

THIS WEEK'S SERVICES

December 4 - 11

Mon. Dec. 5 – 9:30am: “Akathist to the Mother of God, Nurturer of Children”, followed by knitting/coffee group from 10am-Noon.

Mon. Dec. 5 – 6:30pm: Great Vespers with Litia for St. Nicholas

Sat. Dec. 10 – 6:30pm: Great Vespers

Sun. Dec. 11 – 9:00am: Orthros

Sun. Dec. 11 – 10:00am: Divine Liturgy

SAINTS AND FEASTS OF THE DAY

Tenth Sunday of Luke; Great-martyr Barbara of Syria;

Venerable John of Damascus; Martyr Juliana;

New-hieromartyr Seraphim, bishop of Phanarion in Greece

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.
- ❖ **NEW CATECHISM CLASS on Saturdays during Advent** – Fr. Matthew will be teaching a new catechism class using the book *Come, Let Us Worship*, which is available in the bookstore for \$14. The subject matter will be focused on the divine liturgy. Classes will meet Dec. 3, 10, & 17 from 5:00-6:00pm. *Everyone is welcome to attend.*
- ❖ **ST. NICHOLAS VESPERS** will be Monday December 5 at 6:30pm. Please leave your shoes in the Narthex to receive a gift from St. Nicholas.
- ❖ **ST. HERMAN FEAST DAY SERVICES will be next week.**
 - Dec. 12 – 6:30pm Great Vespers, followed by bonfire
 - Dec. 13 – 9:00am Divine Liturgy

ST. HERMAN'S FAMILY NIGHT

On break until January 10, 2017.

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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Great-Martyr

Barbara &

Venerable John of

Damascus

December 4, 2016

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 St. Barbara)

God is wondrous in His saints. Bless God in the congregations.

The Reading from the Epistle of St. Paul to the Galatians. (3:23-4:5)

Brethren, before faith came, we were confined under the Law, kept under restraint until faith should be revealed. So that the Law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth His Son, to redeem those who were under the Law, so that we might receive adoption as sons.

THE GOSPEL

(For the Tenth Sunday of Luke)

The Reading from the Holy Gospel according to St. Luke. (13:10-17)

At that time, Jesus was teaching in one of the synagogues on the Sabbath. And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, He called her and said to her, "Woman, you are freed from your infirmity." And He laid His hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the Sabbath day." Then the Lord answered him, "You hypocrite! Does not each of you on the Sabbath untie his ox or his ass from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham, whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?" As Jesus said this, all His adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by Him.

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ "Just as a calm and sheltered harbour provides great security to the ships moored there, so does the temple of God: when people enter it, it snatches them away from worldly affairs as from a storm, and gives them the capacity to stand and listen to God's words in calm and security. This place is the bedrock of virtue and the school of spiritual life...You need only set foot on the threshold of a church and at once you are liberated from the cares of daily life. Go on into the church, and a spiritual dew will envelop your soul. The stillness there moves you to awe, and teaches you how to live spiritually. It elevates your thoughts and prevents you from remembering things or matters belonging to the present life. It transports you from earth to heaven. And if there is such great gain from simply being in church when no service is going on, then how much benefit will people derive from being present...when the holy Apostles proclaim the Gospel, Christ stands in our midst, God the Father receives the Mysteries that are performed and the Holy Spirit gives His own joy." -- St. John Chrysostom
- ❖ "Repentance can happen in one moment if we have the desire. Let us not be too busy with our lives that we miss that moment in time." -- His Eminence, Metropolitan JOSEPH
- ❖ "Repentance means to change our attitude, our behavior, our way of thinking, and to focus on that moment which will bring salvation and a new page in our life." -- His Eminence, Metropolitan JOSEPH
- ❖ "The time of separation does not grieve him who frees himself from everything earthly...The righteous, the holy, and the ascetics rejoice at the hour of death and separation, having the great labors of their asceticism, vigils and prayers, fasts and tears, sackcloth and the subjection of their bodies to hardship before their eyes. Their souls leap up, for they are prepared to go out of their bodies for their rest." -- St. Ephraim the Syrian
- ❖ "The successful man or woman is not the richest or the most powerful, but the one who is content. We first must be content with ourselves, otherwise our children will despair that there is no happiness in this life." -- His Eminence, Metropolitan JOSEPH

H2O at Home Fundraiser for St. John Monastery

Supporters in Alaska of St. John's Monastery are sponsoring a fundraiser from Dec. 1-7 for St. John Monastery in Goldendale, WA with H2O at Home. This is a great opportunity to purchase these amazing products for your own home, while benefiting the Monastery OR you can donate directly to the Monastery by purchasing products for them. To learn more, go to myh2oathome.com/marysara then click on My Events, or contact Mat. Mary Sara at [907-315-2685](tel:907-315-2685), or email marysarastanton@live.com if you have any questions.

Thank you for your support of the monastery,

Donna Young and

Mary Sara Stanton
H2O at Home Independent Group Leader
907-315-2685
www.myh2oathome.com/MarySara
It's Simple, It's Safe and IT WORKS!

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SAINT HERMAN OF ALASKA ORTHODOX CHURCH

6988 N En Dove Rd - Wasilla, AK 99654

Reverend Matthew Howell, Pastor (907)373-5254



NOVEMBER 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|---|
| Oct 30 9:00am Orthros 10:00am Divine Liturgy | Oct 31 | 1 <i>Family Night</i> 5:30-6:00pm: Dinner 6:00-7:30pm: Christian Education for all Ages 7:00pm: Daily Vespers | 2 Fast | 3 | 4 7:00pm - Parish meeting with Architect Fast | 5 St. Raphael of Brooklyn 9:00am: Divine Liturgy 6:30pm: Great Vespers |
| 6 9:00am Orthros 10:00am Divine Liturgy | 7 | 8 Synaxis of the Bodiless Powers <i>Family Night</i> 5:30-6:00pm: Dinner 6:00-7:30pm: Christian Education for all Ages 7:00pm: Daily Vespers | 9 Fast | 10 | 11 Fast | 12 6:30pm Great Vespers |
| 13 St. John Chrysostom 9:00am Orthros 10:00am Divine Liturgy | 14 St. Philip the Apostle | 15 <i>Family Night</i> 5:30-6:00pm: Dinner 6:00-7:30pm: Christian Education for all Ages 7:00pm: Daily Vespers Fast | 16 St. Matthew the Evangelist Fast: wine & oil allowed | 17 Fast | 18 Fast | 19 6:30pm Great Vespers with Litia Fast: wine & oil allowed |
| 20 9:00am Orthros 10:00am Divine Liturgy for the transfer of the Feast of the Entrance of the Theotokos Fast: fish, wine & oil allowed | 21 ENTRANCE OF THE THEOTOKOS Fast: fish wine & oil allowed | 22 6:30pm: Akathist of Thanksgiving Fast | 23 Fast | 24 American Thanksgiving 9:00am: Divine Liturgy Fast | 25 St. Catherine the Great Fast | 26 6:30pm Great Vespers Fast: wine & oil allowed |
| 27 9:00am Orthros 10:00am Divine Liturgy Fast: wine & oil allowed | 28 Fast | 29 6:30pm: Great Vespers Fast | 30 St. Andrew the First- Called Disciple Fast | Dec 1 Fast | Dec 2 Fast | Dec 3 6:30pm Great Vespers Fast: wine & oil allowed |



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DECEMBER 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--|---|
| Nov 27 9:00am Orthros 10:00am Divine Liturgy Fast: wine & oil allowed | Nov 28 Fast | Nov 29 6:30pm: Great Vespers Fast | Nov 30 St. Andrew the First-Called Disciple Fast | 1 Fast | 2 Fast | 3 6:30pm Great Vespers Fast: wine & oil allowed |
| 4 9:00am Orthros 10:00am Divine Liturgy Fast: wine & oil allowed | 5 6:30pm: Great Vespers with Litia for St. Nicholas Fast | 6 St. Nicholas Fast: fish, wine, & oil allowed | 7 Fast | 8 Fast | 9 Fast | 10 6:30pm Great Vespers Fast: wine & oil allowed |
| 11 9:00am Orthros 10:00am Divine Liturgy Fast: wine & oil allowed | 12 6:30pm: Great Vespers with Litia for St. Herman, followed by bonfire Fast | 13 St. Herman of Alaska 9:00am: Divine Liturgy Fast: fish, wine, & oil allowed | 14 Fast | 15 Fast | 16 Fast | 17 6:30pm Great Vespers Fast: wine & oil allowed |
| 18 9:00am Orthros 10:00am Divine Liturgy Fast: wine & oil allowed | 19 Fast | 20 St. Ignatius of Antioch 6:30pm: Daily Vespers Fast | 21 Fast | 22 Fast | 23 10:00am: Royal Hours for the Nativity of Christ (1st, 3rd, 6th, 9th) Fast | 24 9:00am Orthros 10:00am Divine Liturgy for Christmas Eve (Paramon) 6:30pm Great Vespers with Litia Fast: wine & oil allowed |
| 25 NATIVITY OF THE LORD 9:00am Orthros 10:00am Divine Liturgy | 26 Fast free | 27 St. Stephen the Protomartyr Fast free | 28 Fast free | 29 St. Anysia of Thessalonika Fast free | 30 Fast free | 31 6:30pm Great Vespers Fast free |

Please consult the Sunday bulletin for changes to the monthly calendar.
Confessions heard after Vespers and by appointment.