

CHRISTIAN EDUCATION

Tuesday Night Family Night

5:30-6:00pm – Dinner – \$3/person, \$15/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.
- ❖ **SEPTEMBER LITURGICAL CALENDARS** are available in the narthex and online at www.sainthermanwasilla.org.
- ❖ **CATECHESIS OF THE GOOD SHEPHERD STUDENT ORIENTATION TODAY** - Christian education will be held *Tuesday nights* from 6:00-7:30pm starting September 9. Please see Brigitte Dahl and Jennifer Miller to have your 3-9-year-old child oriented for CGS. Payments for CGS are due as soon as possible. Please make checks payable to “St. Herman Church” with “CGS” or “Christian Ed” in the memo. The cost is \$50 per child that will attend CGS Levels 1 or 2.
- ❖ **GREAT VESPERS FOR THE NATIVITY OF THE THEOTOKOS** – Today at Noon
- ❖ **SEPTEMBER 8 – 8AM -LITURGY FOR THE NATIVITY OF THE THEOTOKOS.**
- ❖ **SATURDAY SEPT. 20 - PARISH WORKDAY** 10AM – 2PM. Bring a sack lunch and some work clothes as we prepare the buildings and grounds for winter. More details coming next week.
- ❖ **CONFESSIONS WILL BE HEARD SEPT. 27** after Great Vespers by Fr. Thomas Frizelle.

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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SUNDAY BEFORE
EXALTATION OF THE
CROSS & FOREFEAST OF
THE NATIVITY OF THE
THEOTOKOS
September 7, 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 Sunday before the Exaltation of the Holy Cross)
*O Lord, save Thy people and bless Thine inheritance.
To Thee, O Lord, I have cried, O my God.*

The Reading from the Epistle of St. Paul to the Galatians. (6:11-18)

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the Law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all, who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

THE GOSPEL

(For the Sunday before the Exaltation of the Holy Cross)

The Reading from the Holy Gospel according to St. John. (3:13-17)

The Lord said, "No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God sent His Son into the world, not to condemn the world, but that the world might be saved through Him."

SAINTS & FEASTS OF THE DAY

Fore-feast of the Nativity of the Theotokos; Martyr Sozon of Cilicia;
Apostles Euodos & Onesiphoros of the Seventy;
John, archbishop of Novgorod; Venerable Cloud of Nogent-sur-Seine

THIS WEEK'S SERVICES

September 7 - 14

Mon. 8:00am: Divine Liturgy for the Nativity of the Theotokos
Tues. 7:00pm: Daily Vespers
Sat. 6:30pm: Great Vespers with Litia for Elevation of the Cross
Sun. 9:00am: Matins followed by Service of the Exaltation of the Cross, then the Divine Liturgy

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ "As you come together in love for one another, you will draw in many other people seeking after the love with which you have been so richly blessed." -- His Eminence, Metropolitan JOSEPH
- ❖ "The humble person does not criticize anyone except himself, because he knows that he does not have any appointment to judge and censure others." -- Father Philotheos Zervakos
- ❖ "Send your treasures to the heavenly storage room. Deposit your wealth in God's Bank, distributing it to the poor, the orphans and the widows, so that you can receive a million times more in the Second Coming of Christ." -- Elder Joseph the Hesychast
- ❖ "Even the doing of what is good requires discrimination...for the good is not good unless its purpose is conformed to God's will."
-- St. Peter of Damascus
- ❖ "If you are making something, you must call to mind the Creator of all things; if you see the light, remember the Giver of it. If you put on your clothes, recall whose gift they are and thank Him who provides for your life. In short, let every action be a cause of your remembering and praising God, and lo! you will be praying without ceasing and therein your soul will always rejoice." -- St. Peter of Damascus
- ❖ "It is better to be a simpleton and approach God with love than to be a learned man and at the same time an enemy of God."
-- St. Irenaeus of Lyons
- ❖ "Do everything you can to take some wisdom for your soul from what you read, and emulate it." -- His Eminence, Metropolitan JOSEPH