

THIS WEEK'S SERVICES

November 15 - 22

Mon. Nov. 16 – 9:30am: “Akathist to the Mother of God, Nurturer of Children” followed by Knitting Group from 10:00am-Noon

Tue. Nov. 17 – 7:00pm: Paraklesis

Fri. Nov. 20 – 6:30pm: Vespertal Liturgy for the Entrance of the Theotokos in the Temple

Sat. Nov. 21 – 6:30pm: Great Vespers

Sun. Nov. 22 – 9:00am: Matins

Sun. Nov. 22 – 10:00am: Divine Liturgy (Acolyte Team 2)

Confessions are heard following Vespers and by appointment

CHRISTIAN EDUCATION – TUESDAY NOVEMBER 17

5:30-6:00pm: Dinner - \$3/person or \$12/family

6:00-7:30pm: Catechesis of the Good Shepherd (ages 3-9)

6:00-7:30pm: Youth Group (ages 10-19)

6:00-7:00pm: Adult Education

7:00-7:30pm: Paraklesis

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.
- ❖ **FRIDAY NOVEMBER 20 - 6:30pm VESPERAL LITURGY** for the Entrance of the Theotokos in the Temple. This feast is one of the 12 major feasts of the year. Please plan on celebrating this feast with your parish family.
- ❖ **THE NATIVITY FAST (AKA “ADVENT”)** begins today and continues through Christmas. Please remember to bring fast-friendly food to coffee hour.
- ❖ **“INTRODUCTION TO ORTHODOX THEOLOGY”**, a class offered by Fr. Matthew on Sundays during Advent at noon. Classes will be Nov. 22, Nov. 29, Dec. 6, Dec. 13, and Dec. 20. This will be an introduction to basic theological terms and principles based on St. John the Damascene’s *Fount of Knowledge*. All are invited.
- ❖ **Food Pantry Collection – 26 pounds of food as of Nov. 10**

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

DEACON

Rev. Dn. Thomas Ross

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*24th Sunday
after Pentecost*

November 15, 2015

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 from a non-Orthodox church or otherwise are 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 Twenty-Fourth 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 Epistle of St. Paul to the Ephesians. (2:14-22)

Brethren, Christ is our peace, Who has made us both one, and has broken down the dividing wall of hostility, by abolishing in His flesh the law of commandments and ordinances, that He might create in Himself one new man in place of the two, so making peace, and might reconcile us both to God in one body through the Cross, thereby bringing the hostility to an end. And He came and preached peace to you, who were far off, and peace to those who were near; for through Him we both have access in one Spirit to the Father. So then you are no longer strangers and sojourners, but you are fellow citizens with the saints and members of the household of God, built upon the foundation of the apostles and prophets, Christ Jesus Himself being the cornerstone, in Whom the whole structure is joined together and grows into a holy temple in the Lord; in Whom you also are built into it for a dwelling place of God in the Spirit.

THE GOSPEL

(For the Eighth Sunday of Luke)

The Reading from the Holy Gospel according to St. Luke. (10:25-37)

At that time, a lawyer stood up to put Jesus to the test, saying, "Teacher, what shall I do to inherit eternal life?" Jesus said to him, "What is written in the Law? How do you read?" And the lawyer answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." And Jesus said to him, "You have answered right; do this, and you will live." But the lawyer, desiring to justify himself, said to Jesus, "And who is my neighbor?" Jesus replied, "A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him, and departed, leaving him half dead. Now by chance a priest was going down that road; and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion, and went to him and bound up his wounds, pouring on oil and wine; then he set him o

THE GOSPEL (CONTINUED)

on his own beast and brought him to an inn, and took care of him. And the next day he took out two denarii and gave them to the innkeeper, saying, 'Take care of him; and whatever more you spend, I will repay you when I come back.' Which of these three, do you think, proved neighbor to the man who fell among the robbers?" The lawyer said, "The one who showed mercy on him." And Jesus said to him, "Go and do likewise."

SAINTS & FEASTS OF THE DAY

Martyrs Guria, Shamuna and Habib the Deacon of Edessa;
Thomas the New, patriarch of Constantinople;
Venerable Paisios Velichkovsky

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ "Nothing humbles the soul more than the scarcity of bread and water. When the enemy wants to take a city, he first stops the food and water supplies, and they thus give themselves up even against their will. So is it for a monastic—unless he restrains his stomach with hunger and thirst, he cannot rid himself of evil thoughts."
– St. Sarah of the Egyptian Desert
- ❖ "Fasting is the champion of every virtue, the beginning of the struggle, the crown of the abstinent, the beauty of virginity and sanctity, the resplendence of chastity, the commencement of the path of Christianity, the mother of prayer, the well-spring of sobriety and prudence, the teacher of stillness, and the precursor of all good works. Just as the enjoyment of light is coupled with healthy eyes, so desire for prayer accompanies fasting that is practiced with discernment." – St. Isaac the Syrian
- ❖ "True fasting lies in rejecting evil, holding one's tongue, suppressing one's hatred, and banishing one's lust, evil words, lying, and betrayal of vows." -- St. Basil the Great
- ❖ "Why do we fast? Perhaps the more germane question is 'why do we eat?' Christ quoted Scripture to the evil one and said, 'Man does not live by bread alone but by every word that proceeds from the mouth of God.' We eat as though our life depended on it and it does not. We fast because our life depends on the word of God." – Fr. Stephen Freeman



Food Donations

From October through December, we will collect food in the green barrel in the social hall for the Mat-Su Food bank. The total number of pounds that we collect will be reported to Metropolitan JOSEPH and published in “The Word” magazine.

Not sure what to donate? Here are some suggestions:

- Canned Meats such as Chicken, Tuna, Beef, Hash, Spam, Salmon
- Pasta, Ravioli, Spaghetti, Macaroni & Cheese
- Canned Fruit such as Peaches, Pears, Mixed Fruit, Apple Sauce
- Canned Vegetables such as Corn, Green Beans, Peas, Mixed Vegetables
- Cereals such as Boxed Cereal, Oatmeal, Cream of Wheat.
- Soups, Stews or Instant Noodles such as Top Ramen
- Dry Goods such as Rice, Beans, Flour, Sugar, Powdered Milk
- Peanut Butter, Jelly
- Any foods you would eat and someone else would eat also

To ensure food safety, we cannot use:

- Rusty or unlabeled cans
- Homemade items
- Noncommercial canned or packaged items
- Alcoholic beverages
- Open or used items
- Medicine (prescription or over-the-counter) or vitamins

We appreciate your donations of any amount or quantity.