



ST. MARY ANTIOCHIAN ORTHODOX CHURCH

A PARISH OF THE ANTIOCHIAN ORTHODOX ARCHDIOCESE
OF NORTH AMERICA

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CLERGY

His Eminence Metropolitan JOSEPH, Archbishop of New York and Metropolitan of all North America

His Grace Bishop THOMAS, Auxiliary Bishop of Charleston, Oakland & the Mid-Atlantic

Very Rev. Fr. George Alberts, Pastor

Very Rev. Fr. Dr. David Hester, Pastor Emeritus

Subdeacon William Obeid + Subdeacon N.D. Namey + Subdeacon John Moses Jr.

Sub-deacon David Rayahin + Seminarian Mark Makarios + Seminarian Christopher (Cody) Vest

WELCOME to the Antiochian Orthodox Christian Archdiocese of North America. We are the jurisdiction of the Orthodox Christian Church whose roots trace directly back to the first century Antioch, the city in which the disciples of Jesus Christ were first called Christians (Acts 11:26).

The Orthodox Church is the oldest and second-largest Christian group in the world. We are called by God, our Creator, to worship and follow Him and to proclaim to the world His message of love, peace and salvation.

God loves all mankind and desires that all human beings should believe in Him, know Him, abide in Him, and receive eternal life from Him. To accomplish this God Himself came into the world as a man in Jesus Christ --- becoming man that we might become like God.

The Parishioners of St. Mary Parish welcome you and are pleased that you have decided to worship Almighty God with our Parish family today. We encourage you to learn about our Orthodox faith and our Parish if you are not yet Orthodox.

Although the non-Orthodox may not receive Holy Communion, which may only be given to the Orthodox faithful, we invite you to come forward at the close of the Liturgy to receive a blessing from the Priest and blessed bread. Please also come downstairs to the Parish Hall join us for our fellowship hour.

Our Patronal Feast is the **DORMITION (FALLING-ASLEEP) OF THE THEOTOKOS**, which is one of the Twelve Great Feasts of the Orthodox Church and is celebrated each year on August 15. The Theotokos, the Virgin Mary, was "blessed amongst women," and she was chosen "to bear the Savior of our souls." Orthodox Christians consider her to be the Queen of all the saints and angels. Knowing she is eternally present at the throne of God interceding for mankind, we pray for her love, guidance, and protection.



PLEASE NOTE

All our services can be watched as they occur on our Parish Face Book page at <https://www.facebook.com/StMaryAO/>

SCHEDULE OF PARISH LIFE AT ST. MARY

ADVENT CONTINUES

Tues.	December 1	Father George at the Church from 10:00 am to 2:00 pm
Wed.	December 2	Advent Paraclesis at 6:00 pm
Thurs.	December 3	Father George at the Church from 10:00 am to 2:00 pm
Saturday	December 5	Teen & Youth Zoom Class 11:00 am – 12:00 pm
Sunday	December 6	<u>St. Nicholas Feast Day</u> ** Matins at 9:00 am & Divine Liturgy at 10:00 am ** Parish Council Meeting after the Divine Liturgy

COMMEMORATIONS

✠	Today	Holy Bread and Bulletin offered in loving memory of Joseph & Ruth Solomon by their Family <u>and also</u> Trisagion Prayers are for Helen Moses
✠	December 6	Holy Bread and Bulletin offered in loving memory of George Morrash on the two year anniversary of his repose by his family also Trisagion Prayers are for George Morrash
✠	December 13	Holy Bread and Bulletin offered in loving memory of Emily Achey by Lillian Bonomo and David Achey <u>also</u> Trisagion Prayers are for Emily Achey <u>and also</u> Holy Bread and Bulletin offered in loving memory of Herman & Mary Reh, Joseph Reh and Elaine Reh Berenguer by Nancy Hunter and Family
✠	Jan 17, 2021	Holy Bread and Bulletin offered in loving memory of Hal Morrash on the four year anniversary of her repose by her family also Trisagion Prayers are for Hal Morrash



"The Season of the Nativity is about nothing other than preparing a little room for the Lord Jesus Christ to come and shine in our souls."

-- His Eminence, Metropolitan JOSEPH

DIVINE LITURGY VARIABLES ON SUNDAY, NOVEMBER 29, 2020

Twenty-fifth Sunday after Pentecost & Thirteenth Sunday of Luke

Martyr Paramonos and the 370 Martyrs in Bithynia; Martyr Philoumenos of Ancyra; Venerable Akakios of Sinai; Hieromartyr Dionysios, bishop of Corinth; Urban, bishop of Macedonia; Nicholas, archbishop of Thessalonica

RESURRECTIONAL APOLYTIKION IN TONE EIGHT

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF THE DORMITION

In giving birth thou didst keep thy virginity and thy repose thou didst not forsake the world O Theotokos, for thou art the mother of life and thou didst pass over into life. And through thine intercessions from death thou dost redeem our souls.

KONTAKION OF PREPARATION OF CHRIST'S NATIVITY IN TONE THREE

On this day the Virgin cometh to the cave to give birth to * God the Word ineffably, * Who was before all the ages. * Dance for joy, O earth, on hearing * the gladsome tidings; * with the Angels and the shepherds now glorify Him * Who is willing to be gazed on * as a young Child Who * before the ages is God.

THE EPISTLE

*Make your vows to the Lord our God and perform them.
God is known in Judah; His Name is great in Israel.*

The Reading from the Epistle of St. Paul to the Ephesians. (4:1-7)

Brethren, I, a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, with all lowliness and meekness, with patience, forbearing one another in love, eager to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of us all, Who is above all and through all and in all. But grace was given to each of us according to the measure of Christ's gift.

THE GOSPEL

The Reading from the Holy Gospel according to St. Luke. (18:18-27)

At that time, a man came testing Jesus and asking, "Good Teacher, what shall I do to inherit eternal life?" And Jesus said to him, "Why do you call Me good? No one is good but God alone. You know the commandments: 'Do not commit adultery. Do not kill. Do not steal. Do not bear false witness. Honor your father and mother.'" And the man said, "All these I have observed from my youth." And when Jesus heard it, he said to him, "One thing you still lack. Sell all that you have and distribute to the poor, and you will have treasure in heaven; and come, follow Me." But when the man heard this he became sad, for he

was very rich. Jesus, seeing him sad, said, "How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." Those who heard it said, "Then who can be saved?" Jesus said, "What is impossible with men is possible with God."

THE SYNAXARION

On November 29 in the Holy Orthodox Church we commemorate the contest of the holy Martyr Paramonos of Bithynia and his 370 fellow Martyrs.

*For Thee, Paramonos is pierced with spears, O Christ Jesus;
Knowing Thee alone as God, for Thee alone he dieth.
Seven decades of men gave their heads to cutting, together with another six ranks of fifty. On the
twenty-ninth they slew Paramonos with a long spear.*

Paramonos contested for piety's sake during the reign of Decius, in the year 250. A ruler named Aquilinus, seeking relief from a bodily malady, visited a certain therapeutic hot spring. He brought with him captive 370 Christians from Nicomedia, and commanded them to offer sacrifice in the temple of Isis. When they refused, he had them all slaughtered. Paramonos, beholding their murder, boldly cried out against such an act of ungodliness. When Aquilinus heard this, he sent men to kill the Saint. Thus they all entered into the Eternal Kingdom.

On this day, we also commemorate Martyr Philoumenos of Ancyra; Venerable Akakios of Sinai; Hieromartyr Dionysios, bishop of Corinth; Urban, bishop of Macedonia; and Nicholas, archbishop of Thessalonica. By their holy intercessions, O God, have mercy upon us. Amen.

PARISH NEWS

- ✘ We continue, with God's help, the forty-day NATIVITY FAST in preparation for the feast of the Nativity of Christ on December 25. The Nativity Fast is divided into two periods. The first period is November 15 through December 19 when the traditional fasting discipline (no meat, poultry, eggs, dairy, fish, wine and oil) is observed with katalysis (allowance) for wine and oil on Tuesdays and Thursdays, and for fish, wine and oil on Saturdays and Sundays. The second period is December 20 through 24 when the traditional fasting discipline (no meat, poultry, eggs, dairy, fish, wine and oil) is observed with katalysis (allowance) for wine and oil only on Saturday and Sunday."
- ✘ A reminder that during Advent we will hold the Advent Paraclesis Service to the Holy Theotokos at 6 p.m. on Wednesday evenings.
- ✘ The Parish Council meets next Sunday (December 6) after Liturgy. Anyone who is interested is welcome to attend.
- ✘ Many thanks to Joanne Tenneriello and the Spaghetti Crew for the Spaghetti Take-Out Dinners we held over the last couple of months. Their work for the parish and for the community is important and most welcome during these difficult times. Please remember there will be NO dinners in December but that we will resume these great takeout dinners in January, 2021. Who knows - with God's blessings and His Grace we may be able to sit together again in the Parish Hall and enjoy the traditional spaghetti dinners early in the new year.
- ✘ We have begun our online Teen and Young Adult Church School Program, which will be held on Saturday mornings from 11 am to Noon. We encourage ALL of our Teens and Young

Adults to join us. If you have not received the login information please let either Father George or Subdeacon David know and they will send you the link. We will continue with TEEN and Young Adult classes on December 5th and 12th.

- ✘ The Parish Council and in particular the Stewardship Committee, are beginning to develop a Parish Census. We will be sending an introductory letter to all of our parishioners in the near future. The Parish Census is very important for a number of reasons, not the least of which is to better determine how we can serve our Parish needs and understand how best to allocate Parish resources. Please pay attention to the census process once it begins and please cooperate.
- ✘ Please let us know if there is anyone who can be removed from the prayer list. Please contact either Father George or Subdeacon Norman.



A Few COVID-Related Reminders to Consider

We remind everyone to wear their masks while in Church. Please remember to wear your mask over both your nose and mouth. This may be uncomfortable at times but the CDC recommendations mandate wearing the mask over your nose and mouth. Please also observe social distancing while in Church to help avoid the spread of the virus.

We ask everyone to observe proper hygiene practices – no hugging, handshakes, or kissing ...Honor/veneration is to be shown to the Holy Icons and the Holy Cross by making the sign of the cross and bowing, keeping in mind not to kiss or to touch the Holy Icons and the Holy Cross. Please also use the hand sanitizer provided for your convenience.

Finally, please report to us if you learn you have been exposed to anyone who has tested positive or believes they may have been exposed themselves. We owe it to each other to be vigilant and warn of any potential exposure, no matter how inadvertent or innocent it may be