



ST. MARK'S ORTHODOX CHURCH

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Diocese of Philadelphia and Eastern PA (www.doeпа.org)

452 Durham Road

Wrightstown, PA 18940

215 860-9640

DECEMBER 1, 2019

Clergy

V. Rev. Raymond M. Browne,

Rector

Cell: 570-906-1388

Email: frraymondmartin@hotmail.com

Protodeacon Gregory Moser, *Attached*

V. Rev. Michael Sekela, *Retired. Attached*

Readers:

- ❖ G. Peter Bohlender
- ❖ Dustin Joseph Crosby

Service Schedule

Great Vespers/Vigil

Saturdays 6pm

Eve of Feast 7pm (6pm on Sundays).

Hours

Sundays and Feast Days 9:10am.

Choir Directors:

- ❖ Sergei Arhipov
- ❖ Mat. Martha Moser
- ❖ Daria Cortese

Church School

Director

- ❖ Jennifer Sremanak



Divine Liturgy

Sundays and Feast Days 9:30 am

Confessions:

Saturdays after Vespers and by appointment.

Akathist Service

Wednesdays at 9:15am.

Memorial Services (Panikhida/Litya): as

requested



24 TH SUNDAY AFTER PENTECOST (11 TH OF LUKE) – TONE 7. PROPHET NAHUM
(7TH C. B.C.). RIGHTEOUS PHILARET THE MERCIFUL OF AMNIA IN ASIA MINOR (792).
MARTYR ANANIAS OF PERSIA.

ΕΠΙΣΤΟΛΗ: **Ephesians 2:14-22**

ΓΕΓΟΝΟΤΑ: **LUKE 18: 18-27**

Baptisms: Children must have Orthodox Godparents who provide a letter from their parish priest. Parents and Godparents are required to attend two preparatory classes. Scheduling arrangements should be made with the Rector by contacting him directly.

Weddings: Arrangements should be made **at least** six months prior to the wedding and scheduling is subject to the liturgical calendar of the church.

Please do not make arrangements for receptions without speaking with the Rector first.

Weekly Schedule of Services and Events

Sun. December 1: Hours and Divine Liturgy - 9:10am. Church School. Coffee Hour.

Mon. Dec 2: Book Group On the Incarnation - 7pm

Tues. Dec 3: Service at The Birches - 11:30am.

Wed. Dec 4: Akathist & Psalms Class 9:15am; Prison Ministry 7:30pm..

Thurs Dec 5: Bible Study at Friends Home, Newtown - 2pm. Great Vespers for St. Nicholas - 7pm

Fri Dec 6: Hours and Divine Liturgy for St. Nicholas 9:10



Sat. Dec 7: Pre Nativity Retreat 10am - 3pm. Vespers and Confessions - 4pm.

Nativity Fast: It is a time of **spiritual preparation** for a **spiritual feast**. **Fasting from meat, dairy is part of this observance, but by no means all of it.** Making room at the Inn of our heart and home for Christ should be the focus of this time through prayer and almsgiving as well as fasting. Donations for the Food Cupboard Christmas baskets, donations to the Philadelphia Breakfast Mission, International Orthodox Christian Charities. Set aside the money you save by your fast and at the end donate it at Christmas.

Starting on December 1, read one chapter of St. Luke's Gospel each day. By Christmas Eve you will be on the final chapter. A beautiful way to prepare for the Nativity.

Attend the festal services during the period, Akathist to St. Barbara (4th) St. Nicholas (6th) and St. Herman (13th).

Parish Book Study for Nativity Fast: Meeting Mondays at 7pm 12/2, 12/16. **On the Incarnation** by St. Athanasius of Alexandria.

Scrip: YTD \$257.65.

Wrightstown Food Cupboard: Thank you for the donations. 145 baskets were packed and delivered last Saturday. The same number are needed for Christmas, which will be packed on December 14th.

VIGIL LIGHTS

FROM: PERDIKIS

FOR THE HEALTH OF: DEMOSTHENES, CARMEN, DEMETRIOS, EVANGELIA, RAYMOND, ZOGRAFIA, JOHN, ELSA, WALTER, JOHN, JAYDEN, THEODORE, RAYMOND, BASIL

IN MEMORY OF: ANGELA, EVANGELIA, ANGELA, EKATERINI, ARTHUR, COLLEEN, SPYRIDON, CHRISTOPHER, KLEO, NIKOLAS, DEMETRIOS, ZOGRAFIA



Please remember in your prayers

Living: Captives Hierarchs Paul and John III afflicted *Matushki* Elena, Laryssa, Lisa, Priscilla, Myra, Suzanne; *Servants of God* Peter, Stephanie, Anthony, Samuel, Sergei, Tatyana, Vera, Anna, Scott, Dennis, David, Garry, Vincent, Anthony, Helen, Stephen, Raymond, Darrell, Andrew, Daniel, Amanda, Michael, Laura, Stephen, Jason, Katina, Donna, Nina, Rebekah, Anthony, Alexander, Grover, Valerie, Raymonde, Anita, Jim, Peter, Jonathan, Gregory, Charles, Kyra. **Margaret, Arlene, Vaughn, Ruslan** Good estate of Krastyo, Tom, Michael, Martin, Matthew, Nicoletta, Carmen and Nathan, Ferne.

Departed: *Newly departed* Mat. Anastasia, Martha *Departed* Archpriests Stephen and Vladimir, Priest George



Names Day

John Yates - 4th

Barbara Malriat - 4th

Nicoletta Vatov - 6th

Nicholas Bendas - 6th

Ordination Anniversary

Fr. Martin - 6th

The Nativity Fast - Part 2

From <https://www.johnsanidopoulos.com/2016/11/on-nativity-fast-when-why-how.html>, accessed 11/23/19

By Metropolitan Symeon of New Smyrna



3. The great importance of this new feast of Christmas was acquired over time in the consciousness of the Church and the piety of the people, especially with monastics, who established the condition for fasting before Christmas. This was certainly influenced and shaped by the forty days of fasting of Great Lent immediately before Pascha.

Just as with the feast so also with the fast, the preparation period for the birth of the Savior first appeared in the West, where this fast was called the Lent of Saint Martin, because it began on the feast of this Saint of the Western Church. The same was repeated with the East, where many called the Nativity Fast the Lent of Saint Philip, because it began the day after the commemoration of this Apostle.

The first historical references we have of the fast before Christmas, go back to the fifth century in the West and the sixth century in the East. Of the Eastern Fathers who refer to it are Anastasios of Sinai, Nikephoros the Confessor, Theodore the Studite and Theodore Balsamon.

4. At first, it seems that this fast was of a short duration. Theodore Balsamon, who wrote in the twelfth century, and informs us of what took place in his time, clearly calls it a "seven-day" period. Under the influence of Great Lent, however, it also extended to forty days, without employing its stringency.

5. How should we keep this fast? Throughout the entire duration of these forty days there is no accommodation for meat, dairy products and eggs. However, fish is allowed to be consumed every day except Wednesdays and Fridays, from November 15th until December 17th. Fish is also allowed on the feast of the Entrance of the Theotokos, which falls on November 21st, no matter what day of the week it falls on.

From the 18th to the 24th of December, which is Christmas Eve, only oil and wine are allowed to be consumed, except Wednesdays and Fridays on which we adhere to a strict fast. We should keep a fast of dry foods (*xerophagy*) also on the first day of the fast on November 15th, as well as on Christmas Eve, unless of course they fall on a Saturday or Sunday.

Source: Translated by John Sanidopoulos.

New Testament Verses on Thanksgiving
Compiled by Archpriest John Jillions

1. Matthew 11:25 At that time Jesus declared, "I thank thee, Father, Lord of heaven and earth, that thou hast hidden these things from the wise and understanding and revealed them to babes..."
2. Matthew 15:36 he took the seven loaves and the fish, and having given thanks he broke them and gave them to the disciples, and the disciples gave them to the crowds.
3. Matthew 26:27 And he took a cup, and when he had given thanks he gave it to them, saying, "Drink of it, all of you..."
4. Luke 17:16 and he fell on his face at Jesus' feet, giving him thanks. Now he was a Samaritan.
5. Luke 22:17 And he took a cup, and when he had given thanks he said, "Take this, and divide it among yourselves;
6. Luke 22:19 And he took bread, and when he had given thanks he broke it and gave it to them, saying, "This is my body which is given for you. Do this in remembrance of me."
7. Romans 1:8 First, I thank my God through Jesus Christ for all of you, because your faith is proclaimed in all the world.
8. 1 Corinthians 1:4 I give thanks to God always for you because of the grace of God which was given you in Christ Jesus...
9. 1 Corinthians 10:30 If I partake with thankfulness, why am I denounced because of that for which I give thanks?
10. 1 Corinthians 11:24 and when he had given thanks, he broke it, and said, "This is my body which is for you. Do this in remembrance of me."



11. 1 Corinthians 14:16 Otherwise, if you bless with the spirit, how can any one in the position of an outsider say the “Amen” to your thanksgiving when he does not know what you are saying
12. 1 Corinthians 15:57 But thanks be to God, who gives us the victory through our Lord Jesus Christ.
13. 2 Corinthians 1:11 You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us in answer to many prayers.
14. 2 Corinthians 2:14 But thanks be to God, who in Christ always leads us in triumph, and through us spreads the fragrance of the knowledge of him everywhere.
15. 2 Corinthians 4:15 For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.
16. 2 Corinthians 9:11 You will be enriched in every way for great generosity, which through us will produce thanksgiving to God;
17. 2 Corinthians 9:12 for the rendering of this service not only supplies the wants of the saints but also overflows in many thanksgivings to God.
18. 2 Corinthians 9:15 Thanks be to God for his inexpressible gift!
19. Ephesians 1:16 I do not cease to give thanks for you, remembering you in my prayers,
20. Ephesians 5:4 Let there be no filthiness, nor silly talk, nor levity, which are not fitting; but instead let there be thanksgiving.
21. Ephesians 5:20 always and for everything give thanks in the name of our Lord Jesus Christ to God the Father.
22. Philippians 4:6 Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
23. Colossians 1:3 We always thank God, the Father of our Lord Jesus Christ, when we pray for you...
24. Colossians 1:12 give thanks to the Father, who has qualified us to share in the inheritance of the saints in light.
25. Colossians 2:7 rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.
26. Colossians 3:17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.
27. Colossians 4:2 Continue steadfastly in prayer, being watchful in it with thanksgiving;
28. 1 Thessalonians 1:2 We give thanks to God always for you all, constantly mentioning you in our prayers...
29. 1 Thessalonians 3:9 For what thanksgiving can we render to God for you, for all the joy which we feel for your sake before our God...
30. 1 Thessalonians 5:18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
31. 2 Thessalonians 1:3 We are bound to give thanks to God always for you, brethren, as is fitting, because your faith is growing abundantly, and the love of every one of you for one another is increasing.
32. 2 Thessalonians 2:13 But we are bound to give thanks to God always for you, brethren beloved by the Lord, because God chose you from the beginning to be saved, through sanctification by the Spirit and belief in the truth.
33. 1 Timothy 2:1 First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all men...
34. 1 Timothy 4:4 For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving...
35. 2 Timothy 1:3 I thank God whom I serve with a clear conscience, as did my fathers, when I remember you constantly in my prayers.
36. Revelation 4:9 And whenever the living creatures give glory and honor and thanks to him who is seated on the throne, who lives for ever and ever...
37. Revelation 7:12 “Amen! Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God for ever and ever! Amen.”

