



est. 1891

# From The Ambvon

## ST MICHAEL ORTHODOX CHURCH

### 512 WINTER ST., OLD FORGE, PA

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**24th SUNDAY AFTER PENTECOST — Tone 7.** Prophet Obadiah

(Abdia—9th c. B.C.). Martyr Barlaam of Cæsarea in Cappadocia (ca. 304). Ven. Varlaam, Abbot of the Kiev Caves (Near Caves—1065). Finding of the relics of Monastic Martyr Adrian of Poshekhónsk (Yaroslavl'—1625). Martyr Azes of Isauria and 150 soldiers with him (3rd c.). Martyr Heliodorus in Pamphylia (ca. 273). Ven. Hilarion the Wonderworker, Monk of Thessalonica (Georgian—875). Repose of St. Philaret (Drozdov), Metropolitan of Moscow (1867). Saints Barlaam the monk and Prince Ioasaph of India (4th c.).

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## Birthdays & Anniversaries for November

**Birthdays:** Emily Krenitsky (11/5); Beverly Elko (11/19)

**Nameday:** Michael Keklak (11/8); Michael Jadick (11/8); Fr Michael Shepherd (11/8); Philip Pecuch Jr. (11/14);

**Anniversary:** Philip Pecuch Jr. (11/7)

**Baptism:**

**Travelers:**

**Prospora Schedule:** We need families to start baking prospora at home. Please sign up. We are out. *The Church has a prospora kit if you would like to borrow it.*

19Nov - Marie Pasternak

26Nov -

**Counting:** Thank you Tammy Wytovich for assisting in counting today's offerings. Please sign up and help our Treasurer count. As my Matushka Emilia is away we will now need two volunteers to assist in counting the offerings.

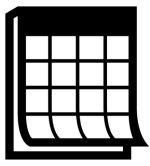
19Nov - Tammy Wytovich

26Nov -

**Visitors:** *PLEASE JOIN US FOR DOWNSTAIRS for an Agape Meal. Thank you to everyone who donated. Please donate what you would spend for a cup of coffee at the agape meal to replenish our supplies.*

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DEAR GUESTS AND FRIENDS: *A most sincere and heartfelt welcome to you from our community. According to the ancient traditions of the Orthodox Church, the Sacrament of Holy Communion is to be administered only to Orthodox Christians who have prepared to receive themselves by prayer, fasting, and a recent (monthly) confession. If you have questions please ask Fr Michael! Visitors, if you did not introduce yourself to Fr Michael at Vespers, please refrain from Holy Communion.*



## Service Schedule

MON, Nov 20th: @ 4:50 PM 9th Hour - Great Vespers w/Litya. Confession following  
TUES, Nov 21st: Hours @ 8:40 - Divine Liturgy  
The Entry of the Most-Holy Theotokos into the Temple

WED, Nov 22nd: @ 5:00PM Eve of Thanksgiving  
Thanksgiving Molieben

SAT, Nov 25th: @ 4:50 PM 9th Hour - Great Vespers. Confession following

SUN, Nov 26th: Hours @ 9:10 AM Hours - Divine Liturgy 25th SUNDAY AFTER PENTECOST  
Tone 8.



## Announcements

### Upcoming Parish & Diocesan Events

**Silent Prayers and Confession:** Every Wednesday 11:00AM - 1:30PM or you can make an appt for confession.

**Monthly Panikhida:** Nov 25th @ 4pm. Please submit names of family members you would like to be remembered.

**Catechumen/Inquirers/Continuing ED Class:** Every Saturday 3:30pm-4:30pm. COME AND LEARN ABOUT YOUR FAITH!

**Bible Study:** Every Thursday 11am - Noon. Bring a sack Lunch. I am working my way through Romans if you want to join me.

**Church Work Day:** Every Friday is Church Maintenance day. Come help! Please come and help maintain the Church and its grounds.

**Parish Council Meeting: 03DEC23 All are invited. (Every first Sunday of the Month)** Please come and see the great things our parish council is doing and the vision we have.

**Registration** - Please continue to sign up on the website to receive the weekly emails. We are going live with our services! Please go to the website to register for our youtube channel.

**Dec 2, Wilkes-Barre Deanery Retreat at All Saints Orthodox Church, Olyphant, PA:** Saturday, December 2nd the parishes of the Wilkes-Barre Deanery will gather together for a time of worship and retreat at All Saints Orthodox Church in Olyphant, PA. The event will begin at 9AM with Divine Liturgy, followed by a light Lenten brunch and lecture from the OCMC's longest serving field missionary, Nathan Hoppe. Mr. Hoppe will talk about the importance of the mission mindset in the parish, and reflect on his international missionary labors over the years. The lecture will begin at noon, followed by Q&A, and ending by 2 PM. All Deanery Clergy are invited to serve. Choir members from the Deanery are also invited to participate. Please sign up at your parish by November 26th so our hosts at All Saints can plan for the day. We look forward to gathering once again with our brothers and sisters throughout the Wilkes-Barre Deanery.

**The parish council is preparing for the Annual Meeting in February right now. You should be preparing for the Annual Meeting as well. Time/Talent/Treasure/Communion/Confession T3C2.**

## ***Parish Prayer List***

**Newly Departed:** *Alexander Horek (11/14)*

**Departed:** *Leo Howanetz 11/6; Archpriest Joseph Martin (11/9); Joseph Elko (11/10); Helen Chesniak 11/14; John Wansacz (11/15); Mary Krenitsky (11/16); Harold Krenitsky (11/22); Archbishop David Mahaffey (11/27)*

**Please remember in your prayers LIVING**

Ill-afflicted *Archpriests Michael Evans, John Nightingale, & Theodore Orzolek*

**All those caring for the sick and suffering at this time throughout the world, especially our families and friends:** *Christine Sevensky, Mike Jadick, Margaret Pregmon, Daniel Jones, Matushka Paula Soucek; The child of God Abigail and Nathan.*

**Servants of God** *Emily Krenitsky, Gregory Krenitsky, Barbara Sevensky, Bernie & Beverly Elko, Sandra Condon, Marie Pasternak, Ann Tyrpak, Sandy & Danny Pregmon, Walter Pritchuk, Michael & Euphemia Keklak; Elizabeth Jackson; Justin Kane; Maria & Vitaliy Rakovsky; Ekaterina & Anna; Joe & Kelly Cigna; George, Natasha (and her unborn child), & Rosa Coyoy; Paul & Ann Newmeyer; Mat. Emilia, Blaise, Maximus, Rodion, Savina Shepherd; Joseph, Emilia, Judah, Nadezda, & Silas Hart; Eli & Paula Stavisky, Helen Wytovich, Tammy Wytovich, Charissa & Debra, Nadia Macheska, Paulette Ezbiansky, Maura Elko*

**Catechumen** - *Jason Vo, Santo Joseph Cerminaro, Mikayla Brown*

### **How Much is my tithe**

Weekly	2%	4%	5%	10%
<b>\$200</b>	\$4	\$8	\$10	\$20
<b>\$500</b>	\$10	\$20	\$25	\$50
<b>\$750</b>	\$15	\$30	\$37	\$75
<b>\$1000</b>	\$20	\$40	\$50	\$100
<b>\$1500</b>	\$30	\$60	\$75	\$150

**WEEKLY GIVING UPDATE:** We thank you for your continued giving in gratitude for all that our loving God does for each of us, for His Holy Church, **and** all the blessings we receive through her.

**November Income:** \$8016.00

**Expenditures:** \$2897.79

**Weekly Cost to Keep the Church Open:** \$3,225.62

**Monthly Cost to Keep the Church Open:** \$12,902.49



# Words of Wisdom

## From the Saints & Teachers

## Today Readings

**Epistle:** Ephesians 2:14-22

**Gospel:** Luke 12:16-21

**Ephesians 2:15 Under the Gospel the Ten Commandments Still Remain Freely to Be Obeyed. St Theodoret:** Christ dispelled the enmity between us and God. He gave his own flesh as a ransom for us. Once this was done, he put an end to the things that separated you and them. For this is what he means by “the law of ordinances.” He has not annulled the Decalogue.... For Christ the Lord himself held these up to the one who wanted to know the way to eternal life. But by doctrines he meant the gospel teaching, since the realization of full maturity lies in the responsive choices of the will.... Yet these gospel teachings are not laid down as laws. They are a matter of free choice. What he does lay down as law is what he inscribed on nature when he created it in the beginning. **Epistle to the Ephesians 2.14–15.**

**Luke 12:16–20 The Parable of the Rich Fool The Habit of Good Works. St Leo the Great:** The devil, even in the midst of our efforts, does not relax his schemes. At certain periods of time, we must take care of the reenergizing of our strength. The mind, concerned with the goods of the present, can rejoice in the temperate weather and the fertile fields. When the fruits are gathered into great barns, it can say to its soul, “You have many good things; eat.” It may receive a kind of rebuke from the divine voice and may hear it saying, “Fool, this very night they demand your soul from you. The things you have prepared, whose will they be?”

This should be the careful consideration of wise people, that since the days of this life are short and the time uncertain, death should never be unexpected for those who are to die. Those who know that they are mortal should not come to an unprepared end. **Sermon 90.4.1.**

## THE NATIVITY FAST, ADVENT

November 15/28 - December 24 - January 6

The rules of abstinence prescribed by the Church to follow during the Christmas Fast are similar to those prescribed during the Apostles' Fast. It is clear that during the Fast we must abstain from meat and dairy products. Besides that, on Mondays, Wednesdays and Fridays of the Nativity Fast consumption of fish, oil and wine is prohibited. On the other weekdays—Tuesdays, Thursdays and Saturdays—food with vegetable oil is allowed. During the Nativity Fast, it is permitted to eat fish on Saturdays, Sundays and on Great Feast Days—for example on the Presentation of the Mother of God—patron saints' days, and saint's days that are celebrated with a polyeleos service if these feasts fall on Tuesdays or Thursdays. If they fall on Wednesdays or Fridays, only wine and oil are allowed. During the week preceding Christmas Eve the fast becomes stricter; we abstain from fish even on Saturdays and Sundays.

### How to spend the time of the fast

We must devote the days of the fast to the deeds of piety, as these days are holy. The Word of the Lord witnesses that *the fast... shall be to the house of Judah joy and gladness, and cheerful feasts*" (Zach. 8, 19). However, the days of the fast differ from holidays and working days. On feast days the Church calls us to thank God and the saints for God's great works; and during the fasts, to be reconciled with God and to take part in the life, sufferings and the death of the Savior and the saints. Feasts make us disposed to spiritual joy and hope, and fasts, to contrition and tears. On feast days, out of spiritual joy, the Church blesses hearty meals; but during fasts it prescribes frugal ones, lenten fare. The Church rule clearly sets forth both the appointed time of meals and the quality of lenten fare. Everything is strictly calculated to weaken carnal desires, which are excited by hearty and sweet meals. It is not designed to greatly weaken our flesh, but rather to make it light, strong, and more submissive to our spiritual will, and to preserve it vigorously to fulfill the demands of the spirit.

The Church rule teaches us what we must avoid during fasts: "Those who keep the fast must strictly observe the rules on the quality of the fare, i.e., to abstain from eating some foods. These foods must not be considered foul (not so!) but only improper during the fast, and not allowed by the Church at that time. During fasts we must abstain from eating meat, cheese, butter, eggs, milk and sometimes fish, according to different fasts."

There are five degrees of strictness during fasts:

- 1) complete abstinence from meals;
- 2) xerophagy, or eating uncooked food;
- 3) eating hot food without oil;

- 4) eating hot food with vegetable oil;
- 5) eating fish.

When fish is allowed you may also eat hot food with vegetable oil. Those who have a desire to keep a stricter fast than what is prescribed by the Church rule should first come speak to me receive a blessing to do so.

A bodily fast without the spiritual fast is meaningless for the soul's salvation; to the contrary, it may become spiritually harmful if a person abstaining from food is filled with feelings of his superiority. A true fast is bound up with prayer, penance, eradicating evils, forgiveness of offenses, abstaining from passions and vices, entertainment and watching TV. The fast is not an object in itself but a means of restraining our carnal desires and cleansing ourselves of sins. Without prayers and penance fasting becomes only a “diet”. In keeping a bodily fast it is necessary to keep a spiritual fast: *Brethren, if we keep the fast of the body, let us keep a spiritual fast to save us from unrighteousness*, the Church exhorts us. The essence of fasting is expressed in one of the Church hymns: “O my soul, in abstaining from food but not from desires, in vain do you seek consolation; for if fasting does not reform you, you will incur God's wrath as being false, and make yourself like the evil demons who never eat”.

### **Learning to keep the fast**

The basis of fasting is the struggle against sins through abstaining from food, not through physical exhaustion. Therefore all who keep the fast should take account of their strength and the degree of experience in following rules of fasting. Fasting is an ascetic labor which requires training and gradualness. It is necessary to enter the labor of fasting gradually, beginning with abstaining from dishes containing meat and milk products on Wednesdays and Fridays throughout the whole year. Those who try to go from never fasting to suddenly fasting very strictly are likely to either ruin their health, or to become impatient and irritated due to hunger. Such zeal, not according to reason, causes them to become angry with everyone and everything; the fast becomes insufferable for them, and in the end they just give it up entirely. To make our fast endure we need to learn how to do it gradually, with great attention, step by step. Each should define how much food is sufficient for him, and then gradually decrease his daily intake of food to the optimum amount, so that he is not weak and can do his daily work. The main rule given by the Lord is: let our hearts not be burdened with gluttony and drinking. In keeping the fast “according to the individual need of each,” please consult me, we can discuss our spiritual and physical condition for the fasting and may our journey to our Lord’s Nativity be blessed!