



Sunday, January 23, 2022

St. Herman of Alaska Orthodox Church

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

Vigil & Confessions each Saturday at 5 pm – Adult Education each Wednesday at 7:00 pm – Divine Liturgy each Sunday at 10 am

60 Clifton Chapel Lane, Stafford, Virginia 22555 – Mailing Address: P.O. Box 1295, Stafford, VA 22555 – Website: www.sthermanorthodox.org

Liturgical Services/Activities:

- Sun. Jan. 23/Jan. 10** **31st Sunday after Pentecost. St. Gregory of Nyssa (AD 395).**
9:30 a.m. Reading of the Hours
10:00 a.m. Divine Liturgy followed by Fellowship Hour
1:00 p.m. Parish Council Meeting
- Wed. Jan. 26/Jan. 13** **Martyrs Hermylus and Stratonicus at Belgrade (AD 315).**
6:30 p.m. Vespers
7:00 p.m. Adult Religious Education
- Sat. Jan. 29/Jan. 16** **Venerable Anthony, abbot of Dymsk (Novgorod) (1224)**
3:00 p.m. Catechumen Class
5:00 p.m. Great Vespers and confessions
- Sun. Jan. 30/Jan. 17** **32nd Sunday after Pentecost. Venerable Anthony the Great (AD 356).**
9:30 a.m. Reading of the Hours
10:00 a.m. Divine Liturgy followed by the Potluck Chili Cookoff!
1:00 p.m. Brotherhood Meeting

The risk of the COVID virus has compelled some of our parishioners to absent themselves from public contact including attendance at the Divine Liturgy. If you have been unable to come to church and would like to have communion brought to your home, please contact Fr. Alexander at 540-212-1855 or anevsky54@gmail.com.

2021 Finances

The Parish needs \$2,394.75/week to meet budget

<u>Week</u>	<u>Amount Received</u>	<u>Difference from amount needed</u>
January 9	\$ 2,362.06	TBD
January 16	\$ 1,982.78	TBD

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. .

Intercessory Prayer List

Metropolitan Jonah requests that you send him the full name and general reason for intercessory prayer (such as health or illness, unemployment, family issues, military deployment to Afghanistan, etc.) for his pastoral care. Only the names of the living (and recently deceased) will be included in the prayer list in the weekly bulletin. He also requests that the faithful who have requested intercessory prayers for various persons let him know when there is no longer a specific need for prayer, so that we may keep the list current.

LIVING: Sarah, Emmanuel, Mark, Claudia, Katherine, Erika, Victoria, Michael, Tate, Renate, Dieter, Rebekah, Sofia, Ioannis, Anastasia, Elizabeth, Georgia, John, Elena, Alice, Matthew, Boris, Elizabeth, Davis (Columba), Moses, Emma, Kristin, Monk Sergius, Priest John, Priest David, Priest Costa, Priest Michael, Presbyteria Cindy, Priest George, Presbyteria Areti, Nun Aimiliane, Priest Charalambos, Monk Serapheim, Elizabeth, Katje, Rachel, Mandi, Clive, Clair, Rebecca, Janis, Paisley, George, Archpriest Alexander, Matushka Kathleen, Emma Nicole, Alexa Kate, Steven, Millicent, Archpriest Victor, Matushka Masha, Pdn. Patrick, Matushka Joanna, Matushka Sophia, Mother Theodora, Archpriest Alexander, James, Leonidas, Sophia, Maria, Larry, Bill, Modestos, Ephraim, Reader Moses, Jo Ann, Sarah, Paul, Brianna, Robert, Baby Nina, Charley & Alexandra, Irina & baby, Rebecca, Priest Alexander Laymon, Archpriest Michael Sekela, Fr. Filipe and his family, Irene and John, Inna and Emma, Ronin O’Neill, Anastasia and the baby, Brody (Anthony) Lessin, Sophia Stylianopoulos, Olga Petrova and the baby, Mary Zupan and the baby

MEMORY ETERNAL: Mary Peterson, Anita Sanford, William Terrell, Adrianos Burke, Roy Patrick St. Clair

January 30th Potluck Fellowship Chili Cook Off

5th Sunday potluck will be the chili cook off. Bring a chili for a chance to claim victory or bring sides and desserts to accompany the chilis. We will have a popular vote to determine the winner, so everyone should be ready to try ALL THE CHILIS! May the best cook win! There is no cost for Fellowship, but a donation toward the Sisterhood would be appreciated!

Brotherhood of St. George

We will have a brief organizational meeting to look at 2022 next Sunday, Jan 30th at 1 p.m. Bring any ideas you may have for things the brotherhood should do in 2022.



Fellowship Hour

- Jan. 19 Festal POTLUCK Fellowship
 Jan. 23 Fellowship provided by Team 4
 Jan. 30 POTLUCK Chili Cookoff
 Feb. 6 Fellowship provided by Team 1

If anyone would like to join a team or be put on the list of substitutes, or is interested in hosting a particular Sunday please contact Brianna Lessin.



Reader Schedule

- Jan. 19 Sdn. Aaron Lessin
 Jan. 23 Sdn. Stephen Terrell
 Jan. 30 Rdr. Joseph McLeod
 Feb. 6 Rdr. John Raccanello

If you are interested in assisting with the reading and becoming a tonsured reader please contact Fr. Alexander Laymon.



Prosfora

Nancy St. Clair, Brianna Lessin and Maria Tsapos are currently providing the Prosfora. If you are interested in helping to make Prosfora for the church, please contact Nancy St. Clair.

Readings for the Week of December 23rd

Sunday 1/23

John 20:19-31 *(9th Matins Gospel)*
 Hebrews 7:26-8:2 *St. Theophan*
 John 10:9-16 *St. Theophan*
 Ephesians 4:7-13 *Sunday After*
 Matthew 4:12-17 *Sunday After*

Monday 1/24

Luke 6:17-23 *Matins Gospel*
 Hebrews 11:17-23, 27-31
 Mark 9:42-10:1
 2 Corinthians 4:6-15 *Venerable*
 Matthew 11:27-30 *Venerable*

Tuesday 1/25

Hebrews 12:25-26; 13:22-25
 Mark 10:2-12
 Hebrews 7:26-8:2 *St. Sava*
 John 10:9-16 *St. Sava*

Wednesday 1/26

James 1:1-18
 Mark 10:11-16
 Romans 8:28-39 *Epistle, Holy Fathers Slain at Sinai and Raithu*
 Luke 6:17-23 *Gospel, Holy Fathers Slain at Sinai and Raithu*
The Commemoration of the Holy Fathers Slain at Sinai and Raithu is transferred to this day.

Thursday 1/27

Matthew 10:1-8 *Matins Gospel*
 James 1:19-27
 Mark 10:17-27
 1 Corinthians 4:9-16 *St. Nina*
 Matthew 25:1-13 *St. Nina*

Friday 1/28

James 2:1-13
 Mark 10:23-32

Saturday 1/29

Colossians 1:3-6
 Luke 16:10-15
 Acts 12:1-11 *Apostle*
 John 21:15-25 *Apostle*

atmosphere, prayer develops and ripens poorly. This problem (is it not ubiquitous?) needs to be corrected, that is, one must ensure that the soul does not only make petition to God when standing in prayer, but during the whole day, as much as possible, one must unceasingly ascend to Him and remain with Him.

In order to begin this task, one must first, during the course of the day, cry out to God more often, even if only with a few words, according to need and the work of the day. Beginning anything, for example, say 'Bless, O Lord!' When you finish something, say, 'Glory to Thee, O Lord', and not only with your lips, but with feeling in your heart. If passions arise, say, 'Save me, O Lord, I am perishing.' If the darkness of disturbing thoughts comes up, cry out: 'Lead my soul out of prison.' If dishonest deeds present themselves and sin leads you to them, pray, 'Set me, O Lord, in the way', or 'do not give up my feet to stumbling.' If sin takes hold of you and leads you to despair, cry out with the voice of the publican, 'God, be merciful to me, a sinner.' Do this in every circumstance, or simply say often, 'Lord, have mercy', 'Most Holy Theotokos save us', 'Holy Angel, my guardian, protect me', or other such words. Say such prayers as often as possible, always making the effort for them come from your heart, as if squeezed out of it. When we do this, we will frequently ascend to God in our hearts, making frequent petitions and prayers. Such increased frequency will bring about the habit of mental conversation with God.

--St. Theophan the Recluse, On prayer, Homily 2
 Delivered 22 November, 1864

St. Herman's Sewing Guild—First Meeting on February 12th

St. Herman's will have its first Sewing Guild meeting on February 12th at noon. Everyone who is interested is welcome to attend. If you are an experienced sewer looking for a few hours to work on personal projects or would like to help with projects for the church, or have no experience and would like to learn how to sew, or you are somewhere in-between, come and join us. If you would like to sew, or help teach others to sew and have a portable sewing machine, please bring it if possible. If you have any questions, please speak with either Judith Cook or Joe or Kristin Milligan.

2022 Pledge Forms are Available

2022 Pledge Forms will be available in the narthex. Your response will help the church plan its 2022 budget. The family information is needed to keep the church records so please complete that portion of the form even if you decide not to pledge to the church operating fund. Please seal the envelope and return the completed form to Judith Cook. You may also send your information to treasurer@sthermanorthodox.org. A copy of the form is attached to the bulletin for anyone who forgot to get one at church.

Festal Icons Update

The festal icon of the Annunciation is finished, and the Visitation of the Theotokos is nearly complete. The next one beginning: The Theophany/Baptism of Christ. If you would like to support this project, please mark your donation for "Festal Icons".



Why is it, you ask, that one can pray for so many years with a prayer book, and still not have prayer in his heart? I think the reason is that people only spend a little time lifting themselves up to God when they complete their prayer rule, and in other times, they do not remember God. For example, they finish their morning prayers, and think that their relation to God is fulfilled by them; then the whole day passes in work, and such a person does not attend to God. Then in the evening, the thought returns to him that he must quickly stand at prayer and complete his evening rule. In this case, it happens that even if the Lord grants a person spiritual feelings at the time of the morning prayer, the bustle and business of the day drowns them out. As a result, it happens that one does not often feel like praying, and cannot get control of himself even to soften his heart a little bit. In such an

