

THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

WEEKLY BULLETIN

Volume XVI Number 2

8 / 21 September 2014

**SUNDAY BEFORE THE EXALTATION OF THE CROSS (Tone 6)
NATIVITY THE THEOTOKOS AND EVER-VIRGIN MARY**

THIS WEEK AT ST ELIZABETH'S

SUNDAY BEFORE THE EXALTATION (Tone 6)

NATIVITY OF THE THEOTOKOS

Saturday, 20 September (7 September o.s.)

6:00 PM Vigil Service;
Confessions

Sunday, 21 September (8 September o.s.)

9:10 AM Third and Sixth Hours
9:30 AM Divine Liturgy

EXALTATION OF THE HOLY CROSS

Friday, 26 September (13 September o.s.)

6:00 PM Vigil Service;
Confessions

Saturday, 27 September (14 September o.s.)

9:10 AM Third and Sixth Hours
9:30 AM Divine Liturgy

SUNDAY AFTER THE EXALTATION (Tone 7)

Great-Martyr Nicetas the Goth

Saturday, 27 September (14 September o.s.)

6:00 PM Vigil Service;
Confessions

Sunday, 28 September (15 September o.s.)

9:10 AM Third and Sixth Hours
9:30 AM Divine Liturgy

NAMEDAYS, BIRTHDAYS & ANNIVERSARIES

LAST WEEK

Namedays – 16th (St Phoebe the Deaconess): Phoebe (Addie) O'Beirne; 18th (St Elizabeth): Elizabeth Lieuwen.

Birthdays – 14th: Mat. Hannah Barker; 18th: Noah George Hotz; 20th: Claudia Maxey.

Fallen Asleep in the Lord – George Schidlovsky (+2009).

THIS WEEK

Namedays – 22nd (St Anna): Anya Fitzgerald, Mat. Anna Komleski, Zydrune Ann Mladineo.

Birthdays – 25th: Andrew Kostadis.

Wedding Anniversaries – 23rd: Peter & Zydrune Ann Mladineo.

THE REST OF SEPTEMBER

Namedays –30th: (Martyr Sophia): Sofia Fitzgerald; 30th: (Martyr Faith): Mat. Faith Straut; 30th: (Martyr Hope): Nadezhda Sexton.

FASTING DAYS THIS WEEK

Day of Week	Date	Commemoration and Type of Fast
Wednesday	24 September (11 Sept, o.s.)	St Silouan of Mount Athos Fast: Wine & Oil permitted
Friday	26 September (13 Sept, o.s.)	Dedication; HM Cornelius Fast: Wine & Oil permitted
Saturday	27 September (14 Sept, o.s.)	EXALTATION OF THE CROSS Strict Fast: Wine & Oil permitted

SCRIPTURE READINGS THIS WEEK

Su	NATIVITY OF THE ALL-HOLY THEOTOKOS	
	<i>Vespers Paramia:</i> (1) Genesis 28:10-17 • (2) Ezekiel 43:27-44:4a • (3) Proverbs 9:1-11	
	<i>Matins Gospel:</i> Luke §4 (1:39-49, 56)	
	Phil. §240 (2:5-11)	Luke §54 (10:38-42; 11:27-28)
	Sunday before the Exaltation of the Cross	
	Gal. §215 (6:11-18)	John §9 (3:13-17)
	15th Sunday after Pentecost	
	2 Cor. §176 (4:6-15)	Matt. §92 (22:35-46)
	16TH WEEK after PENTECOST	
M	Gal. §211 (4:28-5:10)	Mark §27 (6:54-7:8a)
Tu	Gal. §212 (5:11-21)	Mark §28 (7:5-16)
W	Gal. §214 (6:2-10)	Mark §29 (7:14-24a)
Th	Eph. §216 (1:1-9)	Mark §30 (7:24-30)
F	Eph. §217 (1:7-17)	Mark §32 (8:1-10)
Sa	EXALTATION OF THE HOLY CROSS	
	<i>Vespers Paramia:</i> (1) Exodus 15:22-16:1a • (2) Proverbs 3:11-18 • (3) Isaiah 60:11-16	
	<i>Matins Gospel:</i> John §42a (12:28-36a)	
	1 Cor. §125 (1:18-24)	John §60 (19:6-11a, 13-20); §61 (25-28a, 30b-35a)
Sa	1 Cor. §146 (10:23-28)	Matt. §101 (24:34-44)
Su	Sunday after the Exaltation of the Cross	
	<i>5th Resurrectional Matins Gospel:</i> Luke §113 (24:12-35)	
	Gal. §203 (2:16-20)	Mark §37 (8:34-9:1)
	16th Sunday after Pentecost	
	2 Cor. §181 (6:1-10)	Matt. §105 (25:14-30)

THIS WEEK'S ANNOUNCEMENTS

Our Church School lessons for children aged 4 through 10 are underway and are successful. The lessons are given right after Holy Communion in the Liturgy and last until trapeza (coffee hour), not a very long time, but enough to pray a bit and learn something together. Elizabeth Lieuwen has been teaching the lessons with some assistance from parents who have accompanied their children downstairs. These lessons could be even more fruitful if we could divide this group in two, allowing the very little ones to have separate instruction from those children who are a bit older. In order to do this we would definitely need a second teacher. If anyone would be willing to be a teacher, please let Fr David know. Also, Elizabeth Lieuwen will be away from St Elizabeth's for three successive Sundays: 28 September, 5 October, and 12 October. Sarah Brangwynne has agreed to teach on the last of these dates. If there is anyone willing to teach Church School on September 28th and/or October 5th, please contact Fr David. Elizabeth will have the lessons and materials with her this Sunday, 21 September, to give to those who can help out.

The Feast of the Nativity of the Mother of God (8 / 21 September) begins the cycle of the Twelve Great Feasts of the Church. It comes one week after the Ecclesiastical New Year (1 / 14 September). Thus Our Lady's Birth begins the cycle of these Great Feasts and another of her Feasts, her glorious Dormition, brings the cycle to a close, just two weeks before the end of the Liturgical Year. Thus we begin and end the year with the Theotokos and Ever-Virgin Mary.

The Feast of the Nativity of Our Lady teaches us that our salvation in Christ begins with the conception and Birth of His All-Pure Mother. Without her existence and her acceptance to voluntarily become the Ever-Virgin Mother of our Saviour, His incarnation would not have taken place. So the miraculous birth of the Theotokos of her aged parents, Joachim and Anna, is a source of rejoicing for all Christians.

The Feast of the Nativity of the Theotokos is celebrated for five days, from the Feastday itself through the *Apodosis* (Leave-taking) of the Feast on 25 September (n.s.). The festal period of this Feast is shorter than the usual eight days, because of the close proximity of the Feast of the Exaltation of the Cross. The troparion and kontakion of the Nativity are chanted or read at all the services of the Church on each of the five days. The texts for these hymns may be found in the *Jordanville Prayer Book*. To celebrate the Feast at home, the troparion of the Feast ('*Thy nativity, O Theotokos Virgin ...*') can be sung instead of the 'Our Father' before meals, while the kontakion of the Feast ('*Joachim and Anna were freed from the reproach of childlessness...*') can be sung instead of the usual thanksgiving troparion after each meal. It would also be most appropriate to sing the troparion and kontakion of the Feast at the end of our morning and evening prayers at home.

Donations are sought for flowers to adorn the Holy Cross on the Feast of the Exaltation (14 / 27 September). If you would like to make a donation toward flowers for that day, please place it in the collection basket marked "flowers."

The Exaltation of the Holy and Life-giving Cross (14 / 27 September) is one of the most important of the Twelve Great Feasts of the Orthodox Church. Its preeminence is demonstrated by the fact that a special Epistle and Gospel are appointed for the Saturday and Sunday both before and after the Feast, like the Great Feasts of Christmas and Theophany. This Feastday commemorates the finding of the True Cross by St Helena, the mother of St Constantine the Great, and various miracles associated with the True Cross throughout history. At the end of the Vigil service on the Eve of the Feast, the Holy Cross, adorned on a tray with flowers or basil, is brought out of the Altar in procession to the center of the church where it is venerated by the faithful.

The Feast of the Exaltation of the Holy Cross is also a fast day on whatever day it falls. On this day we glory in the Cross of Christ on Which He suffered for our salvation, but we also mourn our Saviour's terrible passion and death upon the Cross. Because it is a strict fast day, the Typikon appoints only one meal to be taken on this day, at which we abstain from all animal products and fish. In Russian practice wine and oil are always permitted on this day.

The Exaltation of the Cross is celebrated for the usual eight days, from the Feastday itself through the *Apodosis* (Leave-taking) of the Feast on 4 October (n.s.). The troparion and kontakion of the Exaltation are chanted or read at all the services of the Church on each of the eight days. The texts for these hymns may be found in the *Jordanville Prayer Book*. To celebrate the Feast at home, the troparion of the Feast ('*Save, O Lord, Thy people...*') can be sung instead of the 'Our Father' before meals, while the kontakion of the Feast ('*O Thou Who wast lifted up willingly on the Cross...*') can be sung instead of the usual thanksgiving troparion after each meal. It would also be most appropriate to sing the troparion and kontakion of the Feast at the end of our morning and evening prayers at home.

Concerning Confession and Holy Communion: Those who have been to any time during the two weeks prior to Feast of the Exaltation of the Holy Cross, may receive Holy Communion on the Feast, provided that no serious sin has been committed which would require another Confession and that the other usual preparations for Holy Communion are observed (i.e. attendance of the Vigil Service the evening before Holy Communion, reading the Pre-Communion Prayers, and the forgiveness of others). Likewise, those who have been to Confession for Holy Cross Day may receive Holy Communion at the Liturgy the following two Sundays under the same conditions.

St Elizabeth's Annual Fall Picnic will be held on the 2nd Sunday of October instead of our usual Sunday coffee hour. Please plan to attend. It will be a great opportunity for Parish fellowship. Hamburgers, hot dogs, and buns will be provided by the parish. We need salads, baked beans, chips, drinks, and other accompaniments brought by parishioners. Please let Matushka Faith know if you plan to attend and what you plan to bring.