

# THE ORTHODOX CHURCH OF SAINT ELIZABETH THE NEW-MARTYR

Volume XXI

Number 09

28 October / 10 November 2019

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

Holy Martyrs Terence & Neonilla; Venerable Stephen the Sabbaite

## SCHEDULE OF SERVICES THIS WEEK

### 21ST SUNDAY AFTER PENTECOST (*Tone 4*)

**Martyrs Terence & Neonilla; Venerable Joseph**

*Saturday, 9 November (27 October, o.s.)*

6:00 PM Vigil Service;

Confessions

*Sunday, 10 November (28 October, o.s.)*

9:10 AM Third and Sixth Hours

9:30 AM Divine Liturgy

### 22ND SUNDAY AFTER PENTECOST (*Tone 5*)

**Synaxis of the Holy Unmercenaries**

*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;

Trapeza (coffee hour)

## FASTING DAYS

### Week of 10 November

Day of Week	Date	Commemoration and Type of Fast
<i>Wednesday</i>	13 November (31 Oct, o.s.)	Ap. Stachys <i>et al.</i> & M Epimachus Xerophagy ( <i>No oil</i> )
<i>Friday</i>	15 November (2 Nov, o.s.)	Martyr Acyndinus & those with him Xerophagy ( <i>No oil</i> )

## SCRIPTURE READINGS

### Week of 10 November

Su	21st Sunday after Pentecost	
	<i>10th Resurrectional Matins Gospel: John §66 (21:1-14)</i>	
	Gal. §203 (2:16-20)	Luke §38 (8:26-39)
22ND WEEK after PENTECOST		
<i>M</i>	Col. §255 (2:13-20)	Luke §59 (11:29-33)
<i>Tu</i>	Col. §256 (2:20-3:3)	Luke §60 (11:34-41)
<i>W</i>	Col. §259 (3:17-4:1)	Luke §61 (11:42-46)
<i>Th</i>	Col. §260 (4:2-9)	Luke §62 (11:47-12:1)
<i>F</i>	Col. §261 (4:10-18)	Luke §63 (12:2-12)
<i>Sa</i>	2 Cor. §178 (5:1-10a)	Luke §40 (9:1-6)
Su	22nd Sunday after Pentecost	
	<i>11th Resurrectional Matins Gospel: John §67 (21:15-25)</i>	
	Gal. §215 (6:11-18)	Luke §39 (8:41-56)

## THIS WEEK'S ANNOUNCEMENTS

**St Elizabeth's Annual Meeting** was held last Sunday. The Rector, Church Warden, Treasurer, Auditor, Choir, and Building Committee presented year-in-review reports for the past year. The following parishioners were elected to the Parish Council for this year: Sbdcn Daniel Lieuwen, Sbdcn Justin Neidig, Rdr Gregory Maxey, Matushka Anna Gail Komleski, John Morrow, Andrew O'Brien, Nina Titus, Ken Yanovsky, and Joseph Reitano.

**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 will be 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, 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 Boston, Massachusetts, at *Holy Epiphany Church*, from Sunday, 23 December through Thursday, 27 December 2019, 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 St Herman's Youth Conference is being devoted this year to the Life and Teachings of Hieromonk Seraphim Rose. 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 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 \$300 prior to the November 30th deadline and includes lodging, meals, and local transportation. Limited scholarships are available. After 30 November, the price will increase to \$350. Please register early, as space is limited. For further information and registration, please visit the website at [www.StHermanConference.com](http://www.StHermanConference.com) This is a wonderful opportunity to meet and socialize with other Orthodox Christian youth and clergy from the United States, Canada, Russia, and elsewhere. We would love to see all our youth from St Elizabeth's in Rocky Hill participate in this event.

**Next Sunday is the Synaxis of the Unmercenaries**, 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 next Sunday. 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.

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## 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.

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## St Nilus of Sora on Prayer

On having any evil thought, one must call upon God's help, for, as St. Isaac of Syria said, we do not always possess within ourselves the strength to oppose evil thoughts, and there is no help in this matter but from God. Therefore, guided by the instructions of Nilus of Sinai, we need to assiduously pray, with sighing and tears, to the Lord Jesus Christ thus: 'Have mercy on me, O Lord, and do not allow me to perish! Rout, O Lord, the demon attacking me. O my sure hope, make Thy sign over my head in the day of my battle with the demon! Overcome the enemy who is doing battle with me. O Lord, O Word of God, with Thy peace and quiet tame the thoughts that are assailing me!' Or, according to the instruction of blessed Theodore the Studite, on having unclean thoughts, pray using the Prophet David's words, 'Judge them, O Lord, that do me injustice and war against them that war against me' and then recite the entire 34th Psalm [Psalm 35 in the KJV]; and as the hymnographer wrote, 'Gather together and collect my scattered mind, O Lord, and cleanse my wild heart. As Thou did unto Peter, grant me repentance, as unto the publican, sighing, as unto the loose woman, tears, that I might cry unto Thee: help me and rid me of foul thoughts! For, like ocean waves, my transgressions rise up against me, and like a ship in the deep, I am loaded down with my thoughts and intentions; but do Thou guide me into a quiet safe harbor. O Lord, save me as well through [my] repentance, for I mourn greatly over the weakness of my mind, for not of mine own will do I undergo truly involuntary changes - vacillation, assaults, defeats. Because of this I cry unto Thee: O Holy Trinity without Beginning, help me, and confirm me to stand

firm in good thoughts and intentions, senses and feelings!