



PARISH BULLETIN

HOLY ARCHANGHEL MICHAEL'S ROMANIAN ORTHODOX CHURCH

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**Sunday before the
Exaltation of the Cross**

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.

The Church is shown to be a many-lighted heaven that doth shine a guiding light upon all them that do believe; wherein while standing, we cry aloud: Do Thou Thyself now establish this house, O Lord.

Prokeimenon. Mode Plagal 2.

Psalm 27.9,1

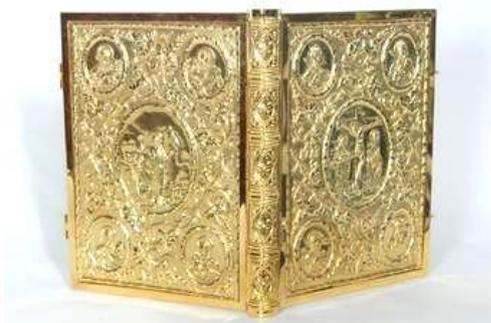
O Lord, save your people and bless your inheritance.

Verse: To you, O Lord, I have cried, O my God.

The reading is from St. Paul's Letter to the Galatians 6:11-18

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the

cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.



The Gospel According to John 3:13-17

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man who is in heaven. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him."

Word of the week – Reflection

Vainglory is a feeling of empty pride about yourself. It's hollow externally, since it has nothing of substance and pursues only the superficial admiration of other people. Everything vainglorious people do and say is so that they'll be in the public eye. Such vanity is a major obstacle to virtue.

- *St. Nektarios of Pentapolis*

The truly brave are those who never despair.

- *St. John Chrysostom*

Abbas Pimen had a wonderful saying: 'Bind yourself to a man who fears God and you will have fear of God'. Who is it who really fears God? People who are without passions, are virtuous, sanctified, and constantly repenting. And how beneficial it is for us when we meet such a person of God, how beneficial to be close to them. When we're with them, in a mysterious way, our heart is moved to pray.

- *Elder Ephraim of Vatopaidinos*

We must definitely compel our heart to pray, or else it'll dry up completely. The characteristic features of prayer are love for God, directness and simplicity. The same is true of the prayers we make to the saints.

- *St. John of Kronstadt*

Humanity was united, but sin caused a breach among us and we no longer have this unity. This is why the Lord became human: in order to reconnect what had been broken asunder by sin. The angels in the Kingdom of God think alike and agree on everything. They live in harmony, but we're fragmented.

- *Elder Tadej Vitovničk*

Simplicity of life and the work of prayer are a sword against the devil.

- *Elder Christodoulos Katounakiotis*

When you pray, try very hard to feel the power and truth of the words of the prayer in your heart. Feed on them, because they're imperishable nourishment. Sprinkle your heart with them, because they're like the morning dew and warm yourself with them, because they're like a cozy fire.

- *St. John of Kronstadt*

A good work performed quietly is worth more than one accompanied by explanations and is worth incomparably more than the best spiritual explanation without any good work.

- *St. Nikolai Velimirovich*

Obedience doesn't set people free of the bodily passions only, but of the spiritual ones, as well.

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No matter how insignificant the passions seem, cast them out immediately, completely and without hesitation, so that no trace remains and stays within you. Get rid of them with outrage and anger. Don't be shocked by this: get angry with them because that's the way to expel them immediately and drastically. Passions can't dominate you and harm you unless you harbor a liking for them.

- *St. Theophan the Recluse*

Egotism is a weird passion that's a scourge of the whole of the human race. We all suffer from this great sickness. Egotism makes a fool and a mockery of egotistical people. God calls on us to fight against this egotism, to defeat it and to rid ourselves of it.

- *Elder Ephraim of Arizona*

Death is a bridge that takes us to Christ. As soon as we close our eyes, we open them again in eternity. We'll present ourselves before Christ. In the next life, we'll experience the grace of God 'in high definition'.

- *St. Porphyrios Kavsokalyvitis*



Liturgical Schedule for this week

Sunday <i>September 13</i>	6:00 pm	Vespers, Lita, Matins – Elevation of the Holy Cross
Monday <i>September 14</i>	10:00 am	Divine Liturgy – Elevation of the Holy Cross
Saturday <i>September 19</i>	10:00 am 5:00 pm	Divine Liturgy & Memorial Vespers
Sunday <i>September 20</i>	9:00 am 10:00 am	Matins Divine Liturgy



Announcements:

- **Happy name day** to Sophia Penna and Theodora's daughter Sophia (St. Sophia – Sep. 17th).
- **Happy birthday** to Liana Burren (Sep. 14th) and Paul Porra (Sep. 15th).
- **September 14th, the Elevation of the Holy Cross**, is a fast day. Refrain from meat, dairy, fish, and oil.
- **Thank you** to all who participated in the golf tournament.
- **Vigil for St. Silouan the Athonite** – September 23rd at 10pm.
- **Thanks** to everyone who participated in the golf tournament, especially Luke Yanka, Susan Brogan and Nick Thomo, it was the best to date!

