



# St. Herman of Alaska Orthodox Church

A PARISH OF THE RUSSIAN ORTHODOX CHURCH OUTSIDE OF RUSSIA—EASTERN AMERICAN DIOCESE

Great Vespers & Confessions each Saturday at 6 pm ~ Daily Vespers & Bible Study each Wednesday at 7 pm ~ Divine Liturgy each Sunday at 10 am  
- 60 Clifton Chapel Lane, Stafford, Virginia 22555 - Mailing Address: 9 Waverly Ct., Fredericksburg, VA 22406- Website: www.sthermanorthodox.org

## Divine Services / Activities

**This Week: 31th Week After Pentecost**

**Sun. Jan. 19/Jan. 6 ~ 30th Sunday After Pentecost:  
The Holy Theophany of Our Lord, God, and Savior  
Jesus Christ**

9:15 a.m. Congregational Singing Practice  
10:00 a.m. Festal Divine Liturgy followed by Blessing of the Waters  
12:00 p.m. Fellowship Hour followed by Parish Council Meeting

**Wed. Jan. 22/Jan. 9 ~ Martyr Polyeuctus of Melitene in Armenia**

12:00 p.m. Annual March for Life in Washington, D.C.  
No Daily Vespers or Adult Bible Study This Night

**Thur. Jan 23/Jan. 10 ~ Venerable Theodosius the Great, the Cenobiarch**

7:00 p.m. Daily Vespers followed by Adult Bible Study

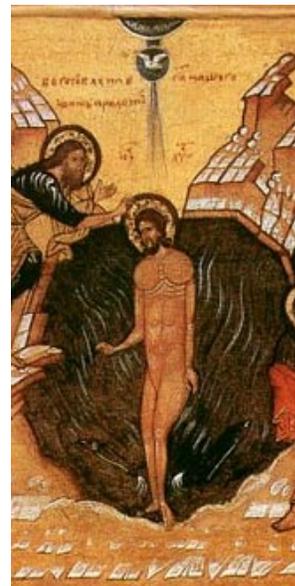
**Sat. Jan. 25/Jan. 12 ~ Martyrs Hermylus and Stratonicus at Belgrade**

6:00 p.m. Great Vespers & Matins followed by Holy Confessions

**Next Week: 32st Week After Pentecost**

**Sun. Jan. 26/Jan. 13 ~ Sunday after the Baptism of Our Lord and God and Savior  
Jesus Christ**

9:15 a.m. Congregational Singing Practice  
9:45 a.m. Reading of the Third Hour  
10:00 a.m. Divine Liturgy followed by Fellowship  
12:30 p.m. Annual Parish Meeting



*Baptism of the Lord  
Jan. 19 / Jan. 6*

Week	2014 Finances		Attendance
		Amount Received	
<b>Year-to-Date</b>		<b>\$ 5,879.03</b>	Compline & Matins, Jan. 6 ~16~
Jan. 5		<b>\$ 2,661.03</b>	Festal Divine Liturgy, Jan. 7 ~17~
Jan. 12		<b>\$ 3,218.00</b>	Great Vespers, Jan. 11 ~6~
<i>Honor the Lord from your righteous labors and offer Him the first fruits from the fruits of righteousness, that your storehouses may be filled with an abundance of grain and your wine presses may gush with wine. Proverbs 3:9-10.</i>			Divine Liturgy, Jan. 12 ~37~

### Prayer List

With the beginning of the New Year on the civil calendar, it is prudent to restart our intercessory prayer list in order to keep it current. Please resubmit to Archpriest Alexander any names of persons who still require intercessory prayer for next week's bulletin. (His email address is chaplain.webster@gmail.com)

LIVING: Rebecca Laymon, Areti Stylianopoulos, Judith (Maria) Cook, Susan Koory, Robert Thompson, Tristan Thompson, Robert Cornwell, Mark Laymon, Kristin Blaylock, Janis Laymon, Leonidas Stylianopoulos, Sophia Stylianopoulos, Archpriest Michael Sekela, Chad Gallagher, Emma Nicole Parkinson, Millicent Novic, Matushka Masha Potapov, Matushka Cindy Mitchell, Matushka Hannah Romeo, Matushka Sonia Resnikoff, Matushka Elizabeth (Bonnie) Opyoke, Rebekah Gribik, Lewis Gribik, Leanne Gribik, CDR John Kalantzis, CHC, USN (Persian Gulf), PFC Bowe Bergdahl, the captive Orthodox bishops from Aleppo, Syria: His Eminence Archbishop Boulos (Yazigi) and Mar Archbishop Youhanna Ibrahim, Robert Cornwell, the 12 Greek Orthodox nuns abducted by terrorists from St. Thekla convent in Maaloula, Syria, Pieter Dykhorst, Barbara Phillips, Reader Steven Mirov, Maria Connerley, Presvytera Flora Chioros, Tom Zakielarz

MEMORY ETERNAL: Nikolai Zarudsky, Borey Hoamvongsor, Matushka Claudia Safchuk, Abbess Irene (Alexeev)

We are registered with two broadcast media weather alert systems: (1) television: WJLA-TV (channel 7) and News Channel 8, and (2) radio: WTOP radio (103.5, 103.9, 107.7 -- all FM) and WTOP.com Any closings will also be posted on the home page of our website and via email to those who have asked to be on our electronic mailing list.

### WITNESS FOR LIFE

Please join several Orthodox bishops and hundreds of other Orthodox clergy (including Archpriest Alexander Webster) and faithful, as well as perhaps 100,000 others at the Annual March for Life beginning around 12 Noon on Wednesday (22 January) on the National Mall in Washington, DC (west of Eighth Street near the Smithsonian Castle, to the left of the main stage). You are also cordially invited to attend the Annual National Memorial for the Preborn and their Mothers and Fathers, an ecumenical service at DAR Constitution Hall, 1776 D Street, NW, Washington, DC 20006-5303, beginning at 8:30 a.m., where Archpriest Alexander will be reading one of several Gospel texts and several other Orthodox clergy will participate along with around 50 Protestant and Roman Catholic clergy. For more information, call Archpriest Alexander at (703) 297-7744.



### CONFESSION IS GOOD (EVEN VITAL) FOR THE BODY AND THE SOUL!

The renowned Swiss psychiatrist Paul Tournier once wrote: "I could give very many examples, especially of patients who have come to visit me only once, . . . with the sole purpose of finding someone to whom they could confess a sin that has been weighing upon them for years. . . . The tremendous joy brought by forgiveness plays an important part in causing the medical effects [of healing]. . . In many cases I have seen a physical illness disappear overnight after the confession of a lie or an illicit love-affair." Thus even a Reformed Protestant like Tournier recognized that confession is good for the body, as well as the soul.

And we Orthodox have a special opportunity, rare in the modern world, to avail ourselves of the healing Mystery of Holy Confession at regular intervals in our own churches. A good spiritual rhythm would allow for each of us to come to Holy Confession each month, especially if one hopes to receive the Body and Blood of Our Lord at each Sunday Divine Liturgy. The timing may be extended through the practice of *oikonomia* (exception for the greater good of both the person and the community) to once every two months, but not a day longer, as our former hierarch Metropolitan Jonah permitted. It has been disappointing to me that Holy Confession is rather (shall we say?) "under-utilized" here at St. Herman of Alaska Orthodox Church.

Regular opportunities for Holy Confession here in Stafford include the following: each Saturday after Great Vespers, each Wednesday evening (or other evenings when scheduled) before Daily Vespers (that is, from 5:30 p.m. until 6:30 p.m.), Sundays during the fellowship hour after Divine Liturgy upon request, and by appointment with me at other times. Of course, a parishioner may have established a previous relation with another Orthodox priest-confessor that you wish to continue. If that is your situation, I ask only that you let me know the name of your priest-confessor, so that I can be confident that the spiritual relation is authentic and strong.

~ Archpriest Alexander

### 2014 Annual Parish Meeting

Our Annual Parish Meeting will be held on January 26th after Divine Liturgy. During the meeting the parish members will receive reports, elect new officers, and examine and ratify a budget for 2014. All are welcome and encouraged to attend but only those that have been members for at least six months are able to vote and hold office.

### Upcoming Sisterhood Meeting

The Sisterhood of the Myrrhbearing Women will be having the first of its two required meetings of the new year. Please attend Sunday, February 2nd after fellowship hour to elect new officers and make plans for the year ahead.

### Home Blessings for Theophany

Archpriest Alexander is available to bless your home for Theophany by appointment on Wednesday, Saturday, and Sunday afternoons, as well as other possible times. Please request a blessing by sending an email to chaplain.webster@gmail.com or calling his cell phone (703) 297-7744.

### Parishioner Needs Housing Assistance

We have a parishioner who needs help finding a room to rent for one to two months. He has full time employment and transportation and is willing to assist around the home when he is present. If you are able to help or know someone that can please contact Reader Jason Connerley who will provide further contact information.

Construction on the hall classrooms has begun and is scheduled to last approximately two months. Please be aware there may be construction supplies on the grounds that would require children to be supervised. Thank you for your diligence in use of caution during this time.

### Reader Schedule

Jan. 26 ~ Rdr. Steven Terrell Feb. 9 ~ Rdr. Moses (Palmer) Swift  
Feb. 2 ~ Adam Heitke Feb. 15 ~ Rdr. Jason Connerley

The Reader Schedule is maintained by Rdr. Steven Terrell. He provides the schedule periodically to the tonsured Readers of the parish and the selected lay readers who ordinarily perform this service. The regular duties consist of reading the Third Hour beginning at 9:45 a.m. and the Epistle reading during the Divine Liturgy. Readers also have a role to play in Daily Vespers each Wednesday at 7 p.m. and Great Vespers each Saturday at 6 p.m.

### Prosfora

Nancy St. Clair will be providing the prosfora from December 15 through January 19.

If you are interested in helping to make Prosfora for the church, please contact Nancy St. Clair.

### Fellowship Hour

Next Week ~ Community Luncheon

Please see Stella Jordan if you would like to sign up to sponsor a fellowship hour. You can team up with another family to lessen the cost. This is a light meal to break the fast. Nothing extravagant is required!