

THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

WEEKLY BULLETIN

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TWENTY-FIRST SUNDAY AFTER PENTECOST (*Tone 4*)

The Synaxis of the Holy Unmercenary Physicians

THIS WEEK AT ST ELIZABETH'S

21st SUNDAY after PENTECOST (*Tone 4*)
Synaxis of the Unmercenary Physicians
Saturday, 16 November (3 November o.s.)
 6:00 PM Vigil Service;
 Confessions

Sunday, 17 November (4 November o.s.)
 9:10 AM Third and Sixth Hours
 9:30 AM Divine Liturgy

SYNAXIS OF ST MICHAEL & ALL ANGELS
Wednesday, 20 November (7 November o.s.)

6:00 PM Vigil Service;
 Confessions

Thursday, 21 November (8 November o.s.)
 9:10 AM Third and Sixth Hours
 9:30 AM Divine Liturgy

22nd SUNDAY after PENTECOST (*Tone 5*)

Greatmartyr Menas of Egypt
Saturday, 23 November (10 November o.s.)

6:00 PM Vigil Service;
 Confessions

Sunday, 24 November (11 November o.s.)
 9:10 AM Third and Sixth Hours
 9:30 AM Divine Liturgy
 12:00 PM Teenagers' 'Lunch with Fasther'

NAMEDAYS, BIRTHDAYS & ANNIVERSARIES

LAST WEEK

Baptism Anniversaries – 10th: Mat. Anna Gail Komleski (2007).

THIS WEEK

Namedays – 19th (Martyr Claudia): Claudia Maxey;
 21st (Archangel Michael): Michael Carey.

Birthdays – 18th: Taisia Seneko; 20th: Anya Fitzgerald.

THE REST OF NOVEMBER

Namedays – 27th (Apostle Philip): Rdr Philip Hotz, Philip Schidlovsky; 27th (St Gregory Palamas): Reader Gregory Maxey.

Birthdays – 24th: Philip Schidlovsky; 30th: John Morrow.

FASTING DAYS THIS WEEK

Day of Week	Date	Commemoration and Type of Fast
Wednesday	20 November (7 Nov, o.s.)	37 Martyrs of Melitene Normal Fast Day (<i>No oil</i>)
Friday	22 November (9 Nov, o.s.)	MM Onesiphorus & Porphyrius Normal Fast Day (<i>No oil</i>)

SCRIPTURE READINGS THIS WEEK

Su	21st Sunday after Pentecost	
	<i>10th Resurrectional Matins Gospel:</i> John §66 (21:1-14)	
	Gal. §203 (2:16-20)	Luke §39 (8:41-56)
22ND WEEK after PENTECOST		
M	Col. §255 (2:13-20)	Luke §65 (12:13-15, 22b-31)
Tu	Col. §256 (2:20-3:3)	Luke §68 (12:42-48)
W	Col. §259 (3:17-4:1)	Luke §69 (12:48b-59)
Th	SYNAXIS OF THE ARCHANGEL MICHAEL	
	<i>Vespers Paramia:</i> (1) Joshua 5:13-15 • (2) Judges 6:2, 7, 11-24 • (3) Isaiah 47:7-20	
	<i>Matins Gospel:</i> Matt. §52 (13:24-30, 36b-43)	
	Heb. §305 (2:2-10)	Luke §51 (10:16-21)
Th	Col. §260 (4:2-9)	Luke §70 (13:1-9)
F	Col. §261 (4:10-18)	Luke §73 (13:31-35)
Sa	2 Cor. §178 (5:1-10a)	Luke §46 (9:37-43a)
Su	22nd Sunday after Pentecost	
	<i>11th Resurrectional Matins Gospel:</i> John §67 (21:15-25)	
	Gal. §215 (6:11-18)	Luke §53 (10:25-37)

THIS WEEK'S ANNOUNCEMENTS

As today is the Synaxis of the Unmercenary Physicians, the annual commemoration of the Saints who cared for and healed the sick by prayer and the medical arts without accepting payment for their services, we will have a prayer for and blessing of Doctors, Nurses, and other medical care providers at the conclusion of the Divine Liturgy today. May the Lord bless all the wonderful men and women who care

for those who are ill in our society! We are very grateful for their service.

St Michael's Cathedral in Paterson is celebrating its Patronal Feast on 21 November (8 November, o.s.). For those who would like to celebrate the Feast of the Archangels with our sister parish, their service schedule will be as follows: the Vigil Service will be served on the Eve of the Feast at 6 o'clock and the Holy Liturgy on the morning of the Feast at 9:30. Our parishioners should be aware that the divine services at St Michael's Cathedral are in Slavonic.

St Michael's Russian Orthodox Cathedral is located at 5256 Sherman Avenue in Paterson, New Jersey 07502-2106. For additional information, please call the parish at (973) 595-6674 or (973) 595-5816.

Services for the Feast of the Archangel Michael will also be served at St Elizabeth's Church to help those unable to make the trip to St Michael's Cathedral in Paterson. Our schedule for the Feast will be as usual: the Vigil Service on the Eve of the Feast at 6 o'clock and the Divine Liturgy on at 9:30 on the morning of the Feast.

A special collection for the Fund for Assistance to the Russian Orthodox Church Outside of Russia will be taken at St Elizabeth's during the Sundays of November. Your donations help the Fund for Assistance with its mission to assist Youth Programming, Clergy in need, and those in dire need throughout the world. Please give generously.

We are collecting toys for the Jail Chaplaincy of Somerset County's "Christmas Care" Program during the month of November. These toys will be given at Christmas to children whose father or mother is incarcerated at the Somerset County Jail. The Jail Chaplaincy asks that the toys be new, of a non-violent nature, and within the price range of \$10.00 to \$25.00. Please help make Christmas brighter for some child who is separated from their parent at Christmas.

We are also collecting personal care items during the month of November for the Jail Chaplaincy of Somerset County's "Christmas Care" Program. These items will be given to each Inmate incarcerated at the Jail at Christmas. The Jail Chaplaincy needs the following items for the Inmates: Shampoo, Bars of Deodorant Soap, Solid Underarm Deodorant, Toothpaste, Small Non-Spiral Lined Writing Pads, and Individually wrapped hard candy. Please consider donating items to this worthy cause.

The annual St Herman of Alaska Youth Conference will take place in Long Island, New York, at *St Seraphim's Church in Sea Cliff* and *Holy Protection Church in Glen Cove*, from Sunday, 22 through Thursday, 27 December 2013, with the blessing of His Eminence Metropolitan Hilarion, First Hierarch of the Russian Orthodox Church Outside of Russia and of His Grace, Archbishop Gabriel of Montreal and All Canada. The featured speaker will be *Fr Anastasy Yatreliis* of Ss Cyril and Methodius Church in Somerville, South Carolina, who will speak on Youth and Mission. The program includes spiritual lectures and discussion groups, church services, the chance to meet other Orthodox youth, and social outings. Youth from age 16

through young adult are invited. The Registration fee of \$300 includes all lectures, activities, meals and lodging (quad occupancy). Transportation will be provided from the hotel to all activities and services. The cost for the conference will be a discounted rate of \$275 prior to the December 3 deadline and includes lodging, meals, and local transportation. Limited scholarships are available. After December 3, the price will increase to \$300. Please register early as space is limited. For further information and registration, please visit the website at www.StHermanConference.com

LOOKING AHEAD

About Thanksgiving Day and the Fast: This year the Nativity Fast begins on Thanksgiving Day, Thursday 28 November. This happens on the average of one out of seven years. Because Wednesdays are also fast days, the Fast effectively begins the day before Thanksgiving Day on Wednesday, 27 November. As Orthodox Christians, we do not break the fast for the sake of secular holidays – and Thanksgiving Day is not a Church holiday – and so we should keep the fast on this day. What should we do, therefore, about the traditional Thanksgiving dinner? We have three choices:

1) We could transfer the family Thanksgiving dinner to the previous Sunday, 24 November, and invite our Orthodox family and friends that day to share our Thanksgiving meal;

2) We could transfer the Thanksgiving dinner to Tuesday, the last non-fasting day before Christmas; or

3. We could keep the family Thanksgiving meal on Thanksgiving Day itself, Thursday 28 November, but with a different menu in keeping with the Fast.

Since this is a Thursday, and some Orthodox traditions permit fish on Thursdays, we could substitute stuffed salmon or other large fish for turkey as the main course. There are a number of harvest-themed accompaniments that we could serve at a fasting Thanksgiving dinner: mashed potatoes, yams, sweet potatoes, corn on the cob, turnips, squash, all made with margarine instead of butter and, if necessary, non-dairy milk or creamer instead of dairy milk and cream. Stuffing can likewise be made without the turkey broth, milk and butter, but with the broth of the broiled or baked fish, or simply without broth. There are several commercially available stuffing mixes that are fasting. Cranberry sauce is fasting. Instead of pumpkin pie, we can serve instead a fruit pie with a fasting crust: apple, blueberry or rhubarb.

And so we can still have a festive meal on Thanksgiving, and yet observe the Fast. Please remember, though, that we should be reasonable in our consumption, for gluttony is a sin, and the point of the fast is to bring our appetites under control. So let us not go overboard by devouring huge quantities of food.