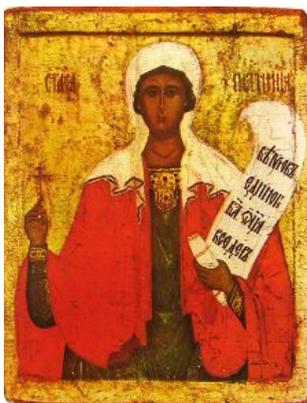




NEWSLETTER & DEVOTIONAL GUIDE

23rd Week after Pentecost

Monday, November 9 — Sunday, November 15, 2020



**Greatmartyr Paraskeva of
Iconium**



**Holy Wonderworkers and
Unmercenary Cosmas and
Damian of Mesopotamia**



**Martyrs Acindynus &
Companions**

~ CONTENTS ~

A Note from Fr. John	Look It Up!
“Twitter Summary”	Prayer Corner
Thoughts for Every Day	This Week’s Services
Ponder This	Bookstore

~ A NOTE FROM FATHER JOHN ~

17 These things I command you, that you love one another. 18 If the world hates you, you know that it hated Me before it hated you.

John 15:17-18

Since the time of the fall of Adam and Eve, life has been difficult in this world. The times we live in are no different. We are commanded to love God and to be willing to suffer whatever calamity befalls us. Sometimes, it is the loss of a loved one, sometimes it may be a broken heart. Whatever the problem is, God is within us and surrounds us. So, whatever He deems necessary for our salvation is what is prudent. We just celebrated the life of Saint Demetrius the myrrh streamer, and we find that in his life, he looked danger in the face, made the sign of the cross, and in spite of the danger to him, he preached the kingdom of heaven. Ultimately, it led to his death. But because of him, many came to the Faith. And this continues to this very day. It is our responsibility to bear witness to the Resurrection of Christ in all our thoughts, in all our speech, and in all of our actions. Keep the faith!

~ “TWITTER SUMMARY” ~

The main points from Sunday’s sermon, in 280 characters or less!

We know from the Book of Revelations that Christ and His Church win in the end. Satan will be defeated and we will be with God in heaven. Continue in the faith and do not lose hope, no matter what happens in the world around us.

~ THOUGHTS FOR EVERY DAY ~

Scripture and liturgical readings to enrich your prayer life every day of the week

<p style="text-align: center;">~ MONDAY~ (11/9)</p> <p>Holy Scripture: 1 Thessalonians 1:1-5 Luke 10:22-24</p> <p>Excerpt from the Menaion: Martyr Nestor of Thessalonica, Troparion, Tone IV — In his suffering, O Lord,/ Thy martyr Nestor received an imperishable crown from Thee our God;/ for, possessed of Thy might,/ he set at nought the tormentors and crushed the feeble audacity of the demons.// By his supplications save Thou our souls.</p> <p>Commemoration of the Day: Martyr Nestor of Thessalonica (306)</p>	<p style="text-align: center;">~ TUESDAY~ (11/10)</p> <p>Holy Scripture: 1 Thessalonians 1:6-10 Luke 11:1-10</p> <p>Excerpt from the Menaion: Troparion of Great-martyr Parasceva, Troparion, Tone IV — O all-wise and most lauded Parasceva, martyr of Christ, having received manly might and set aside thy womanly weakness, thou didst vanquish the devil and put the tyrant to shame, crying out and saying: "Come ye, cut my body asunder with your swords and burn me with fire; for, rejoicing, I shall go to Christ my Bridegroom!" Through her supplications, O Christ God, save our souls.</p> <p>Commemoration of the Day: Great-martyr Parasceva of Iconium (3rd c.)</p>
<p style="text-align: center;">~ WEDNESDAY~ (11/11)</p> <p>Holy Scripture: 1 Thessalonians 2:1-8 Luke 11:9-13</p> <p>Excerpt from the Menaion: Virgin-martyr Anastasia the Roman, Troparion, Tone IV — Thy ewe-lamb Anastasia crieth out to Thee with a loud voice, O Jesus:/ "I love Thee, O my Bridegroom,/ and, seeking Thee, I pass through many struggles:/ I am crucified and buried with Thee in Thy baptism,/ and suffer for Thy sake, that I may reign with Thee;/ I die for Thee that I might live with Thee./ As an unblemished sacrifice accept me,/ who sacrifice myself with love for Thee// By her</p>	<p style="text-align: center;">~ THURSDAY~ (11/12)</p> <p>Holy Scripture: 1 Thessalonians 2:9-14 Luke 11:14-23</p> <p>Excerpt from the Menaion: Hieromartyr Zenobius and his sister Zenobia, Troparion, Tone IV — In their sufferings, O Lord,/ Thy martyrs received imperishable crowns from Thee our God;/ for, possessed of Thy might,/ they set at nought the tormentors and crushed the feeble audacity of the demons.// By their supplications save Thou our souls.</p> <p>Commemoration of the Day: Hieromartyr Zenobius and his sister Zenobia of Aegae, Cilicia (285)</p>

supplications save Thou our souls, in that Thou art merciful.

Commemoration of the Day:

Virgin-martyr Anastasia the Roman (256)

**~ FRIDAY ~
(11/13)**

Holy Scripture:

1 Thessalonians 2:14-19
Luke 11:23-26

Excerpt from the Menaion:

Apostles Stachys, Amplias and those with them, Troparion, Tone IV —

O holy apostles/ entreat the merciful God// that He grant to our souls remission of transgressions.

Commemoration of the Day:

Apostles Stachys, Amplias, Urban, Narcissus, Apelles, and Aristobulus of the Seventy (1st c.)

**~ SATURDAY ~
(11/14)**

Holy Scripture:

2 Corinthians 8:1-5
Luke 8:16-21

Excerpt from the Menaion:

Holy Wonderworkers and Unmercenary Physicians Cosmas & Damian, Troparion, Tone VIII —

O holy unmercenaries and wonderworkers Cosmas and Damian, visit our infirmities:// Freely have ye received, freely give unto us!

Commemoration of the Day:

Holy Wonderworkers and Unmercenaries Cosmas and Damian of Mesopotamia, and their mother St. Theodota (3rd c.)

**~ SUNDAY ~
(11/15)**

Holy Scripture:

Ephesians 2:4-10
Luke 8:26-39

Excerpt from the Menaion :

Martyrs Acindynus, Pegasius, Aphthonius, Elpidophoros & Anempodistus, Troparion, Tone II —

O athletes of the Lord,/ blessed is the earth/ which drank in your blood,/ and holy the habitations which have received your bodies,/ for ye vanquished the enemy in the arena/ and preached Christ with boldness.// Entreat Him, in that He is good, we pray, that our souls be saved.

Commemoration of the Day:

“Their sound hath gone forth into all the earth, * their words unto the ends of the world.”

[Prokeimenon of Pentecost, Tone 8, Liturgy]

To read more:

<https://www.holytrinityorthodox.com/calendar/>

Martyrs Acindynus, Pegasus, Aphthonius, Elpidophorus, and Anempodistus of Persia (341)	
--	--

~ PONDER THIS ~

A few thoughts to ponder in light of this week's lessons and sermons.

http://www.orthodoxchristian.info/pages/J_Prayer.htm

Concerning the Jesus Prayer

In the First Epistle to the Thessalonians the Apostle Paul says: "Pray without ceasing" How then, is one to pray unceasingly? By often repeating the Jesus Prayer:

"Lord Jesus Christ, Son of God, have mercy on me".

By becoming accustomed to this appeal, great consolation and the need to continually make this petition will be felt within, and it will be carried on, as if of itself, within one. Although in the beginning the enemy of the human race will offer hindrances to this, by causing great weariness, indolence, boredom and overcoming sleep, having withstood all these with the help of God, one will receive peace of soul, spiritual joy, a benevolent disposition towards people, purification of thought, and gratitude towards God.

In the very Name of Jesus a great and graceful power is present. Many holy and righteous people advise repeating the Jesus Prayer as frequently as possible; without interruption. it is necessary for everyone, whether eating, drinking, sitting, serving, travelling, or in doing anything, to ceaselessly lament: "Lord Jesus Christ, Son of God, have mercy on me" in order that the Name of the Lord Jesus Christ, in descending into the depths of our hearts, may humble the serpent of destruction, and save and enlighten the soul.

(... TO CONTINUE READING, CLICK ON THE LINK ABOVE)

~LOOK IT UP ~

Did you know: Trained and skilled as physicians, Saints Cosmas and Damian received from the Holy Spirit the gift of healing people's illnesses of body and soul by the power of prayer. They even treated animals. With fervent love for both God and neighbor, they never took payment for their services. They strictly observed the command of our Lord Jesus Christ, "Freely have you received, freely give." (Mt. 10:8). The fame of Saints Cosmas and Damian spread throughout all the surrounding region, and people called them unmercenary physicians.

Once, the saints were summoned to a grievously ill woman named Palladia, whom all the doctors had refused to treat because of her seemingly hopeless condition. Through faith and through the fervent prayer of the holy brothers, the Lord healed the deadly disease and Palladia got up from her bed perfectly healthy and giving praise to God. In gratitude for being healed and wishing to give them a small gift, Palladia went quietly to Damian. She presented him with three eggs and said, "Take this small gift in the Name of the Holy Life-Creating Trinity, the Father, Son, and Holy Spirit." Hearing the Name of the Holy Trinity, the unmercenary one did not dare to refuse.

When Saint Cosmas learned what had happened, became very sad, for he thought that his brother had broken their strict vow. On his deathbed he gave instructions that his brother should not be buried beside him. Saint Damian also died shortly afterward, and everyone wondered where Saint Damian's grave should be. But through the will of God a miracle occurred. A camel, which the saints had treated for its wildness, spoke with a human voice saying that they should have no doubts about whether to place Damian beside Cosmas, because Damian did not accept the eggs from the woman as payment, but out of respect for the Name of God. The venerable relics of the holy brothers were buried together at Thereman (Mesopotamia).

Read more:

<https://www.o.ca.org/saints/lives/2019/11/01/103133-holy-wonderworkers-and-unmercenaries-cosmas-and-damian-of-mesopo>

~ PRAYER CORNER ~

- Father John and Matushka Deborah.
- Anna and her family
- Ekaterina, memory eternal

- Please keep in prayer our older parishioners who, if they contract the COVID-19 virus, will be in greater risk of serious health complications.
- Please keep in prayer our heroic parishioners who work in the health care profession and are on the front lines of our society's fight against the Novel Corona Virus and COVID-19 disease.

~ THIS WEEK'S SERVICES ~

Monday	6pm - Vespers (Facebook Live)
Tuesday	8am - Divine Liturgy 6pm - Vespers (Facebook Live)
Wednesday	8am - Divine Liturgy 6pm - Vespers (Facebook Live) 6:40 - Akathist: St. Nicholas the Wonderworker 7pm - Studies in the Faith
Thursday	6pm - Vespers (Facebook Live) 6:40 - Akathist: Joy of All Who Sorrow
Friday	6pm - Vespers (Facebook Live)
Saturday	7am - Matins 8:30 - Divine Liturgy 5pm - Vigil (Facebook Live)
Sunday	9am - Divine Liturgy

~ BOOKSTORE ~

- New extra-large icons from Russia!
- *The Heavenly Banquet: Understanding the Divine Liturgy* by Fr. Emmanuel Hatzidakis now in stock!

