

# Holy Apostles Orthodox Church

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HolyApostlesLansing.org

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## JANUARY 11, 2015

**31st SUNDAY AFTER PENTECOST — Tone 6. Afterfeast of the Theophany. Ven. Theodosius the Great, the Cenobiarch** (529). **Sunday after Theophany.** Ven. Michael of Klops Monastery, Fool-for-Christ (Novgorod—ca. 1453-56). St. Theodosius of Antioch (ca. 412). Ven. Theodosius, Metropolitan of Trebizond (1392). The “ELETSKAIA” Icon of the Most-holy Theotokos (1060).

**EPISTLE:** 2 CORINTHIANS 4.6-15: We are hard pressed, but the Lord will prevail in grace. Ephesians 4.7-13: Christ gave some to be apostles, some prophets, some evangelists, and some pastors and teachers.

**GOSPEL:** MATTHEW 11.27-30: Come to Me, all you who labor and are heavy laden, and I will give you rest.

MATTHEW 4.12-17: Jesus began to preach and to say, “Repent, for the kingdom of heaven is at hand.”

**VESPERS NEXT WEEK:** Rdr Bob.

**HOURS:** Casey. **NEXT WEEK:** Available.

**EPISTLE READER:** Bill. **NEXT WEEK:** Available.

**ALTAR SERVERS RETREAT:** The Annual Diocesan Altar Server Retreat will be held at St Basil Academy in Garrison NY from February 6-8. The main focus of this annual retreat is to bring the altar servers of our diocese together in prayer, Christian fellowship, education, and fun. There is no charge to participate in the retreat but early registration is essential.

**HOUSE BLESSINGS:** It is a beautiful tradition of our Orthodox faith to bless homes in the Theophany season. To have your house blessed, please see Fr James to schedule an appointment. It would be wonderful if we could every house in the parish blessed in the next few weeks. For those who do not make an appointment, Fr James will be calling to schedule a time.

**WELCOME!:** We warmly welcome all of our visitors! It’s good to have you with us! Please know that we are glad that you are here praying with us and invite you to join us after the service for a meal and to meet everyone in our community.

**4<sup>TH</sup> ANNUAL LAKE BLESSING:** Tremendous thanks go to all who helped to make yesterday’s lake blessing the prayerful, fun and uplifting experience it was. See you next year!

**PARISH COUNCIL:** When we have elections at the next Annual Meeting, there will be one opening for the Parish Council. If you are interested in this unique and valuable ministry as an opportunity for your life, see Fr James.

**KNOW YOUR FAITH:** The next class will be January 13 at Unwind Coffee Shop in the Ithaca Mall. We will be reading and discussing chapter 10 of the Gospel of St John, The Good Shepherd Discourse; Feast of Dedication; Jesus Retreats across the Jordan. Invite your friends to join us. The complete syllabus is available on the information table and online.

**PRAYER SCROLL: LIVING:** Archpriest Timothy Holowatch, Archpriest Herman Shick, Archpriest John Chupeck, Archpriest Thomas Edwards, Archpriest Michael Thier, Archpriest Stephen Mack, Dn Symeon, Abbess Silouana, Mother Raphaela, Mother Christophora, Mat Cecelia, Mat Katya, Mat Catherine, Mat Dorothy, Joshua, Brittany & Isaac, Gretchen, Toni, Peter, Marriane, Terrence, Helen, Judy, Gretchen, Mary & Susan, John & Carmine, Nathan, Leah, Helen, Lindsey, Christopher E, Susanne H, Olga S, Elizabeth, Mary, Joe A, Daniel, Andrew and family, Harold, Wilhemina, Children Anthony, Mia and Isabel, Gordon, Elizabeth, David, Madeline, Shirley, Larry, Christina, Caleb, Jim & Kim, Rachel, Constantine & Maria, Gaetan.

**BIRTHDAYS:** None. **ANNIVERSARIES:** None. **NAMESDAYS:** Tatiana L.

**REPOSED:** Priest John, Archpriest Alexander, Rdr Gregory, Daniel, Ada, Walter, Lillian, Joseph, Marie, Joseph, Laura, Martha, Stanley, Helen, Charles, Arthur, Taissia, Steluta, Theophan, Lynda, Florence, James. **NEWLY DEPARTED:** James (1-9). **ANNIVERSARIES:** None.

**DDB/Vision for our Future:** Bp Michael has called upon the faithful of the diocese to voluntarily support **Mission Parishes, Seminarians and Existing Parishes** initiatives through their financial gifts. Thanks to the sacrificial generosity of the Benefactors vital ministries have received much-needed support; the work of the Church is being funded as never before!

FB Check-in



## SCHEDULE FOR THIS WEEK

CONFESSIONS ARE HEARD BEFORE AND AFTER VESPERS AND AT ANY OTHER CONVENIENT TIME.

**SUNDAY, JANUARY 11:** 9 AM Divine Liturgy and Social Hour

**TUESDAY, JANUARY 13:** 8:30 Morning Prayers

7 PM Know Your Faith at Unwind Café in Ithaca Mall

**WEDNESDAY, JANUARY 14:** 8:30 Daily Matins

**THURSDAY, JANUARY 15:** 8:30 Morning Prayers

**FRIDAY, JANUARY 16:** 8:30 Morning Prayers

**SATURDAY, JANUARY 17:** 6 PM Great Vespers

**SUNDAY, JANUARY 18:** 9 AM Divine Liturgy and Social Hour

Holy Apostles Orthodox Church  
PO Box 333  
Lansing, NY 14882

# Holy Apostles Orthodox Church

Lansing, New York



**Troparion to the Apostles**  
First enthroned of the Apostles, And teachers of the Universe; Entreat the Master of all  
To grant peace to the world, And to our souls great mercy!

SUNDAY, JANUARY 11, 2015  
31<sup>ST</sup> SUNDAY AFTER PENTECOST  
SUNDAY AFTER THEOPHANY

# 31<sup>st</sup> Sunday after Pentecost

## Afterfeast of the Theophany/Venerable Theodosius the Great

### Troparion Tone 6 (*Resurrection*)

The Angelic Powers were at Thy tomb;  
the guards became as dead men.  
Mary stood by Thy grave,  
seeking Thy most pure body.  
Thou didst capture hell not being tempted by it.  
Thou didst come to the Virgin, granting life.//  
O Lord, Who didst rise from the dead, glory to Thee.

### Troparion of the Feast Tone 1

When Thou, O Lord, wast baptized in the Jordan,  
the worship of the Trinity was made manifest.  
For the voice of the Father bore witness to Thee,  
and called Thee His beloved Son;  
and the Spirit in the form of a dove  
confirmed the truthfulness of His word.  
O Christ our God, Who hast revealed Thyself//  
and hast enlightened the world, glory to Thee.

### Troparion Tone 8 (*Venerable Theodosius*)

By a flood of tears thou didst make the desert fertile,  
and thy longing for God brought forth fruits in abundance.  
By the radiance of miracles thou didst illumine the whole universe.  
O our Father Theodosius, pray to Christ God to save our souls!

### Kontakion Tone 6 (*Resurrection*)

When Christ God the Giver of Life,  
raised all of the dead from the valleys of misery with His mighty hand,  
He bestowed resurrection on the human race.//  
He is the Savior of all, the Resurrection, the Life, and the God of all.

### Kontakion Tone 8 (*Venerable Theodosius*)

Planted in the courts of thy Lord, thou didst blossom beautifully with virtue,  
and didst increase thy children in the desert, showering them with streams of thy tears,  
O chief shepherd of the divine flock of God.  
Therefore, we cry to thee: Rejoice, O Father Theodosius!

### Kontakion of the Feast Tone 4

Today Thou hast shone forth to the world, O Lord,  
and the light of Thy countenance has been marked on us.  
Knowing Thee, we sing Thy praises:  
Thou hast come and revealed Thyself,//  
O unapproachable Light.

### Prokeimenon Tone 1 (*Sunday after the Theophany*)

Let Thy mercy, O Lord, be upon us as we have set our hope on Thee! (Ps 32/33:22)  
v: Rejoice in the Lord, O ye righteous! Praise befits the just! (Ps 32/33:1)

**Tone 7:** Precious in the sight of the Lord is the death of His saints. (Ps 115/116:15)

### Alleluia Verses Tone 5 (*Sunday after the Theophany*)

Alleluia, Alleluia, Alleluia! I will sing of Thy mercies, O Lord, forever; with my mouth will I  
proclaim Thy truth from generation to generation. (Ps 88/89:1)  
v: For Thou hast said: "Mercy will be established forever; My truth will be prepared in the  
heavens." (Ps 88/89:2)  
v. Blessed is the man who fears the Lord, who greatly delights in His commandments. (Ps  
111/112:1)

### Hymn to the Theotokos

Magnify, O my soul, the most pure Virgin Theotokos,  
more honorable than the heavenly hosts!  
No tongue knows how to praise thee worthily, O Theotokos;  
even Angels are overcome with awe praising thee.  
But since thou art good, accept our faith;  
for thou knowest our love inspired by God! //  
Thou art the defender of Christians, and we magnify thee.

### Communion Hymns

The grace of God has appeared for the salvation of all men. (*Titus 2:11*)  
Praise the Lord from the heavens, praise Him in the highest! (*Ps 148:1*)  
The righteous shall be in everlasting remembrance. He shall not fear evil tidings. (*Ps 111/112:6b-7a*)  
Alleluia, Alleluia, Alleluia!

## **A PRAYER FROM THE BLESSING OF WATERS**

And give to it the grace of redemption and the blessing of Jordan. Make it a source of incorruption, a gift of sanctification, a deliverance from sins, an averting of diseases, unapproachable by hostile powers, filled with angelic strength. That all who draw from it and partake of it may have it for cleansing of souls and bodies, for healing of passions, for sanctification of homes, for every suitable purpose. For you are our God, who through water and Spirit renewed our nature made old by sin. You are our God, who in the days of Noah drowned sin through the water of the flood. You are our God, who through Moses freed the Hebrew race from the slavery of Pharaoh through the sea. You are our God who split open the rock in the desert, and waters rushed out and torrents flooded down, and you satisfied your thirsty people. You are our God, who through Elijah turned Israel from the error of Baal.

## **HOLY WATER**

The Orthodox Church teaches that God created all things good, and that sin has invaded this good world with sickness and death. And part of the mission of the Church is to restore all things by the grace of God.

This is why we have “holy water.” It is a setting apart of water as a kind of act of restoration. It’s mystically transforming water not into something magical, but it is restoring it to its Edenic dignity, and with this honor, it becomes another touch point of deeper communion with the Divine.

We use it to bless ourselves, our homes, our cars, our pets, our food—virtually anything! Some people will take a sip of holy water first thing in the morning, others will put a small amount in their food when they cook. Others may take a small bottle while traveling to discretely sprinkle around while praying for the area and the people. It may be used generously.

It is customary for clergy to set apart a sizable amount of water at Theophany (sometimes called Epiphany) in January, and the faithful will bring special containers to fill after the services. Many clergy will also bless a lake, river, or the ocean, and throw a cross in the water for the faithful (often children) to scramble after and retrieve. Some priests are very generous with the distribution of holy water and will use a large brush to fling droplets all over the faithful!

Should you need to dispose of holy water, it should be used to bless things, you should drink it, or you may pour it into the ground.

Fun fact: We do not need to set apart water from the Jordan River. By virtue of God being baptized in that water, we believe that is holy water forever. Many pilgrims will bring home holy water from the Jordan when they visit.

## **ON THE USE OF ANTIDORON**

MOST ORTHODOX CHRISTIANS are aware that one should keep a strict and complete fast from midnight before receiving the Holy Mysteries, but one should also receive holy water and the antidoron (the blessed bread given out at the end of the Liturgy) fasting. If, as many do, you keep a supply at home, use a little each day to break your fast, when you have said your morning prayers and before eating anything else. If you are attending the Divine Liturgy, then keep a fast until the service is over (as in any case one should) and you receive your antidoron from the priest. If for some reason, you have eaten when you attend the Liturgy, then take the antidoron home as a blessing and consume it on another day, thus showing reverence for the things of God and the blessing which this bread has received.

## **PREPARING FOR A HOUSE BLESSING**

It is a joy to bless your home and/or business. To have your home or business blessed in an orderly manner, please prepare with the following in mind:

At a table covered in a white cloth, or icon corner (preferably facing east, if possible), have:

- a bowl filled with Holy Water (if you have none, Father will bring extra),
- an icon of the feast, or of Christ, or of the Theotokos,
- a candle on a candle stand,
- a prayer slip listing the names of those whom you would like to have remembered in prayer, with those fallen asleep listed in on one side and those living in the household on the other side.

All TVs, radios, and other sources of sound need to be turned off. Open the doors to all rooms. If done in the evening, have the lights on in each room. Also, please secure pets as necessary. If possible, please have someone ready to lead the priest through the home/business. Invite some friends!