beckoned to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." For he was astonished, and all that were with him, at the catch of fish, which they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; henceforth you will be catching men." And when they had brought their boats to land, they left everything and followed Him.

## SAINTS & FEASTS OF THE DAY

Venerable Chariton the confessor, abbot of Palestine;  
Prophet Baruch; Venerable Neophytos and Auxentios of Cyprus;  
Martyr Heliodoros and companions in Pisidia;  
Martyr Wenceslaus, prince of the Czechs

## THIS WEEK'S SERVICES

*September 28 – October 5*

Tues. 7:00pm: Daily Vespers

Sat. 6:30pm: Great Vespers followed by Confessions Heard

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

## A GOOD WORD

*VITAMINS FOR THE SOUL*

- ❖ "If one studies a great deal in order to acquire knowledge and to teach others, without living the things he teaches, he does no more than fill his head with hot air. At most, he will manage to ascend to the moon using machines. The goal of the Christian is to rise to God without machines." -- Elder Paisios the Athonite
- ❖ "The power of Communion is within us, and it is our obligation to bring it to concrete expression." — His Beatitude, Patriarch IGNATIUS IV
- ❖ "Who shall not beatify thee, most holy Virgin? Who shall not praise thy birth-giving, free of travailing and pain? For the only Son rising timelessly from the Father, himself did come incarnate from thee in an inexplicable way. He, who while God by nature, became for our sakes Man by nature, not divided into two persons, but known by two natures without mixture or confusion. To him, O noble and most blessed one, plead for the salvation of our souls." -- Dogmatikon from Saturday Evening Great Vespers in Tone 6
- ❖ After cruel tortures, the governor Fronton cried out to Menodora, who was wounded and bloody: "Offer sacrifice to the gods!" To this the holy martyr replied: "Do you not see that I am offering my entire self as a sacrifice to my God?"
- ❖ "What is more necessary for man than God and His divine love? He is our refuge, He is our treasure, He is our food and drink, He is our raiment and shelter, He is our health and strength, He is our happiness and joy, He is our hope and our trust. Strive then, my son, to gain Him. If you succeed in gaining the One God, it will be sufficient for you; you will rejoice more in Him than if you had gained the entire world." -- St. Theodora