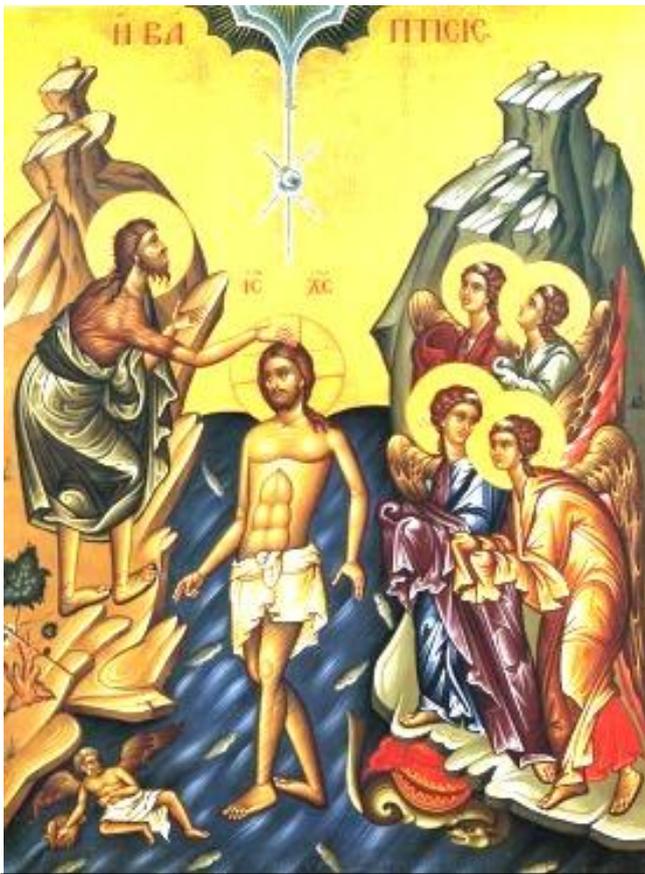




# PARISH BULLETIN

HOLY ARCHANGHEL MICHAEL'S ROMANIAN ORTHODOX CHURCH

No. **190**/12 January 2020



**Sunday after Theophany**

## **Resurrectional Apolytikion. Mode Pl. 1.**

*Let us worship the Word, Who is unoriginate with the Father and the Spirit, and from a virgin was born for our salvation, O believers, and let us sing His praise. For in His goodness He was pleased to ascend the Cross*

*in the flesh, and to undergo death, and to raise up those who had died, by His glorious Resurrection.*

## **Seasonal Kontakion. Mode 4.**

*On this day Thou hast appeared unto the whole world, and Thy light, O Sov'reign Lord, is signed on us who sing Thy praise and chant with knowledge: Thou hast come, Thou hast appeared, O Thou Light unapproachable.*

## **Prokeimenon. Mode 1. Psalm 32.22,1**

*Let your mercy, O Lord, be upon us.  
Verse: Rejoice in the Lord, O ye righteous.*

The reading is from St. Paul's Letter to the Ephesians 4:7-13

BRETHREN, grace was given to each of us according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he led a host of captives, and he gave gifts to men." (in saying, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is

he who also ascended far above all the heavens, that he might fill all things.) And his gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.



### **The Gospel According to Matthew 4:12-17**

At that time, when Jesus heard that John had been arrested, he withdrew into Galilee; and leaving Nazareth he went and dwelt in Capernaum by the sea, in the territory of Zebulun and Naphtali, that what was spoken by the prophet Isaiah might be fulfilled: "The land of Zebulun and the land of Naphtali, toward the sea, across the Jordan, Galilee of the Gentiles, the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned." From that time Jesus began to preach, saying, "Repent, for the kingdom of heaven is at hand."



### **Word of the week – Reflection Sayings of St. Anthony the Great (Jan. 17<sup>th</sup>)**

Someone asked Abba Anthony, "What must one do in order to please God?" The old man replied, "Pay attention to what I tell you: whoever you may be, always have God before your eyes; whatever you do, do it according to the testimony of the holy Scriptures; in whatever place you live, do not easily leave it. Keep these three precepts and you will be saved."

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He said also, "Our life and our death is with our neighbor. If we gain our brother, we have gained God, but if we scandalize our brother, we have sinned against Christ."

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Abba Anthony said, "Whoever hammers a lump of iron, first decides what he is going to make of it, a scythe, a sword, or an axe. Even so we ought to make up our minds what kind of virtue we want to forge or we labor in vain."

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When the same Abba Anthony thought about the depth of the judgments of God, he asked, "Lord, how is it that some die when they are young, while others drag on to extreme old age? Why are there those who are poor and those who are rich? Why do wicked men prosper and why are the just in

need? He heard a voice answering him, "Anthony, keep your attention on yourself; these things are according to the judgment of God, and it is not to your advantage to know anything about them."

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Abba Anthony said to Abba Poemen, "This is the great work of man: always to take the blame for his own sins before God and to expect temptation to his last breath."

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He also said, "Whoever has not experienced temptation cannot enter into the Kingdom of Heaven." He even added, "Without temptations no one can be saved."

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Abba Anthony said, "I saw the snares that the enemy spreads out over the world and I said groaning, 'What can get through from such snares?' Then I heard a voice saying to me, 'Humility.'"

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Abba Pambo asked Abba Anthony, "What ought I to do?" and the old man said to him, "Do not trust in your own righteousness, do not worry about the past, but control your tongue and your stomach."

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Abba Anthony said, "A time is coming when men will go mad, and when they see someone who is not mad, they will attack him saying, 'You are mad, you are not like us.'"

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Some say of Saint Anthony that he was "Spirit-borne," that is, carried along by the Holy Spirit, but he would never speak of this to men. Such men see what is happening in the world, as well as knowing what is going to happen.

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Abba Anthony said, "I no longer fear God, but I love Him. For love casts out fear." (John 4.18)

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He also said, "Always have the fear of God before your eyes. Remember him who gives death and life."

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He also said, "Obedience with abstinence gives men power over wild beasts."

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He also said, "Nine monks fell away after many labors and were obsessed with spiritual pride, for they put their trust in their own works and being deceived they did not give due heed to the commandment that says, 'Ask your father and he will tell you.'" (Deut. 32.7)

- From *The Sayings of the Desert Fathers*





## Liturgical Schedule for this week

<b>Wednesday</b> <i>January 15</i>	<b>6:00 pm</b>	<b>Paraklesis</b>
<b>Saturday</b> <i>January 18</i>	<b>9:00 am</b>	<b>Divine Liturgy &amp; Memorial – Sts. Athanasios the Great and Cyril of Alexandria</b>
	<b>5:00 pm</b>	<b>Vepers</b>
<b>Sunday</b> <i>January 19</i>	<b>9:00 am</b>	<b>Matins</b>
	<b>10:00 am</b>	<b>Divine Liturgy – St. Macarius the Great</b>

### Announcements:

- **Happy birthday** to Jenny Boilard (Jan. 13<sup>th</sup>).
- **House blessings** – Please contact Fr. John to schedule a time.
- **General Assembly** – Jan. 26<sup>th</sup>. If you are interested in being on the parish council, please see Luke Yanka, Deb Thomo, or Fr. John.
- **Coffee hour** is sponsored by the parish.



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