



NEWSLETTER & DEVOTIONAL GUIDE

36th Week after Pentecost

Monday, February 8 — Sunday, February 14, 2021



Venerable Ephraim the Syrian



Synaxis of the Ecumenical Teachers and Hierarchs: Basil the Great, Gregory the Theologian, and John Chrysostom



Holy Wonderworkers and Unmercenaries Cyrus and John, and those with them

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~ A NOTE FROM FATHER JOHN ~

When we are Baptized, we take on the name of a saint. We honor the Feast day or days of the saint, we keep an icon in our prayer corner and we ask for his or her intercession in our life. St. John Chrysostom says, “ So let the name of the saints enter our homes through the naming of our children, to train not only the child but the father, when he reflects that he is the father of John or Elijah or James; for, if the name be given with forethought to pay honor to those that have departed, and we grasp at our kinship with the righteous rather than with our forebears, this too will greatly help us and our children. Do not because it is a small thing regard it as small; its purpose is to succor us.”

Glory to Jesus Christ

~ “TWITTER SUMMARY” ~

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

These days we have so many choices. We must gain control over ourselves: our eyes, our bellies, our minds. We must practice unseen warfare and prayer. This way, at the time of judgement, we will experience God as a pleasant dew rather than a consuming fire.

~ THOUGHTS FOR EVERY DAY ~

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

~ MONDAY~
(2/8)

Holy Scripture:

James 2:14-26
Mark 10:46-52

Excerpt from the Menaion:

St. Xenophon of Constantinople, Mary his wife & their sons, Arcadius and John, Troparion, Tone IV —

O God of our fathers,/ deal with us ever according to Thy meekness./ Deprive us not of Thy mercy,/ but through their supplications// direct our life in peace.

Commemoration of the Day:

St. Xenophon and his wife, St. Mary, and their two sons, Sts. Arcadius and John, of Constantinople (6th c.)

~ TUESDAY~
(2/9)

Holy Scripture:

James 3:1-10
Mark 11:11-23
Hebrews 7:26-8:2 St. John
John 10:9-16 St. John

Excerpt from the Menaion:

Translation of the Relics of St. John Chrysostom, Troparion, Tone VIII —

Grace shining forth from thy mouth like a beacon hath illumined the universe,/ and disclosed to the world treasures of uncovetousness, and shown us the heights of humility;/ but while instructing by thy words, O father John Chrysostom,// intercede with the Word, Christ our God, to save our souls.

Commemoration of the Day:

Translation of the relics (437) of St. John Chrysostom, archbishop of Constantinople

~ WEDNESDAY~
(2/10)

Holy Scripture:

James 3:11-4:6
Mark 11:23-26
Galatians 5:22-6:2 Venerable Ephraim
Matthew 11:27-30 Venerable Ephraim

Excerpt from the Menaion:

St. Ephraim the Syrian, Troparion, Tone VIII —

With the streams of thy tears thou didst irrigate the barren desert,/ and with sighs from the depths of thy soul thou didst render thy labors fruitful an hundredfold./ Thou wast a beacon for the whole world,

~ THURSDAY~
(2/11)

Holy Scripture:

James 4:7-5:9
Mark 11:27-33
Hebrews 4:14-5:6 Hieromartyr Ignatius
Mark 9:33-41 Hieromartyr Ignatius

Excerpt from the Menaion:

Translation of the Relics of St. Ignatius the God-Bearer, Troparion, Tone IV —

As thou didst share in the ways of the apostles/ and didst occupy their throne,/ thou didst find thine activity to be a passage to divine vision,/ O divinely inspired one./ Wherefore, ordering the word of truth,/ thou didst suffer for the Faith even to the

<p><i>radiating miracles.// O our father Ephraim, entreat Christ God that our souls be saved.</i></p> <p>Commemoration of the Day: Venerable Ephraim the Syrian (373)</p>	<p><i>shedding of thy blood.// O hieromartyr Ignatius, entreat Christ God, that our souls be saved.</i></p> <p>Commemoration of the Day: Translation of the relics of Hieromartyr Ignatius the God-bearer, bishop of Antioch (107)</p>
<p style="text-align: center;">~ FRIDAY ~ (2/12)</p> <p>Holy Scripture: Hebrews 13:7-16 Epistle, Hierarchs Matthew 5:14-19 Gospel, Hierarchs</p> <p>Excerpt from the Menaion: Three Holy Hierarchs, Troparion, Tone IV — <i>In that ye share in the ways of the apostles, O teachers of the whole world, entreat the Master of all, that He grant peace to the world and great mercy to our souls.</i></p> <p>Commemoration of the Day: Synaxis of the Three Hierarchs: St. Basil the Great, St. Gregory the Theologian, and St. John Chrysostom</p>	<p style="text-align: center;">~ SATURDAY ~ (2/13)</p> <p>Holy Scripture: 1 Thessalonians 5:14-23 Luke 17:3-10</p> <p>Excerpt from the Menaion: Holy Wonder-Workers & Unmercenaries Cyrus & John, Troparion, Tone V — <i>O Christ God, Thou hast given us an impregnable rampart/ in the miracles of Thy holy martyrs./ Through their supplications destroy Thou the councils of the heathen/ and strengthen the scepters of kingdoms,// in that Thou alone art good and lovest mankind.</i></p> <p>Commemoration of the Day: Holy Wonderworkers and Unmercenaries Cyrus and John (311) and with them Martyrs Athanasia and her daughters Theoctiste, Theodota, and Eudoxia, at Canopus in Egypt (311)</p>

~ **SUNDAY** ~
(2/14)

Holy Scripture:

1 Timothy 4:9-15

Luke 19:1-10

Excerpt from the Menaion :

Holy Martyr Tryphon, Tone IV —

In his suffering, O Lord,/ Thy martyr Tryphon 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.

Commemoration of the Day:

Martyr Tryphon of Campsada near Apamea in Syria (250)

“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/>

~ **PONDER THIS** ~

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

Holy Wonderworkers and Unmercenaries

Cyrus and John, and those with them

<https://www.oca.org/saints/lives/2021/01/31/100380-holy-wonderworkers-and-unmercenaries-cyrus-and-john-and-those-wi>

Saint Cyrus was a noted physician in the city of Alexandria, where he had been born and raised. He was a Christian and he treated the sick without charge, not only curing their bodily afflictions, but also healing their spiritual infirmities. He would say, “Whoever wishes to avoid being ill should refrain from sin, for sin is often the cause of bodily illness.” Preaching the Gospel, the holy physician converted many pagans to Christ. During the persecution by Diocletian (284-305), Saint Cyrus withdrew into Arabia, where he became a monk. He continued to heal people by his prayer, having received from God the gift to heal every sickness.

~LOOK IT UP~

Did you know: During the eleventh century, disputes raged in Constantinople about which of the three hierarchs was the greatest. By the will of God, the three hierarchs appeared to St. John Mauropous ('Black-foot'), Bishop of Euchaita (June 14 or October 5), in the year 1084, and said that they were equal before God: "There are no divisions among us, and no opposition to one another."

Read more: https://orthodoxwiki.org/Three_Holy_Hierarchs

~ PRAYER CORNER ~

- Father John and Matushka Deborah.
- Please keep in prayer our older parishioners who, if they contract the COVID-19 virus, will be in greater risk of serious health complications.
- Anna and her family
- 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.

~ BOOKSTORE ~

- New extra-large icons from Russia!
- *The Heavenly Banquet: Understanding the Divine Liturgy* by Fr. Emmanuel Hatzidakis now in stock!
- New to the bookstore: Writings of St Ephraim, St Gregory, & St Dionysios



To submit **commemorations for the next Divine Liturgy**, to make an appointment with Fr. John to give **confession by telephone**, to alert us to any pastoral needs, to submit an item for the **Prayer Corner**, or just to chat, please contact Fr. John or Mat. Deborah using the following contact information:

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Glory to Thee, our God, glory to Thee!