

Assumption of the Holy Virgin Orthodox Church

2101 South 28th St. (corner of 28th St. & Snyder Ave.)
Philadelphia, PA 19145 * Church Phone: (215) 468-3535
Website: <http://www.holyassumptionphilly.org>



<http://www.facebook.com/holyassumptionphilly>

Mailing Address: PO Box 20083 * Point Breeze Station | Philadelphia PA 19145-0383

Sunday, September 10, 2017 | 14th Sunday After Pentecost

Tone 5 – Sunday Before the Elevation of the Cross.

Afterfeast of the Nativity of the Most-Holy Lady Theotokos

Martyrs Menodora, Metrodora, and Nymphodora at Nicomedia (305)

V. Rev. Mark W Koczak, Rector

615 West 11th Street | New Castle, DE 19720-6020

Phone: Home: 302-322-0943 | Mobile: 302-547-4952

Email: mwkoczak@gmail.com or mkoczak05@aol.com

Parish President - Peter Parsells

Phone: (908) 872.5657

Weekly Schedule

- Today: Property Committee Meeting after Divine Liturgy in the church school room.
- Tuesday: September 12 – Bible Study at 6:30pm in the Church Basement!
Reading and discussing the Book of Numbers.
- Wednesday: September 13 – Vespersal Divine Liturgy at **6:30pm!**
Eve of the Universal Exaltation (Elevation) of the Precious and Life-Giving Cross (September 14)

Strict Fast Day on September 14!

- Saturday: September 16 – Great Vespers at **5:00PM!**
- Sunday: September 17 – The Afterfeast of the Elevation of the Cross and the Sunday After the Elevation of Cross
Reading of Hours – 9:30am
Divine Liturgy – 10:00am
Fellowship & coffee hour to follow the Divine Liturgy

Texts for the Liturgical Service

Troparion (Tone 5)

Let us, the faithful, praise and worship the Word, / co-eternal with the Father and the Spirit, / born for our salvation from the Virgin; / for He willed to be lifted up on the Cross in the flesh, / to endure death, / and to raise the dead // by His glorious Resurrection.

Troparion (Tone 4 – Nativity of the Theotokos)

Thy nativity, O Virgin, / has proclaimed joy to the whole universe! / The Sun of righteousness, Christ our God, / has shone from thee, O Theotokos. / By annulling the curse, / He bestowed a blessing. // By destroying death, He has granted us eternal life.

Kontakion (Tone 5)

Thou didst descend into hell, O my Savior, / shattering its gates as Almighty, / resurrecting the dead as Creator, / and destroying the sting of death. / Thou hast delivered Adam from the curse, O Lover of man, // and we cry to Thee: “O Lord, save us!”

Kontakion (Tone 4 – Nativity of the Theotokos)

By thy nativity, most pure Virgin, / Joachim and Anna are freed from barrenness, / Adam and Eve – from the corruption of death. / And we, thy people, freed from the guilt of sin, celebrate and sing to thee: // “The barren woman gives birth to the Theotokos, the nourisher of our Life.”

Prokeimenon (Tone 6 – Sunday Before Elevation of the Cross)

O Lord save Thy people; / and bless Thine inheritance.
v. To Thee O Lord, will I call, O my God, be not silent to me!

Epistle Reading: Galatians 6:11-18 (Sunday Before Elevation of the Cross)

See with what large letters I have written to you with my own hand! As many as desire to make a good showing in the flesh, these would compel you to be circumcised, only that they may not suffer persecution for the cross of Christ. For not even those who are circumcised keep the law, but they desire to have you circumcised that they may boast in your flesh. But God forbid that I should boast except in the cross of our Lord Jesus Christ, by whom the world has been crucified to me, and I to the world. For in Christ Jesus neither circumcision nor uncircumcision avails anything, but a new creation. And as many as walk according to this rule, peace and mercy be upon them, and upon the Israel of God. From now on let no one trouble me, for I bear in my body the marks of the Lord Jesus. Brethren, the grace of our Lord Jesus Christ be with your spirit. Amen. Alleluia (3x's) (Tone 1)

v. I have exalted one chosen out of My people. Alleluia (3x's)
v. For My hand shall defend him, and My arm shall strengthen him. Alleluia (3x's)

Gospel Reading: John 3:13-17 (Sunday Before Elevation of the Cross)

No one has ascended to heaven but He who came down from heaven, that is, the Son of Man who is in heaven. And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

Instead of “It is truly meet ...,” we sing Irmos of Ode 9:

Magnify, O my soul, / the most glorious birth of the Mother of God! /
Virginity is foreign to mothers; / childbearing is strange for virgins. /
But in thee, O Theotokos, / both were accomplished. / Therefore all we nations // of the earth
unceasingly magnify thee.

Communion Hymn:

Praise the Lord from the heavens, praise Him in the highest!
I will receive the cup of salvation and call on the name of the Lord.
Alleluia (3x's)

*[Note: Today's readings for this Sunday are as follows:
Epistle – 2 Corinthians 1:21-2:4 and Gospel – Matthew 22:1-14]*

Announcements

A Warm Welcome to all of our visitors & guests who worshiped with us today and who have joined us in celebrating the Divine Liturgy. Please join us in the church basement for our Fellowship and Coffee Hour.

Announcements

Paul Filanowski is recovering well and resting comfortably at home after his accident back on August 25. Please keep Paul in your prayers as he continues to make a speedy recovery from his injuries. Paul, Lena, and William want to sincerely thank all of you for your prayers and thoughts. If anyone wishes to send a get-well card to Paul, you can send it to the following address:

Paul Filanowski
2065 East York Street
Philadelphia, PA 19125

Please keep in your prayers all those who are still struggling and seeking comfort on the Texas and Louisiana Gulf Coast areas from the damaging affects of Hurricane Harvey. Also, please keep in your prayers all those affected by Hurricane Irma in the Caribbean Islands (especially in Barbuda, St. Martin, and Turks & Caicos). Remember today to pray for those residents fleeing their homes in Florida and South Carolina as Hurricane Irma is expected to make landfall on the peninsula sometime today.

Remember, tomorrow is September 11 and the sixteenth anniversary of the terrorist attacks in New York City, Washington, DC and on United Airlines Flight 93. We remember those victims who perished on that tragic morning and the first response heroes who sacrifice their lives to save others. May their memories be eternal! Never Forget! God Bless America!

From the book: *A Guide To Church Etiquette...In The Orthodox Church*

Special Considerations During Liturgy

Refrain from socializing during the Liturgy: Save your greetings and conversations for the fellowship hall. We are in the Liturgy to greet God with our prayers and worship, not to distract others.

Cell phones and texting: They are never allowed in the church. If you have a professional reason to carry a phone for emergencies, keep it on mute and sit near the exit so that leaving for an emergency will not be a distraction to others. Otherwise, turn off your phone before entering the sanctuary.

Food in the Sanctuary: No food or beverages are allowed to be used inside the sanctuary of the church. If for whatever reason you need to eat or drink something, please step outside for it and then come back. Don't chew gum during the service, it is not appropriate for the spirit of prayer.

Refrain from reserving places in the pews: Allow others to sit as they come into the church, and especially make room for visitors so they will feel welcome.

Lipstick: Do not wear lipstick while taking Holy Communion, or when kissing the cross, an icon, the priest's or bishop's hand, or any sacred object. It is best not to wear it at all in the church, because of the damage it causes.

Leg crossing: One should not be too casual in the Divine Liturgy. People from some cultures are offended by the crossing of legs or by arms thrown back over the pew. Keeping your feet on the ground also enables you to remain attentive and to stand when necessary.

Announcements (cont.)

Candles and Prayers for the Faithful and Departed

Health for the Living:

Emelie Albrecht offered by M/M Herbert
Paul Filanowski offered by Nina Patterson
The Kelly Family offered by M/M N Kelly

May God Grant Them Many Blessed Years!

Memory for the Departed:

Ann Sidoriak, Eleanor Labik, Michael & Mary Spack offered by M/M Herbert
William & Julia Brasko, William Brasko Jr., and John Libak offered by Nancy Brasko Rabik.

May Their Memories Be Eternal

#####

Please remember in your prayers:

Emelie Albrecht; Cantrell Family; Grace Corba; Robert Corba; Paul Filanowski (recovering);
Infant child Natasha Gerty; Katherine Gerty; Ronald Kavalkovich (on his continuous recovery);
Margaret Pellack; Helen Wanenchak; Father Vincent Saverino; Father John Bohush and the
parishioners of Saint Nicholas Eastern Orthodox Church in Philadelphia; and all those who are
serving in our Armed Forces!

#####

Building Fund – In Memory of the infant child Ivanna Alexandra Parsells:
(to support the Taybeh Education Fund)

- * M/M Ken Kavalkovich
- * Matthew Andrews
- * Nina Patterson
- * Robert Wanenchak
- * M/M Al Kavalkovich
- * Pellack Family
- * M/M Noel Kelly
- * Barbara Andrews
- * Jennifer Cantrell & Family
- * Daria Parsells
- * Ruth Federoff
- * M/M Hourahan & Family
- * Joseph Rabik

Please ensure that your Mobile Phone is set to Silent (or at least set on vibrate) during the Divine Liturgy! Thank You!!!

Announcements (cont.)

Sign up sheets for Coffee Hour, Cleaning and Epistle & Hours Reading. Sign up sheets for the above items are posted on the bulletin board in the church basement. Please be considerate and volunteer to assist with some of the parish responsibilities. Your time is very much appreciated!

Special weekly collections taken after Gospel or Sermon. In addition to our general collection, the parish takes a special collection each week to fund certain parish projects. Please be generous with your offering. Every little bit counts. The special collections are as follows:

- First Sunday of every month – Kitchen Fund Project
- Second Sunday of every month – Icon Fund (2016-17)
- Third Sunday of every month - Restoration/Maintenance Fund
- Fourth Sunday of every month – Charity Giving

Note: if there is a Fifth Sunday during a month, the special collection is earmarked for the Kitchen Fund Project, unless otherwise noted and stated by the Parish Council.

Cash Flow Activity (August/September)

| | <u>Week of Aug 28 to Sep 3</u> | <u>August Month (Unaudited)</u> |
|------------------------------|--------------------------------|---------------------------------|
| Attendance: | 38 | 37 (average) |
| <i>Vespers Liturgy (9/7)</i> | 13 | |
| Funds In: | \$ 2,886.15 | \$ 6,506.15 |
| Funds Out: | \$ 4,984.17 | \$ 5,461.67 |
| Net Surplus/(Deficit): | (\$ 2,098.02) | \$ 1,044.48 |

Thank you all for your continuous offerings to maintain the parish!

Shop Rite Gift Cards: If you need to purchase Shop Rite Gift Cards, please see David Pellack to secure them. Your purchase of a Shop Rite Gift Card is an additional fundraising project that helps support the church at no additional expense to the purchaser.

Calendar of Events

1st Sunday of each month – Monthly Panikhida immediately after Divine Liturgy.
2nd Tuesday of each month – Bible Study at 6:30pm in church basement.
2nd Sunday of each month – Property Committee Meeting after Divine Liturgy.
3rd Sunday of each month – Currently no permanent event is scheduled.
4th Sunday of each month – Church Life Discussion Class after Divine Liturgy.

Today – Property Committee Meeting after Divine Liturgy in the Church School Room! (2nd Sunday of each month)! All property committee members are asked to attend the meeting. Discussions will include any follow-ups from the previous meeting, Hall status rental update, prioritize additional work that needs to be done over at the Hall now that the tenants have officially moved into the Hall, and any additional action(s) that need to be taken.

Bible Study – Tuesday, September 12 at 6:30pm in the church basement.
The Bible Study Group will gather together at this time and continue reading and discussing the next section of the bible which is the Book of Numbers.

Vesperal Liturgy Service - September 2017 – Service begins at 6:30PM:

Wednesday, September 13 – Eve of The Universal Exaltation (Elevation) of the Precious and Life-Giving Cross

Sunday, September 24 - Church Life Discussion classes resumes. (The 4th Sunday of the month)

The Topic – Icons, Iconography, and Iconostas. It's history and the stories displayed on them.

St. Michael Russian Orthodox Church 41st Annual Russian Festival **4th St & Fairmount Avenue – Philadelphia, PA October 6 to 8 2017.**

The parish's popular and festive event will be held the first full weekend of October (this year from Friday, October 6 to Sunday, October 8). The weekend will feature a range of Russian food delights for lunch through dinner, live accordion music, the Sunday School's Russian Dancers, and specialty shops from Russian made artifacts, books of interest, handmade decorations, drawing opportunities, and a variety of collectibles and treasures for ones enjoyment.

St. Nicholas Eastern Orthodox Church of Philadelphia, PA is celebrating its 100th Anniversary on – Sunday, October 15 2017.

The parish will be celebrating with a Divine Liturgy at 10am and then afterwards a Gala Luncheon in their Church Hall. Tickets (\$50) are available and a RSVP to the Gala Committee is required ASAP. Flyers are posted on the bulletin boards down in the basement for more information.



Martyrs Menodora, Metrodora, and Nymphodora [Sep 10th]

The Holy Virgins Menodora, Nymphodora, and Metrodora (305-311), were sisters from Bithynia (Asia Minor). Distinguished for their special piety, they wanted to preserve their virginity and avoid worldly associations. They chose a solitary place for themselves in the wilderness and spent their lives in deeds of fasting and prayer.

Reports of the holy life of the virgins soon spread, since healing of the sick began to occur through their prayers. The Bithynia region was governed at

that time by a man named Frontonus, who ordered that the sisters be arrested and brought before him.

At first he tried to persuade them to renounce Christ, promising great honors and rewards. But the holy sisters steadfastly confessed their faith before him, rejecting all his suggestions. They told him that they did not value the temporal things of this world, and that they were prepared to die for their Heavenly Bridegroom, for death would be their gateway to eternal life.

Flying into a rage, the governor took out his wrath on Saint Menodora, the eldest sister. She was stripped of her clothes and beaten by four men, while a herald urged her to offer sacrifice to the gods. The saint bravely endured the torments and cried out, "Sacrifice? Can't you see that I am offering myself as a sacrifice to my God?" Then they renewed their torments with even greater severity. Then the martyr cried out, "Lord Jesus Christ, joy of my heart, my hope, receive my soul in peace." With these words she gave up her soul to God, and went to her Heavenly Bridegroom.

Four days later, they brought the two younger sisters Metrodora and Nymphodora to the court. They showed them the battered body of their older sister to frighten them. The virgins wept over her, but remained steadfast.

Then Saint Metrodora was tortured. She died, crying out to her beloved Lord Jesus Christ with her last breath. Then they turned to the third sister, Nymphodora. Before her lay the bruised bodies of her sisters. Frontonus hoped that this sight would intimidate the young virgin.

Pretending that he was charmed by her youth and beauty, he urged her to worship the pagan gods, promising great rewards and honors. Saint Nymphodora scoffed at his words, and shared the fate of her older sisters. She was tortured and beaten to death with iron rods.

The bodies of the holy martyrs were to be burned in a fire, but a heavy rain extinguished the blazing fire, and lightning struck down Frontonus and his servant. Christians took up the bodies of the holy sisters and reverently buried them at the so-called Warm Springs at Pythias (Bithynia).

Part of the relics of the holy martyrs are preserved on Mt. Athos in the Protection cathedral of the Saint Panteleimon Russian monastery, and the hand of Saint Metrodora is on the Holy Mountain in the monastery of the Pantocrator.