

THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

Volume XVII

Number 14

7 / 20 December 2015

TWENTY-NINTH SUNDAY AFTER PENTECOST (*Tone 4*)
St Ambrose of Milan

THIS WEEK AT ST ELIZABETH'S

29TH SUNDAY AFTER PENTECOST (*Tone 4*)

St Ambrose of Milan

Saturday, 19 December (6 December o.s.)

6:00 PM Vigil Service; Confessions

Sunday, 20 December (7 December o.s.)

9:10 AM Third and Sixth Hours

9:30 AM Divine Liturgy;

Trapeza (coffee hour)

12:30 PM Parish Council Meeting

SUNDAY of the HOLY FOREFATHERS (*Tone 5*)

Saturday, 26 December (13 December o.s.)

6:00 PM Vigil Service; Confessions

Sunday, 27 December (14 December o.s.)

9:10 AM Third and Sixth Hours

9:30 AM Divine Liturgy;

Trapeza (coffee hour)

12:30 PM Inquirers / Adult Study

FASTING DAYS THIS WEEK

Day of Week	Date	Commemoration and Type of Fast
<i>Sunday</i>	20 December (7 Dec, o.s.)	St Ambrose of Milan Fast: fish, wine, & oil permitted
<i>Monday</i>	21 December (8 Dec, o.s.)	St Patapius of Thebes Normal Fast Day (<i>No oil</i>)
<i>Tuesday</i>	22 December (9 Dec, o.s.)	Conception of the Theotokos Fast: fish, wine, & oil permitted
<i>Wednesday</i>	23 December (10 Dec, o.s.)	Martyr Menas & Companions Normal Fast Day (<i>No oil</i>)
<i>Thursday</i>	24 December (11 Dec, o.s.)	St Daniel the Stylite Fast: wine, & oil permitted
<i>Friday</i>	25 December (12 Dec, o.s.)	ST HERMAN OF ALASKA Fast: fish, wine, & oil permitted
<i>Saturday</i>	26 December (13 Dec, o.s.)	Martyr Eustathius & Companions Fast: fish, wine, & oil permitted
<i>Sunday</i>	27 December (14 Dec, o.s.)	Martyr Thyrsus & Companions Fast: fish, wine, & oil permitted

SCRIPTURE READINGS THIS WEEK

<i>Su</i>	29th Sunday after Pentecost
	<i>7th Resurrectional Matins Gospel: John §63 (20:1-10)</i>

	Col. §258 (3:12-16)	Luke §85 (17:12-19)
30TH WEEK after PENTECOST		
<i>M</i>	Heb. §319 (8:7-13)	Luke §102 (20:27-44)
<i>Tu</i>	Heb. §321 (9:8-10, 15-23)	Luke §106 (21:12-19)
<i>W</i>	Heb. §323 (10:1-18)	Luke §104 (21:5-7, 10-11, 20-24)
<i>Th</i>	Heb. §326 (10:35-11:7)	Luke §107 (21:28-33)
<i>F</i>	Heb. §327 (11:8, 11-16)	Luke §108 (21:37-22:8)
<i>Sa</i>	Eph. §228 (5:1-8)	Luke §72 (13:18-29)
<i>Su</i>	Sunday of the Holy Forefathers	
	<i>8th Resurrectional Matins Gospel: John §64 (20:11-18)</i>	
	Col. §257 (3:4-11)	Luke §76 (14:16-24)

NAMEDAYS, BIRTHDAYS & ANNIVERSARIES

LAST WEEK

Namedays – 13th (Apostle Andrew): Andrew O'Brien, Andrew Kostadis, Andrew Welsh; 19th (St Nicholas): Nikolai Darenkov, Reader Nicolas Schidlovsky, Nicolas Straut.

Birthdays – 15th: Xenia Whitacre.

Baptism Anniversaries – 19th: Father David Straut (1982).

Fallen Asleep in the Lord – 18th: Archimandrite Joasaph (McLellan) (+2009); 20th: Serge Kropov (+2009); 22nd: Thomas Hancorn (+2013)

THIS WEEK

Namedays – 22nd (Conception of St Anna): Anna Straut; 22nd (Righteous Hannah): Mat. Nancy Hannah Barker.

Birthdays – 22nd: Anna Straut.

THE MONTH OF DECEMBER

Namedays – 27th (Holy Forefathers): Sarah Brangwynne; 30th (Prophet Daniel): Sbdcn Daniel Lieuwen, Daniel Palko, Daniel Yanovsky.

Birthdays – 29th: Elizabeth Lieuwen, Paul Schidlovsky; 30th: Sbdcn Philip Hotz, Tatiana Yanovsky.

THIS WEEK'S ANNOUNCEMENTS

We are in the midst of the Nativity Fast, which began on 28 November (n.s.) and continues for forty days until the Feast of the Nativity of the Lord on 7 January (n.s.). We eat no animal products (meat, meat products, eggs, and dairy products) throughout the forty days. The general rules for this period are as follows: Mondays, Wednesdays, and Fridays are normal fast days; on Tuesdays and Thursdays, wine and oil are permitted; and on Saturdays and Sundays we may eat fish, wine, and oil. But since greater Saints' Days frequently brings a further mitigation of the fast from the general rules, it is important to consult an annual Orthodox calendar to find the correct fasting regimen for a particular weekday.

All Parishes of the Eastern American Diocese have been directed by the Metropolitan to take a special collection to be given to the St Herman's Youth Conference Executive Committee. These donations help the Committee keep the fees for the attendees very low. This is important so that as many youth as possible can attend the Youth Conference in December. At St Elizabeth's, we will be asking for special donations for this worthy cause on the Sundays of December. Please give generously.

If your child needs a ride to and from Albany for the St Herman's Conference this year, Father David has room in his van. Just let him know.

Many thanks to all who gave donations for the gift bags which will be given in the name of St Nicholas to the parish children attending services for the Feast of St Nicholas on 6/19 December.

The Parish needs donations for flowers for the Feast of the Nativity of the Lord. Please mark flower donations clearly. You may include a Commemoration List with your donation and the names will be commemorated at the Proskomedie on the Holy Days.

If you have not gone to Confession and received Holy Communion during the course of the Nativity Fast, it is important to make the spiritual effort to participate in the Mysteries of Confession and Holy Communion during this Lenten season. The best time to go to Confession is during or following the Vigil Service on Saturday evenings and the Eve of Feasts. It is also always possible to make your Confession to a priest outside the time of the Divine Services by prior appointment. Going to Confession on a Sunday or Feast Day morning is difficult for the priest, who is very busy serving the Proskomedie, and inconsiderate of fellow parishioners, as it often delays the beginning of the Liturgy. Nevertheless there is usually time for

one or two short Confessions during the Sixth Hour prior to Liturgy. Those with good reason to come to Confession in the morning rather than the evening before should arrange in advance with Father to come before Liturgy begins, but they need to remember that the Confession should be as concise as possible.

St Elizabeth's Annual Christmas Party will take place on the Sunday after the Nativity (10 January), after the Divine Liturgy. All parishioners are urged to attend and bring dishes of food to share. Please mark your calendar.

On venerating the Holy Gospels, The Cross, Holy Relics and Icons

When coming to venerate (kiss) the Holy Gospels, the Cross, honourable Relics and Icons, approach in proper order, without hurrying or crowding one another. Make two prostrations before, and one prostration after, kissing the holy items. The type of prostration, i.e. full prostration (kneeling and touching one's forehead to the ground) versus a small prostration (a deep bow, touching your hand to the ground), depends upon the day of the week. When venerating icons of the Saviour, one should kiss His feet; or, if He is depicted to the waist, His hand. When venerating Icons of the Mother of God and of the Saints, kiss the hand. On Icons of the Savior Not-Made-by-Hands or of the Beheading of St. John the Baptist, kiss the hair.

Although an Icon may bear the images of several Saints, when a number of the faithful are approaching to venerate the Icon, one should kiss the Icon only once, so as not to delay the others, and to maintain proper order in the church.

Before the Icon of the Saviour, one may say the Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy upon me a sinner," or the prayer "I have sinned immeasurably, O Saviour, have mercy upon me."

Before an Icon of the Most-holy Theotokos one may say the prayer, "O Most-holy Theotokos, save us."

Before the Honorable and Life-giving Cross of Christ, we say the prayer "Before Thy Cross, we bow down, O Master, and Thy Holy Resurrection we glorify." We follow the prayer with a prostration.

(From the book *First Steps Within the Church*)