

THIS WEEK'S SERVICES

February 9 – February 16

Mon. Feb. 10 – 9:30am: Akathist to the Mother of God,
Nurturer of Children

Sat. Feb. 15 – 6:00pm: Great Vespers

Sun. Feb. 16 – 9:00am: Orthros

Sun. Feb. 16 – 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.
- ❖ **PARISH COUNCIL** will meet 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.
- ❖ **LADIES VALENTINE'S TEA** – Saturday Feb. 15 from 3-5pm. Contact Jessica Morphis if you can help set up or be a hostess.

PATRONAL FEASTS

MAY GOD GRANT YOU MANY YEARS!

- ❖ 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

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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*Sunday of the
Pharisee and the
Publican
February 9, 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 Sunday of the Pharisee and Publican)

*My soul doth magnify the Lord, and my spirit hath rejoiced in God my Savior. For He hath regarded the humility of His servant.**

The Reading from the Second Epistle of St. Paul to St. Timothy. (3:10-15)

Timothy my son, you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, my persecutions, and my sufferings; and what befell me at Antioch, at Iconium, and at Lystra. What persecutions I endured; yet from them all, the Lord rescued me. Indeed all who desire to live a godly life in Christ Jesus will be persecuted, while evil men and impostors will go on from bad to worse, deceivers and deceived. But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus.

THE GOSPEL

(For Sunday of the Pharisee and Publican)

The Reading from the Holy Gospel according to St. Luke. (18:10-14)

The Lord spoke this parable: "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, 'God, I thank Thee that I am not like other men, extortionists, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to Heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted."

SAINTS AND FEASTS OF THE DAY

Sunday of the Pharisee and the Publican & Leave-taking of the Presentation (Meeting) of Christ; of the Martyr Nikephoros of Antioch; Hieromartyrs Markellos, bishop of Sicily, Pankratios, bishop of Taormina, Philagrios, bishop of Cyprus; and Innocent, first bishop of Irkutsk; and of the Holy and Righteous Mothers of the Three Hierarchs Emmelia, Nona and Anthousa

A GOOD WORD

- ❖ "Are you rich? Display much bountifulness! Have you become poor? Show much endurance and patience! For neither is wealth an evil, nor poverty in itself; but these things, either of them, become so according to the free choice of those who make use of them." -- St. John Chrysostom
- ❖ "God will not judge us about psalmody, nor for the neglect of prayer, but because by abandoning them we have opened our door to the demons." -- St. Isaac the Syrian
- ❖ Be dead in life, and you will not live in death. Let your soul die strenuously, and not live in weakness. Not only those who suffer death for the sake of faith in Christ are martyrs; but also those who die because of their observance of His commandments. -- St. Isaac the Syrian
- ❖ 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
- ❖ "These three things God requires of all the baptized: right faith in the heart, truth on the tongue, temperance in the body." -- St. Gregory the Theologian
- ❖ "Do not establish your previously committed sins in your soul by thinking about them so that they not be repeated in you. Be assured that they were forgiven you from the time that you gave yourself to God and to repentance. In that, do not doubt" -- St. Anthony the Great
- ❖ "The most important work that a spiritual wrestler can do is to enter within the heart, there to fight Satan; to hate and repel the thoughts that he inspires and to wage war upon him." -- St. Macarius of Egypt

CHRISTIAN EDUCATION

- ❖ CGS Levels 1 & 2 – Feb 9 at 11:45am
- ❖ Jr. SOYO (Preteens) & Teen SOYO – **Feb. 16** at 12pm
- ❖ Adult Education – Sunday February 9 at 12pm.



SAINT HERMAN OF ALASKA ORTHODOX CHURCH

6988 N En Dove Rd - Wasilla, AK 99654
Reverend Matthew Howell, Pastor (907)373-5254



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 Fast free	12 Fast free	13 St. Zoe of Palestine 7:00pm Parish Council meeting with Dean Fast free	14 Fast free	15 3:00pm - Ladies Valentine's Tea 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 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.



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.