



SAINT GEORGE ORTHODOX CHURCH

211 E. Minnesota St., Spring Valley, IL 61362

815-664-4540 www.springvalleyorthodox.com

Antiochian Orthodox Christian Archdiocese of North America
Metropolitan JOSEPH

Diocese of Toledo and the Midwest
Bishop ANTHONY

“One, Holy, Catholic & Apostolic Church”

SUNDAY, 8 NOVEMBER 2020

THE SYNAXIS OF THE ARCHANGELS & THE SEVENTH SUNDAY OF LUKE

ORTHROS, 8:45 AM • DIVINE LITURGY, 10:00 AM



PASTOR: Father Mark Sahady

PARISH COUNCIL MEMBERS:

Melanie Thompson, *Chair*
Ronald Malooley, *Treasurer*
Wayne Sanders, *Building/maintenance*
Patrice Nimee, *Secretary*

Genie Sanders, *Choir*
Dee Khoury, *Antiochian Women*
Mark Kerasotes
David Anderson
Michael Kasap

- **The “Glory” hymns at the end of Matins:**

THE DOXASTICON OF THE ARCHANGEL MICHAEL IN TONE FIVE

Glory to the Father, and to the Son, and to the Holy Spirit.

Wherever thy grace casteth its shadow, O Archangel, thence is the power of the devil driven away, for fallen Lucifer cannot bear to stand before thy light. Wherefore, we implore thee to extinguish his fiery darts that are cast against us, and by thy mediation deliver us from his stumbling-blocks, O praiseworthy Archangel Michael.

Both now and ever, and unto ages of ages. Amen.

Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.

- **The Divine Liturgy Hymns of the Day:**

During the Little Entrance, chant the Resurrectional Apolytikion. The Eisodikon (Entrance Hymn) is “O come ... save us, O Son of God, Who art risen from the dead...”

- **Following the Small Entrance:**

RESURRECTIONAL APOLYTIKION IN TONE FIVE

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION OF THE ARCHANGELS IN TONE FOUR

Supreme Commanders of the Hosts of the Heavens, * we, the unworthy, importune and beseech you * that by your supplications ye encircle us * in the shelter of the wings * of your immaterial glory; * guarding us who now fall down * and cry to you with fervor: * Deliver us from dangers of all kinds, * as the great marshals of the heavenly hosts on high.

APOLYTIKION OF SAINT GEORGE IN TONE FOUR

Since thou art a liberator and deliverer of captives, a help and support of the poor and needy, a healing physician of the sick, a contender and fighter for kings, O great among martyrs, the victory-clad George: Intercede with Christ God for the salvation of our souls.

KONTAKION OF ENTRANCE OF THE THEOTOKOS IN TONE FOUR

The sacred treasury of God’s holy glory, * the greatly precious bridal chamber and Virgin, * the Savior’s most pure temple, free of stain and undefiled, * into the House of the Lord * on this day is brought forward * and bringeth with herself the grace * of the Most Divine Spirit; * her do God’s Angels hymn with songs of praise, * for she is truly the heavenly tabernacle.

- **The Scripture of the day, following the Trisagion Hymn:**

THE EPISTLE (For the Archangels)

Clergy: Let us attend!

Reader: *He makes His angels spirits, and His ministers flames of fire.
Bless the Lord, O my soul.*

Clergy: Wisdom!

Reader: **The Reading from the Epistle of St. Paul to the Hebrews. (2:2-10)**

Clergy: Let us attend!

Reader: Brethren, if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard Him, while God also bore witness by signs and wonders and various miracles and by gifts of the Holy Spirit distributed according to His own Will. For it was not to angels that God subjected the world to come, of which we are speaking. It has been testified somewhere, “What is man that Thou art mindful of him, or the Son of man, that Thou carest for Him? Thou didst make Him for a little while lower than the angels; Thou hast crowned Him with glory and honor, putting everything in subjection under His feet.” Now in putting everything in subjection to Him, He left nothing outside His control. As it is, we do not yet see everything in subjection to Him. But we see Jesus, Who for a little while was made lower than the angels, crowned with glory and honor because of the suffering of death, so that by the grace of God He might taste death for everyone. For it was fitting that He, for whom and by whom all things exist, in bringing many sons to glory, should make the Pioneer of their salvation perfect through suffering.

Clergy: Peace be to thee, who readest.

Reader: And to thy spirit.

Choir: *Praise Him, all His Angels, praise Him, all His hosts!*

All: Alleluia! Alleluia! Alleluia!

THE GOSPEL (For Seventh Sunday of Luke)

The Reading from the Holy Gospel according to St. Luke. (8:41-56)

At that time, there came to Jesus a man named Jairus, who was a ruler of the synagogue; and falling at Jesus' feet he besought Him to come to his house, for he had an only daughter, about twelve years of age, and she was dying. As Jesus went, the people pressed round Him. And a woman, who had had a flow of blood for twelve years, and had spent all her living upon physicians, and could not be healed by anyone, came up behind Him, and touched the fringe of His garment; and immediately her flow of blood ceased. And Jesus said, “Who was it that touched Me?” When all denied it, Peter said, “Master, the multitudes surround Thee and press upon Thee! And Thou sayest, ‘Who touched Me?’” But Jesus said, “Someone touched Me; for I perceive that power has gone forth from Me.” And when the woman saw that she was not hidden, she came trembling, and falling down before Him declared in the presence of all the people why she had touched Him, and how she had been immediately healed. And Jesus said to her,

“Daughter, your faith has made you well; go in peace.” While Jesus was still speaking, a man from the ruler’s house came and said, “Your daughter is dead; do not trouble the Teacher any more.” But Jesus on hearing this answered him, “Do not fear; only believe, and she shall be well.” And when Jesus came to the house, He permitted no one to enter with Him, except Peter and James and John, and the father and mother of the child. And all were weeping and bewailing her; but Jesus said, “Do not weep; for she is not dead but sleeping.” And they laughed at him, knowing that she was dead. But taking her by the hand Jesus called, saying, “Child, arise.” And her spirit returned, and she got up at once; and Jesus directed that something should be given her to eat. And her parents were amazed; but He charged them to tell no one what had happened.

• **KOINONIKON (COMMUNION HYMN) FOR THE ARCHANGELS IN TONE EIGHT**

He maketh His angels spirits, and His ministers a flame of fire. Alleluia.

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COMMEMORATIONS OF THE DAY:

The Archangels Michael, Gabriel, Raphael and all the bodiless powers of Heaven

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TODAY’S HOLY BREAD: Sahady, Gaspar & Laurent Families
One Year Memorial for Mary Kay Gaspar Laurent

TODAY’S EPISTLE READER: Kh Elizabeth Theodoropoulos

NEXT WEEK’S HOLY BREAD: Ron & Dottie Malooley

NEXT WEEK’S EPISTLE READER: Ron Malooley

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Prayer List – For the Health of: Bill Miller; Sarah Sanders

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ANNOUNCEMENTS AND UPCOMING EVENTS



- Sunday, Nov 8, 8:45 am Matins, 10 am Divine Liturgy,
Fellowship (Coffee) 11:15 am downstairs-outside
- Wednesday, November 11: [Zoom Study Group 7 pm, Theme: Fasting & Feasting](#)
- Thursday, November 12: [Zoom Chant Class 7 pm, Focus: Hymns of Advent](#)
- Saturday, Nov 14, Noon - Pre-Advent Parish Lunch at Liberty Family Restaurant
5 pm - Vespers (*New Time for the Winter months*)
- Next Sunday, Nov 15, 8:45 am Matins, 10 am Divine Liturgy, Advent Fast Begins
Food Pantry Collection at Church, Parish Council Meeting

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November Birthdays & Anniversaries

Please, let Father know if we are missing anyone!

- Nov. 4 – John Sahady
- Nov. 5 – Michael Harshman
- Nov. 13 – Georgia Kapetaneas
- Nov. 14 – Kh Barbara Sahady
- Nov. 15 – Anyisia Medawar



Nov. 20 – John & Freda Kapetaneas 60th Wedding Anniversary
 Nov. 21 – Mary Lynn Malooley Spitz
 Nov. 22 – John Kapetaneas
 Nov. 25 – Fr Mark Sahady

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OFFERING SCHEDULE	Holy Bread & Memorials	Epistle Reader
Sunday, November 22	OPEN	OPEN
Sunday, November 29	Mike & Ruth Baum	Mike Baum
Sunday, December 6	Nick & Anysia Medawar 10 Year Memorial for Brad Abraham	Nick Medawar
Sunday, December 13	Leonard & Panizzi Families	Kim Leonard
Sunday, December 20	John & Melanie Thompson	John Thompson
Thursday, December 24	Wayne & Genie Sanders	Wayne Sanders
Sunday, December 27 Fellowship Open House	Richard & Bette Malooley Fr Mark & Barbara Sahady	Richard Malooley

Live-streamed worship at: <https://www.springvalleyorthodox.com/livestreams/>

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DAILY BIBLE READINGS

Monday, November 9, 2020

- [1 Thessalonians 1:1-5](#)
- [Luke 12:13-15, 22-31](#)



Tuesday, November 10, 2020

- [1 Thessalonians 1:6-10](#)
- [Luke 12:42-48](#)

Wednesday, November 11, 2020

- [1 Thessalonians 2:1-8](#)
- [Luke 12:48-59](#)

FOR THIS WEEK

Thursday, November 12, 2020

- [1 Thessalonians 2:9-14](#)
- [Luke 13:1-9](#)

Friday, November 13, 2020

- [1 Thessalonians 2:14-19](#)
- [Luke 13:31-35](#)

Saturday, November 14, 2020

- [2 Corinthians 8:1-5](#)
- [Luke 9:37-43](#)

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CHURCH FINANCES

September 2020

Total income: \$2,202.76
 Total expenses: \$6,304.58
 Net income: -4,101.82

January – September 2020

Total income: \$38,152.16
 Total expenses: \$81,748.43
 Net income: -43,596.27

"Honor the LORD with your wealth, with the first fruits of all your crops; then your barns will be filled to overflowing." (Prov 3:9-10)

Donations may be mailed to the church:

*St. George Church
 211 E. Minnesota St.
 Spring Valley, IL 61362*

You may also give online at

www.springvalleyorthodox.com

"Give and it will be given to you" (Luke 6:38)

He who sows bountifully will also reap bountifully. (2 Corinthians 9:6b)

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“Bake-less Bakesale”

Middle-eastern holiday goodies are a delicious tradition. Due to COVID we can't bake this year. You can still help support St George Church by **buying “virtual cookies”** online or by mail. Donate what you would have spent on ingredients or baked goods last year, or whatever amount gives you the sweet taste of helping our 102-year-old church finish out the year! As a **SPECIAL OFFER:** every \$20 donation will earn an entry in a drawing for our famous *Best of East and West* Cookbook – a perfect holiday gift! Five cookbooks will be given out!



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For all our Zoom meetings use this Internet Link:



<https://us02web.zoom.us/j/5822049765>

or Meeting ID: 582 204 9765

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Sunday, Fellowship (Coffee Hour) downstairs-outside.



Join us physically or virtually on Zoom, 11:15 am

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**Study Group Topic: Fasting and Feasting
Wednesday, November 11**



Timing is 7 – 8 pm



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**Chant Class Focus: Hymns of Advent
Thursday, November 12**

Timing is 7 – 8 pm



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**Parish Pre-Advent Lunch
Saturday, November 14th, Noon
at Liberty Family Restaurant
RSVP to Ruth Baum**



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Bishop Anthony Messages on YouTube

<https://www.youtube.com/c/BpAnthonyMichaels>

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Teen Catechism / Bible Study

"Ten Commandments" with Fr. Noah Bushelli

Sundays from Now – November 22

5:30-7pm (via Zoom)

[CLICK HERE TO REGISTER!](#)



Collection of Canned & Boxed Food

for Illinois Valley Food Pantry

Now thru Sunday, November 15th

Be an angel & bring them to Church!

Helping Our Neighbors in Need! Food For Hungry People



More Upcoming Events

Nov 15 - Advent Fast Begins (*Talk with Fr Mark about applying the Fast in your life*)

Nov 20 – Vespers – 7 pm for the Feast of the Theotokos’ Presentation to the Temple

Nov 21 – Matins at 9 am & Divine Liturgy at 10 am for the Feast

Nov 24 – Thanksgiving Akathist – 7 pm

Dec 1 - Giving Tuesday

Dec 2, 9, 16 Wednesdays - Nativity Pilgrimage - Nicholas, Nazareth-Bethlehem, Egypt

Dec 6 Sun - Feast of St Nicholas – Decorate Church

Dec 12 Sat – 9 am Prospora Baking Class

Dec 20 Sun – St Ignatius Sunday – Afternoon Sing Carols to Shut-ins

Dec 19 - 23, – Holy Week of Christmas, Vespers w-Canon each night

Dec 24, 10 am Royal Hours

4 pm Baptismal Vesperal Liturgy

10 pm Matins

11:15 pm Liturgy

Dec 31 - 7 pm Vespers with Artoklasia



FASTING by Bishop Thomas

Fasting is an important spiritual struggle that carries us into the Kingdom of God. Combined with increased prayer and almsgiving, fasting helps us to say ‘no’ to the bodily desires in order to say ‘yes’ to the spiritual riches of the virtues of Christ. St. Seraphim of Sarov writes: “Fasting, prayer, alms, and every other good Christian deed is good in itself, but the purpose of the Christian life consists not only in the fulfillment of one or another of them. The true purpose of our Christian life is the acquisition of the Holy Spirit of God.” (St. Seraphim of Sarov, *Conversation on the Goal of the Christian Life*) There are two basic categories of fasting within the Church: the Ascetical Fast and the Eucharistic Fast. The Ascetical Fast refers to the prescribed days

and seasons during the year in which we refrain from consuming all meat, meat products, dairy products, fish, olive oil and alcoholic beverages. The Eucharistic or Communion Fast refers to the period of time in which we abstain from all food and drink after midnight before receiving Holy Communion the next day. In certain circumstances, the parish priest may relax the traditional fasting guidelines at his discretion due to health concerns, very young children, pregnant women, or nursing mothers. In this way, fasting can be a spiritually fruitful practice for everyone for the healing of both soul and body. St. John Cassian (+435), known for his writings on the monastic life, described the difference between eating to provide for the needs of life and self-indulgence. He writes: “A clear rule for self-control handed down by the Fathers is this: stop eating while still hungry and do not continue until you are satisfied. When the Apostle Paul said: ‘Make no provision to fulfill the desires of the flesh’ (Rom. 13:14), he was not forbidding us from providing for the needs of life; he was warning us against self-indulgence. Moreover, by itself abstinence from food does not contribute to perfect purity of soul unless the other virtues are active as well. Humility, for example, practiced through obedience in our work and through bodily hardship, is a great help. If we avoid avarice not only by having no money, but also by not wanting to have any, this leads us towards purity of soul. Freedom from anger, from dejection, self-esteem and pride also contributes to purity of soul in general, while self-control and fasting are especially important for bringing about that specific purity of soul which comes through restraint and moderation. No one whose stomach is full can fight mentally against the demon of unchastity. Our initial struggle therefore must be to gain control of our stomach and to bring our body into subjection not only through fasting but also through vigils, labors and spiritual reading, and through concentrating our heart on fear of Gehenna and on longing for the kingdom of heaven.” (St. John Cassian, *On the Eight Vices: On the Demon of Unchastity and the Desire of the Flesh*) St. John offers us a vision of a rightly ordered relationship to food: ● Consume enough food to sustain a healthy life. ● Practice self-control so as not to overeat and become physically and spiritually lethargic. ● Combine fasting with prayer, almsgiving, spiritual reading, remembrance of death and the coming judgment, and a desire for the kingdom of heaven! Children begin to observe the Eucharistic or Communion Fast around the age of 7 years old. With the loving instruction and nurture of their parents, children can both understand why we fast and learn to embrace fasting with their family and parish community. It is most important that the parents are good role models for their children in joyfully fasting out of love for God and a desire to grow into His likeness. St. Basil writes: “Fasting protects children, chastens the young, makes seniors venerable.... If all were to take fasting as the counselor for their actions, nothing would prevent a profound peace from spreading throughout the entire world.” (St. Basil the Great, *On Fasting and Feasts*) This life in Christ is indeed the path back to union with God that was tragically lost at the fall. This reminds us that only One thing is necessary – Christ.