



A Parish of the Orthodox Church in America
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GLORY TO JESUS CHRIST! GLORY TO HIM FOREVER!

November 9, 2014	22nd Sunday after Pentecost	Divine Liturgy	9:30 am
November 15	BEGINNING OF THE NATIVITY (SAINT PHILIP'S) FAST		
November 15	Saturday	Great Vespers	4:00 pm
November 16	23rd Sunday after Pentecost	Divine Liturgy	9:30 am

Saints of the Day: Martyrs Onesiphorus and Porphyrius of Ephesus (284). Venerable Matrona, Abbess, of Constantinople (492). Venerable Theoctiste of the Isle of Lesbos (881). New Hieromartyrs Parthenius Bishop of Ananiev, Priests Constantine, Demetrius, Nestor, Theodore, Constantine, Victor, Elias, Deacon Joseph and Hieromartyr Alexis (1937). Venerable Onesiphorus the Confessor of the Kiev Caves (1148). Martyr Alexander of Thessalonica (305). Martyr Anthony of Apamea (5 c.). Venerable John the Short of Egypt (422). Venerable Eustolia (610) and Sosipatra (635) of Constantinople. Saint Nectarius (Kephalas), Metropolitan of Pentapolis (1920). Venerable Simeon Metaphrastes of Constantinople (960). Venerables Euthymius (990) and Neophytus, the Serbians of Mount Athos. Martyrs Narses and Artemonos. Saint Helladius, Monk. Martyrs Claudius, Castor, Sempronian, and Nicostrat. Saint Benen (Benignus) of Ireland, Bishop of Armagh (d. 468). Saint Pabo, Founder of Llanbabon Monastery in Anglesey, Wales (d. 510), Saint Triduana (Tredwell) of Restalrig in Scotland, Virgin

Please remember in your prayers: Suffering Christians of Egypt, Syria, the Middle East and Ukraine. Bishop BOULOS Yazigi, Bishop YOHANNA Ibrahim, of Aleppo. Archimandrites Athanasy, Nectarios, Pachomy. Archpriests Alvian, Eugene, Leonid, John, Jason, John, Vincent. Priests Sergius, Jacobus, Leonid, Vasil, Vasil. Deacons Mark, Demetrios, Philip. Mother Raphaela, David, Dimitri, Nina, Daniel, Catherine, Helen, Anna, Peter, Helen, Michael, Stephanie, Zara, Nolan, Emelie, Michael, Ed, Nettie, Maria, Michael, John, James, Nancy, Susan, Daniel, Aaron, Mark, Jennifer, Nina, Nadine, Michael, Anna, Gregory, Marianna, Mykola, Helen, Isaiah, Jamie, Albert, Kevin, Robert, Robert, Andrew, David, Warren, Vincent, Diane, Abigail.

God Grant Many Years! Prayers for the health of niece Christine Kurap were offered today at Liturgy and Moleben at the request of Father John Udics.

Memory Eternal. Prayers for the repose of the soul of Archimandrite Alexander (Doumouras) and newly-departed Constance Tarasar were offered at Liturgy and Litiya today at the request of Father John Udics.

In Memoriam +Dr. Constance Tarasar, November 7, 2014

Dr. Constance Tarasar, a pioneer in the field of Orthodox Christian education, fell asleep in the Lord in Minneapolis, MN on Friday, November 7, 2014.

A native of Minneapolis, MN, Ms. Tarasar was a graduate of Saint Vladimir's Seminary, Yonkers, NY. For many years, she served as the Executive Director of the Orthodox Christian Education Commission and the Chair of the Orthodox Church in America's Department of Religious Education. She held various other positions in the Church, in addition to teaching at Saint Vladimir's Seminary for many years. Many of the student and teacher manuals used in Church school programs today were written by her. Prior to her retirement and return to Minneapolis, she helped develop an Orthodox Christian curriculum used in Romania, Russia and other central and eastern European countries.

May Constance's memory be eternal!

THE NATIVITY FAST This week Saturday, we celebrate the feast of Saint Philip, which is the beginning of **the Nativity Fast**. It is called Advent in the western Church. We fast during this forty-day period before the feast of the Nativity of our Lord, Christmas. The fast is similar to Great Lent: we eat no meat or dairy products and avoid rich foods. We pray for forgiveness of our sins and we do good deeds (alms) for others, sharing our bounty with those less fortunate than we. Although it is similar to Great Lent, we live in the Nativity Fast in expectation of our Lord's coming, His birth and the beginning of His ministry to the world. Why not pick up your Bible and read the prophecies about Our Lord's coming, or read a good book about the Nativity, like Father Thomas Hopko's [The Winter Pascha: Readings for the Christmas-Epiphany Season](#).

THE HOLY MARTYRS ONESIPHORUS AND PORPHYRIUS. These two wonderful men were martyred for the name of Christ during the reign of Emperor Diocletian. They were severely beaten, then burned on an iron grid, then tied to horses' tails and dragged over rocks and thorns. They were thus torn to pieces and gave up their holy souls to God. Their relics are buried in Pentapolis.

THE VENERABLE JOHN THE DWARF [KOLOBOS] is numbered among the greatest of the Egyptian ascetics. “Kolobos” means “dwarf,” for he was of little stature. He came to Scetis with his brother Daniel and, with the greatest zeal, devoted himself to such asceticism that Daniel had to urge him to moderation. John was a disciple of Saint Pambo, and was later the teacher of Saint Arsenius the Great. His fellow disciple under Saint Pambo was Saint Paisius the Great. Once, when he and Paisius were discussing what kind of asceticism to undertake, an angel of God appeared to them and commanded John to stay where he was and instruct others, and Paisius to enter the wilderness and live as a hermit. In order to test John's obedience, Saint Pambo ordered him to water a dry stick planted in the ground until it turned green. Without hesitation or doubt, John watered this stick daily for three whole years until by the power of God, it grew green sprouts and brought forth fruit. Pambo then gathered the fruit from this tree, brought it to church and distributed it among the brethren saying: “Draw near and taste of the fruit of obedience!” John the Dwarf had many disciples. Some of his wise sayings have been preserved. He entered into rest peacefully and took up his habitation in the joy of his Lord.

THE VENERABLE MATRONA OF CONSTANTINOPLE was from Perga in Pamphylia. Matrona's marriage to Dometian, a nobleman of Constantinople, soon became unbearable to her. Disguised in men's clothing, she fled and adopted the name Babylas, then entered the Monastery of Saint Bassian in Constantinople. Because her husband searched for her constantly, she was forced to move repeatedly. Altogether, she moved to Emesa, Sinai, Jerusalem and Beirut, and finally returned to Constantinople. Matrona was tonsured a nun at age twenty-five, and lived the ascetic life for seventy-five years. In all she lived a hundred years, and died peacefully in the year 492 as abbess of a monastery in Constantinople, taking up her abode in the joy of her Lord.

THE VENERABLE EUTHYMIUS OF DOCHIARIOU AND HIS DISCIPLE NEOPHYTUS were Serbs by birth and kinsmen of high-ranking aristocrats in Byzantium. Euthymius was a companion of Saint Athanasius and the steward of his Lavra, after which he founded the Monastery of Dochiariou. He entered peacefully into rest in the year 990. His nephew Neophytus succeeded him as abbot of Dochiariou, increased the brotherhood and built a large church. He entered into rest at the beginning of the eleventh century.

SAINT SIMEON METAPHRASTES [THE TRANSLATOR] was a gifted Constantinopolitan. He had both a secular and spiritual education. He attained the rank of imperial logothete [chancellor] and was first among the nobles at the imperial court, yet he lived a pure and blameless life as a true ascetic. He distinguished himself by great military bravery and statesmanly wisdom. For these qualities, Emperor Leo the Wise greatly respected him and sent him to Crete to negotiate a peace with the Arabs who then occupied the island. Successfully completing his mission, he returned to Constantinople and soon thereafter withdrew from the world and worldly affairs. He wrote many lives of saints, compiling 122 new biographies and correcting 539 biographies. He entered into rest in about the year 960, and a fragrant and healing myrrh flowed from his relics.

THE VENERABLE THEOCTISTA OF PAROS was born on the island of Lesbos and was tonsured a nun at the age of seventeen. The savage Saracens attacked the island and enslaved all who fell into their hands, including Theoctista and her sister. When the Saracens brought the slaves to the marketplace on the island of Paros, Theoctista escaped from the crowd and hid in an abandoned church in the middle of the island, where she lived a life of asceticism for thirty-five years. She entered into rest in the year 881.

SAINT BENEN (BENIGNUS) OF IRELAND, BISHOP OF ARMAGH, Saint Patrick's chanter. Died c. 468. Son of the Meath chieftain Sechnan (Sessenen or Ssegne), Benen grew up in the district around Duleek. He and his family were converted in his childhood and baptized by Saint Patrick. The story is told that Benen worshipped Patrick as a hero. He had heard the tale of the great saint's chariot driver laying down his life to save Patrick. He was in awe, but too young to do much. So when after baptizing Benen, Patrick fell into an exhausted sleep in a quiet corner of the family's garden, he wondered what he could do to honour the saint. He noticed the dust of the road on Patrick's clothes was attracting insects, so he scattered some strongly scented flowers over the sleeping man. When the boy was chastised for doing this, Patrick responded: "Don't send him away. He's a good boy. It may be that he will yet do wonderful things for the Church."

At that moment Benen became the apostle's disciple and companion. When the apostle wanted to continue his journey, Benen rolled himself into a ball in Patrick's chariot, clung to the saint's feet, and begged to accompany him to Tara. Patrick agreed to take the youngster with him, although everyone else thought he was too immature. Patrick assured them that Benen would be fine—and he was. He never returned home.

And so, as Benen matured, he became Patrick's confidant, 'Psalmsinger,' and right-hand man. He sang for every Service said by Patrick, thereby learning how to teach and preach the faith. Eventually Benen was ordained priest, and in time succeeded Patrick as archbishop of Ireland. Benen is known for his gentleness, charm, and beautiful singing voice.

The story is told that once on an Easter Sunday when Saint Patrick, his eight companions, and the boy Benignus were going from Slane to Tara to confront the high king, Laoghaire, they were miraculously turned into deer and so avoided the attempts of the king's guards to intercept them en route. The fawn in the rear, according to the legend, was Benignus. The "Tripartite Life" tells it this way:

"Patrick went with eight young clerics and Benen as a gillie with them, and Patrick gave them his blessing before they set out. A cloak of darkness went over them so that not a man of them appeared. Howbeit, the enemy who were waiting to ambush them, saw eight deer going past them, and behind them a fawn with a bundle on its back. That was Patrick with his eight, and Benen behind them with his tablets on his back."