



## NEWSLETTER & DEVOTIONAL GUIDE

**21st Week after Pentecost**

**Monday, November 8 — Sunday, November 14, 2021**



***Holy and Glorious  
Great-martyr Demetrius the  
Myrrh-gusher of  
Thessalonica***



***Venerable Abramius,  
archimandrite of Rostov***



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

---

## ~ CONTENTS ~

A Note from Fr. John	Ponder This
Twitter Summary	Look It Up!
Thoughts for Every Day	Prayer Corner

---

## ~ A NOTE FROM FATHER JOHN ~

In November we celebrate the Feast of the Angels, “ Let us think of the whole host of angels, how they stand by and serve his will, for Scriptures say: "Ten thousand times ten thousand were doing service to him, and they cried out: Holy, holy, holy, Lord Sabaoth; the whole of creation is full of His glory." Then let us gather together in awareness of our concord, as with one mouth we shout earnestly to him that we may become sharers in his great and glorious promises." - Saint Clement of Rome

Let us rejoice and be glad in the Lord and Praise Him and become like the Angels, Glory to God!

— Fr. John

---

## ~ TWITTER SUMMARY ~

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

The only gulf between us and paradise is in our hearts. While it is important to live a fully sacramental life in the Orthodox Church, the most important thing is that we love God and our neighbor.

---

**~ THOUGHTS FOR EVERY DAY ~**

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

<p style="text-align: center;"><b>~ MONDAY ~</b> <b>(11/8)</b></p> <p><b>Holy Scripture:</b> 2 Timothy 2:1-10 Epistle, St. Demetrius John 15:17-16:2 Gospel, St. Demetrius</p> <p><b>Excerpt from the Menaion:</b> <b>Greatmartyr Demetrius, Troparion, Tone III —</b> <i>The whole world hath found thee to be a great champion amid misfortunes,/ who conquered the pagans, O passion-bearer./ Therefore, as thou didst cast down the pride of Lyaeus/ and didst appoint the bold Nestor for the struggle,// thus, O Demetrius, beseech Christ God to grant us great mercy.</i></p> <p><b>Commemoration of the Day:</b> Holy and Glorious Great-martyr Demetrius the Myrrh-gusher of Thessalonica (306)</p>	<p style="text-align: center;"><b>~ TUESDAY~</b> <b>(11/9)</b></p> <p><b>Holy Scripture:</b> Colossians 1:1-2, 7-11 Luke 11:1-10</p> <p><b>Excerpt from the Menaion:</b> <b>Martyr Nestor of Thessalonica, Troparion, Tone IV —</b> <i>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.</i></p> <p><b>Commemoration of the Day:</b> Martyr Nestor of Thessalonica (306)</p>
<p style="text-align: center;"><b>~ WEDNESDAY~</b> <b>(11/10)</b></p> <p><b>Holy Scripture:</b> Colossians 1:18-23 Luke 11:9-13</p> <p><b>Excerpt from the Menaion:</b> <b>Troparion of Great-martyr Parasceva, Troparion, Tone IV —</b> <i>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.</i></p>	<p style="text-align: center;"><b>~ THURSDAY~</b> <b>(11/11)</b></p> <p><b>Holy Scripture:</b> Galatians 5:22-6:2 St. Abramius Matthew 11:27-30 St. Abramius</p> <p><b>Excerpt from the Menaion:</b> <b>Kontakion of the Venerable One, in Tone III, "Today the Virgin..." —</b> <i>On earth thou wast shown to be an angel in the flesh,/ and through fasting thou becamest like a planted tree,/ thriving on the water of abstinence,/ and washing defilement away with the torrents of thy tears.// Wherefore, thou hast been revealed as a divine dwelling of the Spirit, O Abramius.</i></p> <p><b>Commemoration of the Day:</b> Venerable Abramius, archimandrite of Rostov (Valaam) (1073)</p>

<p><b>Commemoration of the Day:</b> Great-martyr Parasceva of Iconium (3rd c.)</p>	
<p style="text-align: center;"><b>~ FRIDAY ~</b> <b>(11/12)</b></p> <p><b>Holy Scripture:</b> Colossian 2:1-7 Luke 11:23-26</p> <p><b>Excerpt from the Menaion:</b> <b>Hieromartyr Zenobius and his sister Zenobia, Troparion, Tone IV —</b> <i>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.</i></p> <p><b>Commemoration of the Day:</b> Hieromartyr Zenobius and his sister Zenobia of Aegae, Cilicia (285)</p>	<p style="text-align: center;"><b>~ SATURDAY ~</b> <b>(11/13)</b></p> <p><b>Holy Scripture:</b> 2 Corinthians 3:12-18 Luke 8:16-21</p> <p><b>Excerpt from the Menaion:</b> <b>Troparion of St Epimachus. Tone IV —</b> <i>In his suffering, O Lord,/ Thy martyr Epimachus 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.</i></p> <p><b>Commemoration of the Day:</b> Martyr Epimachus of Pelusium, who suffered at Alexandria (250)</p>
<p style="text-align: center;"><b>~ SUNDAY ~</b> <b>(11/14)</b></p> <p><b>Holy Scripture:</b> 1 Corinthians 12:27-13:8 Unmercenaries Matthew 10:1,5-8 Unmercenaries</p> <p><b>Excerpt from the Menaion :</b> <b>Holy Wonderworkers and Unmercenary Physicians Cosmas &amp; Damian, Troparion, Tone VIII —</b> <i>O holy unmercenaries and wonderworkers Cosmas and Damian, visit our infirmities:// Freely have ye received, freely give unto us!</i></p> <p><b>Commemoration of the Day:</b> Holy Wonderworkers and Unmercenaries Cosmas and Damian of Mesopotamia, and their mother St. Theodota (3rd c.)</p>	<p><b>“Their sound hath gone forth into all the earth, their words unto the ends of the world.”</b></p> <p>[Prokeimenon of Pentecost, Tone 8, Liturgy]</p> <p><b>To read more:</b> <a href="https://www.holytrinityorthodox.com/calendar/">https://www.holytrinityorthodox.com/calendar/</a></p>

---

~ PONDER THIS ~

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

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

<https://www.oca.org/saints/lives/2021/11/01/103133-holy-wonderworkers-and-unmercenaries-cosmas-and-damian-of-mesopo>

Trained and skilled as physicians, they 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.

---

~LOOK IT UP ~

**Did you know:** By the time Dēmétrios had reached maturity and his father had died, Emperor Galerius Maximian had ascended the throne (305). Maximian, confident in Dēmétrios's education as well as his administrative and military abilities, appointed him to his father's position as proconsul of the Thessaloniki district. The young commander's principal duties were to defend the city from barbarians and to eradicate Christianity. The Emperor's policy regarding Christians was expressed simply: "Put to death anyone who calls on the name of Christ." The Emperor did not suspect that by appointing Dēmétrios he had provided him with the opportunity to bring many people to Christ.

**Read more:**

<https://www.oca.org/saints/lives/2021/10/26/103059-holy-glorious-dmtrios-the-myrrh-gusher-of-thessaloniki>

---

**~ PRAYER CORNER ~**

- Fr Moses
- Alexander Dubravka
- Oleg
- Sr Verena
- Vaughn
- Corbet
- Archbishop Benjamin
- Archpriest Anthony
- Archpriest Michael
- Fr John & Mat Deborah
- John Westley

---

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:

Archpriest John Tomasi \* (310) 749-0524 \* [frjohn\\_tomasi@yahoo.com](mailto:frjohn_tomasi@yahoo.com)

Matushka Deborah Tomasi \* (310) 849-9451 \* [debrahtomasi@yahoo.com](mailto:debrahtomasi@yahoo.com)

**Glory to Thee, our God, glory to Thee!**