



OVERCOME THE DAILY PRESSURES OF LIFE

From time to time, the daily pressures of Life can make us feel that we are powerless. By focusing only on our problems, it can even weaken our faith. But we are reminded by St. Paul in his Epistle to the Philippians "Be anxious for nothing." (Phil 4:6) But how can we achieve this important goal?

We must learn to **TRUST** instead of **TREMBLE**. Be aware that anxiety prevents achievement. Focused thinking is what we need, so we may accomplish God's plan for us. It has been said that faith and fear are opposites. While faith brings peace and salvation, fear harbors sadness and discouragement. With faith, fear is driven away, placing anything within our reach.

We must learn to **FORGIVE** instead of **FUME**. After all, anger is a roadblock to accomplishment; forgiveness is the antidote to anger. We have been instructed by our Lord to give up resentment and be kind to one another.

We must learn to **RELEASE** instead of **RETAIN**. We faithful have proof of God's caring love for us. Christ died on the cross, so we may live in peace. We have been instructed to cast our cares and worries to Jesus so we may be free of them.

By trusting, forgiving and releasing, we turn on the power of God. Allow it to flow through you and you will find the secret to contentment. A carefree mind will be the positive result.

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St. Mary's Orthodox Church
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Rector: V. Rev. James Weremedic

Retired Attached: V. Rev Paul Ropitsky

Reader Hours: Edward Pierson

Sunday, October 29, 2023

Choir Director: Wash King

Reader Epistle: Michael Ropitsky

21st SUNDAY AFTER PENTECOST Tone 4 Monastic Martyr Anastasia of Rome. Ven. Abramius the Recluse, and his niece, Bl. Mary, of Mesopotamia. Ven. Abrámii, Archimandrite of Rostov. Martyr Claudius, Asterius, Neon, and Theonilla of Aegæ in Cilicia. Righteous Anna of Constantinople. Monastic Martyr Timothy of Esphigmenou.

Tone 4 Troparion (Resurrection)

When the women disciples of the Lord, learned from the angel the joyous message of Your Resurrection, they cast away the ancestral curse, and elatedly told the apostles:

“Death is overthrown! Christ God is risen, // granting the world great mercy!”

Tone 4 Kontakion (Resurrection)

My Savior and Redeemer as God rose from the tomb and delivered the earth-born from their chains. He has shattered the gates of hell, and as Master, // He has risen on the third day!

SERVICES:

Sunday, Oct. 29	9:30 AM – Divine Liturgy, Church School & Fellowship
Saturday Nov. 4	1:00 PM – Fall Festival - Church School Children
Saturday Nov. 4	4:00 PM – Great Vespers & Confessions
Sunday, Nov. 5	9:30 AM – Divine Liturgy, Church School & Fellowship
Saturday Nov. 11	3:30 PM – Parastas, Mary Harahush, Alfred Birosik, Nicholas Teno
Saturday Nov. 11	4:00 PM – Great Vespers & Confessions
Sunday, November 12	– Annual Parish Meeting after Divine Liturgy – 2nd Announcement!
Saturday Nov. 18	4:00 PM – Great Vespers & Confessions
Sunday, Nov. 19	9:30 AM – Divine Liturgy, Church School & Fellowship
Thursday, Nov.23	11:00 AM – Molieben of Thanksgiving; Noon Thanksgiving Meal
Saturday, Nov 25	4:00 PM – Great Vespers & Confessions
Sunday, Nov. 26	9:30 AM – Divine Liturgy, Church School & Fellowship

On November 23, 2023, we will give ‘Thanks to God’ with a molieben at 11:00 am and a free Thanksgiving Meal for parishioners of St. Mary’s at noon. Donations are welcome. Please sign-up for an accurate head count. Eat in only. Shut-In meals are available.

On December 24, 2023, we will have our first parish ‘Holy Supper’ in our church hall with traditional strict fasting foods. Celebrating as a family of St. Mary’s is important to prepare for the birth of our Saviour, Jesus Christ!

We welcome all our visitors today! We want to let you know that we are so glad you came to pray with us. Please come again; join us after the Divine Liturgy in the parish hall for fellowship. If you do not have a home church, we invite you to become a part of our parish family. Only those Orthodox Christians who have properly prepared themselves may approach the Chalice and receive Holy Communion.

Prayer List*:

Fr. Michael Evans, Fr. James Weremedic, Matushka Lisa Weremedic, Sbdn. James Weremedic
Elizabeth Brennan, Stephanie Chmel, Ilene Devine, Julia Forte, Michael & Julia Harahus, Karen & Rose Harkins,
Nancy King, Olga Kushnir, Anna Marie Mantey, Dorothy & Joseph Macenka, Anna Pierson, Melissa Schmitt,
Helen Sheers, Olga Sidoriak, Martha Stafiniak, Elizabeth Warcholak, Victoria Weremedic, Marie Yurchak

* Names will cycle off approximately every 30 days. You may request to have your name or the name of a loved one placed back on the list at any time by contacting Fr. James directly.

If anyone is in need of a priest, please call Father James Weremedic at 570-645-2772.

Visitation of the Sick and Infirm: If you are going into the hospital for any reason, please inform Fr. James at the Rectory. Emergency Calls: Please call the Rectory (570-645-2772) anytime (day or night) in an emergency.

Candles (October 29)

7-day Vigils-Altar... In memory of **Mary Lutash** offered by Raymond & Mary Jo Danchak

Altar Candles... In memory of **Ted Goida** offered by Gary Harahuess

Eternal Lamp... In memory of **Andrew & Mary Bybel** offered by family members

7-day Vigils-Tetrapod... In memory **Paulene Micholic** offered by Julia Forte

Decorated Candles/Tetrapod- In memory of **Lillian Yelsh** offered by William Yelsh

Vigil Crosses... In memory **Helen Butts** offered by Raymond & Mary Jo Danchak

October Birthdays: 3- Fr. James Weremedic, 5- Barbara Teno, 7- Michael Harahus,
19- Ixsaiah Bracero, 20- Martha Stafiniak, 23- Emmanuel Andrades, 27- Fr. Paul Ropitsky

October Anniversaries: 1- Odess & Claire Remington, 3- John & Mary Evetushick

November Birthdays: 1- Nicholas Teno, Jr., 2- Justin Babinetz, 4- Lena Marie Berezniak, 11- Nancy King, 17- Irene Puschak,
Victoria Weremedic, 18- Amelia Buchanan, 26- Barbara Birosik, Helen King, 27- Chris King, Walter Rosahac

November Anniversaries: 13- Walter & Louise Rosahac, 14- Simon & Mary Herbert

Financials 10/22/2023: Operating Acct: Weekly Envelopes \$385, Non-Envelope \$30, Candles \$52,
Holy Day \$20, Charity \$26, Yard Sale \$25

Fellowship Hour Hosts:

October 29 Michael Tatasko November 5 John Evetushick November 12 OPEN
November 19 Russell King November 26 OPEN

If you have any Redner receipts, please call or get them to Helen King.

Please use your Boyer's card when shopping at Boyers; if you need one call Helen King.

21st SUNDAY AFTER PENTECOST — Tone 4. Monastic Martyr Anastasia of Rome. Ven. Abramius the Recluse, and his niece, Bl. Mary, of Mesopotamia. Ven. Abrámii, Archimandrite of Rostov. Martyr Claudius, Asterius, Neon, and Theonilla of Aegæ in Cilicia. Righteous Anna of Constantinople. Monastic Martyr Timothy of Esphigmenou.

Tone 4 Troparion (St. Anastasia)

Your lamb Anastasia calls out to You, O Jesus, in a loud voice: "I love You, my Bridegroom, and in seeking You I endure suffering. In baptism I was crucified so that I might reign in You, and I died so that I might live with You. Accept me as a pure sacrifice, for I have offered myself in love." // Through her prayers save our souls, since You are merciful!

Tone 3 Kontakion (St. Anastasia)

Purified by the waters of virginity, righteous Anastasia, you were crowned by the blood of martyrdom. You grant healing and salvation to those in need, and who call on you from their hearts, // for Christ gives you strength, pouring out on you ever-flowing grace.

Galatians 2:16-20 (Epistle)

Knowing that a man is not justified by the works of the law but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law; for by the works of the law no flesh shall be justified. But if, **while we seek to be justified by Christ, we ourselves also are found sinners**, is Christ therefore a minister of sin? Certainly not! For if I build again those things which I destroyed, I make myself a transgressor. For I through the law died to the law that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

Silent Prayer before the Gospel:

Illumine our hearts, O Master Who lovest mankind, with the pure light of Thy divine knowledge. Open the eyes of our mind to the understanding of Thy gospel teachings. Implant also in us the fear of Thy blessed commandments, that trampling down all carnal desires, we may enter upon a spiritual manner of living, both thinking and doing such things as are well-pleasing unto Thee.

For Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thy Father, Who is from everlasting, and Thine all-holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen.

Luke 8:26-39 (Gospel)

Then they sailed to the country of the Gadarenes, which is opposite Galilee. And when He stepped out on the land, there met Him a certain man from the city who had demons for a long time. And he wore no clothes, nor did he live in a house but in the tombs. When he saw Jesus, he cried out, fell down before Him, and with a loud voice said, "What have I to do with You, Jesus, Son of the Most High God? I beg You, do not torment me!" For He had commanded the unclean spirit to come out of the man. For it had often seized him, and he was kept under guard, bound with chains and shackles; and he broke the bonds and was driven by the demon into the wilderness.

Jesus asked him, saying, "What is your name?" And he said, "Legion," because many demons had entered him. And they begged Him that He would not command them to go out into the abyss. Now a herd of many swine was feeding there on the mountain. So they begged Him that He would permit them to enter them. And He permitted them. Then the demons went out of the man and entered the swine, and the herd ran violently down the steep place into the lake and drowned. When those who fed them saw what had happened, they fled and told it in the city and in the country.

Then they went out to see what had happened, and came to Jesus, and found the man from whom the demons had departed, sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. They also who had seen it told them by what means he who had been demon-possessed was healed. Then the whole multitude of the surrounding region of the Gadarenes asked Him to depart from them, for they were seized with great fear. And He got into the boat and returned.

Now the man from whom the demons had departed begged Him that he might be with Him. But Jesus sent him away, saying, "Return to your own house, and **tell what great things God has done for you.**" **And he went his way and proclaimed throughout the whole city what great things Jesus had done for him.**

Prayer for Travel

O Lord Jesus Christ our God, the true and living Way, Who didst will to journey with Thy guardian Joseph, and Thy most pure Virgin Mother into Egypt, and didst accompany Luke and Cleopas on their way to Emmaus: we now humbly entreat Thee, O most holy Master: do Thou accompany now *this Thy servant(s) N.* by Thy grace. Send unto *him* as to Thy servant Tobias, an angel as a guide and guardian, protecting and delivering *him* from every evil assault of enemies both visible and invisible; directing *him* to the fulfillment of Thy commandments, sending *him* on *his* way peacefully, profitably, and soundly and bringing *him* back again safely and in peace. Grant that *he* may fulfill all *his* good purpose unto Thy good pleasure, and favorably unto Thy glory. For Thine it is to be merciful and to save us, O Christ our God, and to Thee do we send up glory, together with Thy Father Who is without beginning, and Thy most holy, good, and life-giving Spirit, now and ever and unto ages of ages. Amen.

The Creed: The Symbol of Faith

I believe in one God, the Father Almighty, Maker of Heaven and Earth and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages. Light of light; true God of true God; begotten, not made; of one essence with the Father, by Whom all things were made; Who for us men and for our salvation came down from Heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man. And He was crucified for us under Pontius Pilate, and suffered, and was buried. And the third day He arose again, according to the Scriptures, and ascended into Heaven, and sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead; Whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father; Who with the Father and the Son together is worshipped and glorified; Who spoke by the prophets.

In one Holy, Catholic, and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead and the life of the world to come. Amen.

Prayer of the Hours

Thou who at every season and every hour, in Heaven and on earth art worshipped and glorified, O Christ God; long-suffering, merciful and compassionate; Who lovest the just and showest mercy upon the sinner; Who callest all to salvation through the promise of blessings to come. O Lord, in this hour receive our supplications, and direct our lives according to Thy commandments.

Sanctify our souls. Purify our bodies. Correct our minds; cleanse our thoughts; and deliver us from all tribulations, evil, and distress. Surround us with Thy holy angels; that, guided and guarded by them, we may attain to the unity of the faith, and unto the knowledge of Thine unapproachable glory. For Thou art blessed unto ages of ages. Amen.