

THIS WEEK'S SERVICES

January 26 – February 2

Mon. Jan. 27 – 9:30am: Akathist to the Mother of God, Nurturer of Children

Sat. Feb. 1 – 6:00pm: Great Vespers with Litia

Sun. Feb. 2 – 9:00am: Orthros

Sun. Feb. 2 – 10:00am: Divine Liturgy

PARISH ANNOUNCEMENTS

- ❖ **WELCOME** to all who are visiting with us today! We hope you will feel at home here at Saint Herman Church.
- ❖ **LADIES CRAFT GROUP** will meet 1st & 3rd Mondays of each month after the Akathist, which will be prayed each Monday at 9:30am.
- ❖ **OUTDOOR BLESSING OF THE WATER** – next week after liturgy with St. Juvenaly Church at the Little Su River.
- ❖ **PARISH COUNCIL** will meet very briefly Sunday February 2 to select officers for the new year. The next meeting for the Parish Council after that will be Thursday February 13 at 7:00pm with Fr. Michael Habib, our dean.
- ❖ **BREAKFAST** - Did you know there's breakfast with St. Herman folks every Saturday at 9 AM at the Palmer Valley Hotel? Yep, we meet in The Caboose where it's a little more private and we get great service. You are invited to have a jolly time of friendly conversation with your friends and neighbors. Come one come all. Every Saturday except when there are services at the church.
- ❖ **COFFEE** with the boys happens every Thursday starting at 9:30am at the North Star Bakery. Come spend an hour or so with the boys. We kick the tires of every subject imaginable, so come for a laugh and a good time.

PATRONAL FEASTS

MAY GOD GRANT YOU MANY YEARS!

- ❖ January 27 – Translation of the relics of St. John Chrysostom
 - John Blakely
- ❖ January 30 – The Three Hierarchs: Basil the Great, Gregory the Theologian, and John Chrysostom
 - John Blakely & Vasiliki Bunde
- ❖ February 1 – St. Brigid of Ireland – Brigitte Dahl

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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*Sunday of
Zacchaeus*

January 26, 2020

A NOTE REGARDING HOLY COMMUNION

Christ is in our midst! He is and ever shall be!

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, then please speak with our priest.

THE EPISTLE

(For the Thirty-second 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 First Epistle of St. Paul to St. Timothy. (4:9-15)

Timothy, my son, the saying is sure and worthy of full acceptance. For to this end we toil and strive, because we have our hope set on the living God, Who is the Savior of all men, especially of those who believe. Command and teach these things. Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity. Until I come, attend to the public reading of scripture, to preaching, to teaching. Do not neglect the gift you have, which was given you by prophetic utterance when the council of elders laid their hands upon you. Practice these duties; devote yourself to them, so that all may see your progress.

THE GOSPEL

(For the Fifteenth Sunday of Luke—"Zacchaeus")

The reading from the Holy Gospel according to St. Luke. (19:1-10)

At that time, Jesus entered Jericho and was passing through. And there was a man named Zacchaeus; he was a chief tax collector, and rich. And he sought to see Who Jesus was, but could not, on account of the crowd, because he was small of stature. So he ran on ahead and climbed up into a sycamore tree to see Jesus, for He was to pass that way. And when Jesus came to the place, He looked up and said to him, "Zacchaeus, make haste and come down; for I must stay at your house today." So he made haste and came down, and received Him joyfully. And when they saw it they all murmured, "He has gone in to be the guest of a man who is a sinner." And Zacchaeus stood and said to the Lord, "Behold, Lord, the half of my goods I give to the poor; and if I have defrauded anyone of anything, I restore it fourfold." And Jesus said to him, "Today salvation has come to this house, since he also is a son of Abraham; for the Son of man came to seek and to save the lost."

SAINTS AND FEASTS OF THE DAY

Thirty-second Sunday of Pentecost & Fifteenth Sunday of Luke ("Zacchaeus"); Venerable Xenophon, his wife, Mary, and their two sons, Arkadios and John, of Constantinople; Translation of the relics of Venerable Theodore the Studite

A GOOD WORD

- ❖ "First do, then teach, according to the example of our Lord Jesus." -- St Isidore of Pelusium
- ❖ "Do you wish to be free of afflictions and not to be burdened by them? Expect greater ones, and you will find peace Be of good courage, stand firm and pray." -- St. Barsanuphius
- ❖ We don't exclude the children from the service, even if they are noisy for a few minutes. We have to learn how to be patient. I feel happy when I see kids in the Church, I feel that the Church is in good shape and a new generation is growing up to take the lead. I need for one of them to become the bishop, or a priest or a deacon when it comes time for us to depart this life. + Metropolitan JOSEPH
- ❖ The Lord came to send fire upon the earth (cf. Lk. 12:49), and through participation in this fire He makes divine not just the human substance which He assumed for our sake, but every person who is found worthy of communion with Him. -- St. Gregory Palamas
- ❖ Even when your body does nothing, sin can be active in your mind. When your soul inwardly repulses the evil one's attack by means of prayer, attention, remembrance of death, godly sorrow and mourning, the body, too, takes its share of holiness, having acquired freedom from evil actions. This is what the Lord meant by saying that someone who cleans the outside of the cup has not cleansed it inside, but clean the inside and the whole cup will be clean (Mt. 23:25-26). - St. Gregory Palamas
- ❖ Humble people have no needless or petty quarrels with others, because they have no egocentric desires to always have their own way. They are not self-seeking; for they know that it is God's will, not their own, that they should strive for. Therefore, humility naturally brings with it unity, both with God and with our fellows. + Metropolitan JOSEPH

CHRISTIAN EDUCATION

There will be no Christian Education today due to the Parish Meeting.

- ❖ CGS Levels 1 & 2 – Feb 9 at 11:45am
- ❖ Jr. SOYO (Preteens) & Teen SOYO – Feb. 9 at 12pm
- ❖ Adult Education –Sunday February 9 at 12pm.



SAINT HERMAN OF ALASKA ORTHODOX CHURCH

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FEBRUARY 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 26 9:00am Orthros 10:00am Divine Liturgy Parish Meeting during coffee hour (no Christian Education)	Jan 27 Translation of the Relics of St. John Chrysostom 9:30am - Akathist to the Mother of God, Nurturer of Children	Jan 28 Saints Ephraim and Isaac the Syrians	Jan 29 Fast	Jan 30 Three Holy Hierarchs	Jan 31 Fast	1 St. Brigid of Ireland 6:00pm Great Vespers with Litia
2 MEETING OF THE LORD 9:00am Orthros 10:00am Divine Liturgy 11:30am - Outdoor blessing of Water, joined by St. Juvenaly Church	3 Fr. Matthew to attend Diocesan Clergy Seminar Feb. 3-10	4	5 Fast	6 St. Julian of Emesa	7 Fast	8 6:00pm Great Vespers (no confessions afterward)
9 9:00am Orthros 10:00am Divine Liturgy 11:45am Christian Ed	10 Fast free	11 St. Gobnait of Ballyvourney St. Caedmon of Whitby	12 Fast free	13 St. Zoe of Palestine 7:00pm Parish Council meeting with Dean	14 Fast free	15 6:00pm Great Vespers Fast free
16 9:00am Orthros 10:00am Divine Liturgy 11:45am Christian Ed	17	18	19 Fast	20	21 Fast	22 Saturday of the Departed 9:00am Divine Liturgy 6:00pm Great Vespers
23 Meatfare Sunday 9:00am Orthros 10:00am Divine Liturgy 11:45am Christian Ed	24 Fast: dairy, fish, wine, & oil allowed	25 Fast: dairy, fish, wine, & oil allowed	26 Fast: dairy, fish, wine, & oil allowed	27 Fast: dairy, fish, wine, & oil allowed	28 Fast: dairy, fish, wine, & oil allowed	29 6:00pm Great Vespers Fast: dairy, fish, wine, & oil allowed

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

February Feast Days

February 1 – St. Brigid (Bridget) of Ireland
Brigitte Dahl

February 6 – St. Julian of Emesa
Julian Davis

February 11 – St. Caedmon of Whitby
Jack Horner

February 11 – St. Gobnait (Gobnata) of Ballyvourney
Dee Barker

February 13 – St. Zoe of Palestine
Zoe West

Did we miss the feast of you or a loved one? Please email Fr. Matthew at sthermanchurch@gmail.com with the name and date of the saint and the person who celebrates that feast.

Important Dates for 2020

Saint Herman Antiochian Orthodox Church

Check the monthly calendar at www.sainthermanwasilla.org for service times. Every Orthodox Christian should make special efforts to attend as many services as possible during the first week of Lent and Holy Week, in addition to all the feasts listed below. For feasts, count on having at least one service the evening before the feast and sometimes (not always) on the day of the feast itself.

January 6	<i>Theophany of our Lord and God and Savior Jesus Christ</i>
February 2	<i>Meeting of the Lord in the Temple</i>
February 9 or 15	Valentine's Day Tea for Ladies (<i>date to be announced</i>)
February 22	First Saturday of the Departed (AKA Saturday of Souls)
February 23	Meat Fare Sunday
March 1	Forgiveness Sunday (Forgiveness Vespers following coffee hour)
March 2-7	First Week of Lent (Services every night)
March 25	<i>Feast of Annunciation</i> (this year, the 4 th Wednesday of Lent)
April 11	<i>Lazarus Saturday</i>
April 12	<i>Palm Sunday</i> (Western Easter)
April 12-18	Holy Week (services at least every morning and evening)
April 19	PASCHA (no fasting until Ascension)
May 1-3	Parish Retreat with Fr. Sergius Bowyer, Abbot of St. Tikhon Monastery
May 28	<i>Ascension</i>
May 30	Country Fair (always the Saturday following Memorial Day)
June 7	<i>Pentecost Sunday (Kneeling Vespers following coffee hour)</i>
June 15	Apostles Fast begins (always on the 2 nd Monday after Pentecost)
June 29	<i>Feast of Saints Peter and Paul (end of Apostles Fast)</i>
August 1	Dormition Fast Begins
August 6	<i>Transfiguration of our Lord Jesus Christ</i>
August 9	<i>50th Anniversary of Canonization of St. Herman</i>
August 15	<i>Dormition of the Theotokos (end of Dormition Fast)</i>
August 29	<i>Beheading of St. John the Baptist (strict fast day)</i>
September 8	<i>Nativity of the Theotokos</i>
September 14	<i>Elevation of the Holy Cross (strict fast day)</i>
November 21	<i>Entrance of the Theotokos in the Temple</i>
November 26	American Thanksgiving Holiday
December 6	<i>St. Nicholas of Myra</i>
December 13	Parish Feast of St. Herman of Alaska
December 25	<i>Nativity of our Lord and God and Savior Jesus Christ</i>



YOU CAN HELP THE TEENS OF SAINT HERMAN ANTIOCHIAN ORTHODOX CHURCH EARN DONATIONS JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!

Fred Meyer is donating \$2.5 million per year to non-profits. At Saint Herman Antiochian Orthodox Church, all Fred Meyer Rewards Donations go to the Teen SOYO account. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to ***Saint Herman Antiochian Orthodox Church*** at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number (QS670).
- Then, every time you shop and use your Rewards Card, you are helping The St. Herman Youth Group earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit www.fredmeyer.com/communityrewards.