

## THIS WEEK'S SERVICES

February 15 – February 21

Mon. Feb. 15 – 9:30am: “Akathist to the Mother of God, Nurturer of Children” followed by Knitting Group from 10:00am-Noon

Tue. Feb. 16 – 7:00pm: Reader Vespers

Sat. Feb. 20 – 6:30pm: Great Vespers

Sun. Feb. 21 – 9:00am: Matins

Sun. Feb. 21 – 10:00am: Divine Liturgy

\*\*\*Confessions are heard following Vespers and by appointment\*\*\*

## CHRISTIAN EDUCATION – TUESDAY FEBRUARY 16, 2016

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: 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.
- ❖ **VACATION** – Fr. Matthew will be out of town until Feb. 20.
- ❖ **THANK YOU, FR. JOHN ROGERS** for serving liturgy with us today.
- ❖ **TEEN EVENT - FEB. 21 – Get Air Trampoline Park**  
2:30pm - Meet at St. Herman's and depart for Greek Church  
4:00 – Tour of Greek Church in Anchorage with Fr. Vasili.  
4:45 – Pizza and soda for dinner  
5:30 – Get Air Trampoline Park.  
7:30 – Leave for home. Back to St. Herman's by 8:45.  
Cost = \$25 per teen and includes dinner.  
Please RSVP to Andrea Dittbrender to make sure you have a ride from St. Herman's.  
\*\*\*Parents must sign online waiver before event. Go to <https://anchorage.getairmanagement.com/Waiver.html>
- ❖ **PARISH COUNCIL MEETING – FEB. 28 after coffee hour**

# 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

### Contact Information

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*17<sup>th</sup> Sunday of  
Matthew*

*February 14, 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 the Seventeenth Sunday after Pentecost)

*Make your vows to the Lord our God and perform them.*

*God is known in Judah; His Name is great in Israel.*

### **The Reading from the Second Epistle of St. Paul to the Corinthians. (6:16-7:1)**

Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be My people. Therefore, come out from them, and be separate from them," says the Lord, "and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be My sons and daughters," says the Lord Almighty. Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

## THE GOSPEL

(For the Seventeenth Sunday of Matthew)

### **The Reading from the Holy Gospel according to St. Matthew. (15:21-28)**

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But He did not answer her one word. And His disciples came and begged Him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before Him, saying, "Lord, help me." And He answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

## SAINTS & FEASTS OF THE DAY

Venerable Auxentios the priest of Bithynia;

Venerable Abraham and Maron of Syria;

New-martyrs Nicholas of Corinth and George the tailor of Mitylene;

Venerable Cyril, Equal-to-the-Apostles and enlightener of the Slavs

## A GOOD WORD

### *VITAMINS FOR THE SOUL*

- ❖ "They are building their foundation on sand, whoever has a lot of money and manages it selfishly, oblivious to the poverty and misery of his fellows. Did you ever see grave clothes with pockets? All stays here. Only good works go to heaven."  
-- Elder Paisios the Athonite
- ❖ "Before the writing of the Holy Scriptures, that is, of the sacred texts of the Gospels, the Acts and the Epistles of the Apostles, and before they were spread to the churches of the world, the Church was based on Sacred Tradition....The holy texts are in relation to Sacred Tradition what the part is to the whole."  
-- St. Nektarios of Aegina
- ❖ "...every work and every pleasure begins with prayer as well, every day and every night, every feast, every rest and every journey...Every family in a house is regarded as a little religious community. The head of the family presides over this community and prays with it. When I tell you that, I tell you my personal experience." -- St. Nikolai Velimirovich
- ❖ "It is interesting to see how often people try to avoid staying with the deceased. This has to do with their being afraid of thinking about death. In fact, they are taking an entirely incorrect approach. A normal Christian should strive to often follow King Solomon's advice that 'It is better to go to the house of mourning, than to go to the house of feasting...' (Ecc. 7: 2)."  
-- Martyr Daniel Sysoyev in "Instructions to Immortals"
- ❖ "The elder has said that when one is saying the Prayer, he feels Divine Grace, tears come any general godly zeal awakens. The beginning stages are indeed the same but if the results are not as described this does not mean that some mistake or failure has occurred. Our part is to persevere; Grace will act in each person according to his character and intent."--Elder Joseph of Vatopaidi