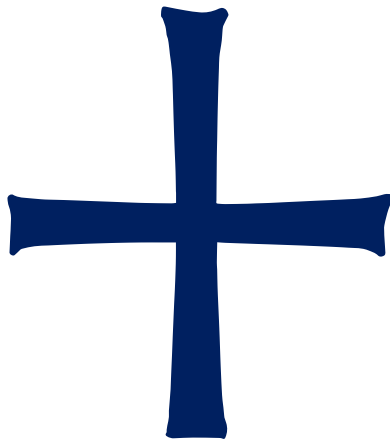


SAINT ELIZABETH ORTHODOX CHURCH



Sunday Bulletin

October 29, 2023—21st Sunday After
Pentecost.



26580 Breidablik Place NW
Poulsbo, WA 98370
(360) 598-9700
rector@stelizabethorthodox.org

<https://stelizabethorthodox.org>
<https://oca.org>
Facebook: [stelizabethorthodox.org](https://www.facebook.com/stelizabethorthodox.org)
YouTube: [@saintelizabethorthodoxpoul8086](https://www.youtube.com/@saintelizabethorthodoxpoul8086)

Welcome to St. Elizabeth

WELCOME VISITORS! We are delighted you are here. It is our sincere desire that your participation today in the Divine Liturgy will draw you closer to Christ and His Church. Please join us after the service for coffee and refreshments in our fellowship hall. If you have questions about any facet of Orthodox worship, our priest—Father John Strickland—would be very happy to meet and assist you in any way possible.

If you are not familiar with the Orthodox Church, you may see some things that are new to you—icons and incense, the sign of the cross, veneration of the saints, and a lot of standing. These elements have been part of traditional Christian worship from ancient times. They reflect the heavenly nature of the Church.

If you would like to learn more about Orthodoxy, we have a small bookstore where Orthodox publications may be purchased and a lending library where many Orthodox books and periodicals can be borrowed. If you would like to learn more about our parish, please visit our website at <https://stelizabethorthodox.org>. There, you can find a link to our parish YouTube page where you can view Father John's Sunday homilies.

Please note that Orthodox priests may serve Communion only to baptized and chrismated members of the Orthodox Church. The Eucharist is the paramount expression of unity among Christians; but the reality today is that many Christians are not united in matters of doctrine and practice. While some Christians are content to agree to disagree, we believe true unity will occur only when modern Christians are reconciled to the ancient Church, with its faith and life delivered “once, and for all.” In light of this, we respectfully request that rather than partaking of the Eucharistic Chalice, our non-Orthodox guests join us in receiving the *antidoron*—or blessed bread—served at the end of the Divine Liturgy.

Please feel free to contact Fr. John any time at (360) 598-9700 or rector@stelizabethorthodox.org.

—Thank you for joining us today. Glory to Jesus Christ!

Bulletin News

- ❖ Fall Festival—Our parish fall festival will be held Friday, November 3rd from 6:00 to 8:00 p.m. No costumes this year, but lots of fun, fellowship, and games. A sign-up sheet is posted in the parish hall. Please join us and bring a Lenten snack! For questions, contact Joy at whitetigerofjoy@gmail.com.
- ❖ Cleaning Teams—Are you looking for a ministry that nobody sees you but everyone sees the results of your labor? Cleaning the narthex, nave and bathrooms is the job for you! We are in need of substitute cleaners, a team to step in when a scheduled cleaner can't make it. Maybe your spouse or friend would like to join you? If interested or have questions, please see Nancy Conrad.
- ❖ Barrel Vault Iconography—Our parish council has contracted with Brian Whirledge for a full length icon for our barrel vault ceiling for \$35,100. We sent a down payment of \$10,530, leaving a remaining balance of \$24,570. Of that balance, we have received \$2,000 and a pledge of \$1,000, so if you would like to help, we have a remaining balance of \$21,750. If you donate, just indicate “icon” in the memo line of your check or memo of your Zelle payment. Also, if you would like to pledge an amount now and write your check later, that works as well. We expect to receive a sketch from Brian soon.

November Birthdays, Name Days & Anniversaries

- ❖ Name days—Archangel Michael (Nov. 8); St. John Chrysostom (Nov. 13); St. Andrew (Nov. 30)
- ❖ Birthdays—Hellenmae Reed (Nov. 3)
- ❖ Anniversaries—Walter & Nancy Conrad (Nov. 7)

This Week at St. Elizabeth

Oct. 30th—Monday
6:30pm Catechesis

Nov. 1st—Wednesday
6:00pm Moleben of Healing
6:30pm Vespers & Orthodox
Studies

Nov. 3rd—Friday
6:00pm Fall Festival

Nov. 4th—Saturday
6:00pm Great Vespers

Today's Hymns

21st Sunday After Pentecost—Tone 4.

Tone 4 Troparion *(Resurrection)*

When the women disciples of the Lord
learned from the angel the joyous message of Thy 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 5 Troparion *(Church)*

O God-wise Elizabeth,
with humility thou didst hide thy nobility and honor Christ
especially by imitating the labors of Martha and Mary.
As a sacrifice to God, thou didst arm thyself with works of mercy,
patience, and love.
Seeing thy life of good works and suffering, we sincerely beseech
thee, our true teacher.
O Venerable Martyr, Grand Duchess Elizabeth, //
entreat Christ our God to enlighten and save our souls.

Tone 4 Troparion *(St. Anastasia)*

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

Tone 8 Troparion *(Ven. Abramius)*

The image of God was truly preserved in thee, O Father,
for thou didst take up the Cross and follow Christ.
By so doing, thou taughtest us to disregard the flesh for it passes
away;
but to care instead for the soul, for it is immortal.//
Therefore thy spirit, venerable Abramius, rejoices with the
angels.

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!

Tone 2 Kontakion *(Church)*

Who can tell of thy great acts of faith,
O long suffering Grand Duchess Elizabeth,
while enduring death in the depths of the earth,
thou didst radiate the brightness of Paradise.
Rejoicing in psalms and hymns, thou didst pray with the angels for
thy torturers,
"O Lord forgive them for they know not what they do." //
O Christ our God, through her prayers, have mercy, and save
our souls.

. . . over

Tone 3 Kontakion *(St. Anastasia)*

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

Glory . . .

Tone 3 Kontakion *(Ven. Abramius)*

Thou didst live in the flesh on earth as an angel,
and through thy ascetic life thou didst become like a tree nourished
by the waters of abstinence and didst flourish.
Thou hast washed away stains with the streams of thy tears
and so thou hast been revealed, O Abramius, //
to be a God-like vessel of the Spirit.

Now and Ever . . .

Tone 6 Steadfast Protectress

Steadfast Protectress of Christians,
constant advocate before the Creator,
despise not the entreating cries of us sinners,
but in thy goodness come speedily to help us who call on thee in
faith,
hasten to hear our petition and to intercede for us, O Theotokos, //
for thou dost always protect those who honor thee.

Today's Scripture Readings

Epistle Reading—Galatians 2:16–20

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.

Gospel Reading—Luke 8:26–39

Then they arrived at the country of the Ger'asenes, which is opposite Galilee. And as he stepped out on land, there met him a man from the city who had demons; for a long time he had worn no clothes, and he lived not in a house but among the tombs. When he saw Jesus, he cried out and fell down before him, and said with a loud voice, "What have you to do with me, Jesus, Son of the Most High God? I beseech you, do not torment me." For he had commanded the unclean spirit to come out of the man. (For many a time it had seized him; he was kept under guard, and bound with chains and fetters, but he broke the bonds and was driven by the demon into the desert.) Jesus then asked him, "What is your name?" And he said, "Legion"; for many demons had entered him. And they begged him not to command them to depart into the abyss. Now a large herd of swine was feeding there on the hillside; and they begged him to let them enter these. So he gave them leave. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and were drowned.

. . . over

When the herdsmen saw what had happened, they fled, and told it in the city and in the country. Then people went out to see what had happened, and they came to Jesus, and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind; and they were afraid. And those who had seen it told them how he who had been possessed with demons was healed. Then all the people of the surrounding country of the Ger'asenes asked him to depart from them; for they were seized with great fear; so he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but he sent him away, saying, "Return to your home, and declare how much God has done for you." And he went away, proclaiming throughout the whole city how much Jesus had done for him.

Today's Commemorations

The Venerable Martyr Anastasia the Roman

She was born in Rome of noble parents, and was left an orphan at the age of three. As an orphan, she was taken to a convent near Rome where the abbess was Sophia, a nun of the highest level of perfection. After seventeen years, Anastasia was well known--among the Christians as a great ascetic, and among the pagans as a rare beauty. Probus, the pagan governor, heard of Anastasia and sent his soldiers to bring her to him. For two hours, the good Abbess Sophia counseled Anastasia how to keep the Faith, how to resist flattering deceits, and how to endure torture. Anastasia said to her: "My heart is ready to suffer for Christ; my soul is ready to die for my Sweet Jesus." Brought before the governor, Anastasia openly expressed her faith in Christ the Lord, and when the governor tried to turn her away from the Faith--first by promises and then by threats--the martyr said to him: "I am ready to die for my Lord not only once, but--oh, if it were only possible--a hundred times!" When they stripped her naked to humiliate her, she cried out to the servants: "Whip me, cut me up and tear me apart, cover my naked body with wounds and cover my shame with blood!" She was beaten, torn and cut up. On two occasions she felt a great thirst and asked for water, and a Christian, Cyril, gave her a drink, for which he was blessed by the martyr of Christ and beheaded by the pagans. Anastasia's breasts and tongue

were severed, but an angel of God appeared and sustained her. Finally, she was beheaded outside the city. Blessed Sophia found her body and buried it honorably. Anastasia was crowned with the wreath of martyrdom during the reign of Decius.

The Venerable Abramius the Recluse and His Niece Mary

Forced to do so by his parents, he married, but on the very day of his wedding he left his bride, his parents' home and all that he possessed, and withdrew into solitude to live a life of strict asceticism. He labored thus for fifty years, and left his cell only twice during that time. The first time, he left at the order of his bishop to convert a pagan village to the Christian Faith. The second time he came out to save his licentious niece Mary. He entered peacefully into rest in the year 360 A.D., at the age of seventy. (See "Reflection" below.)

The Venerable Martyr Timothy of Esphigmenou

He was from the village of Kessana in Thrace. He was married and had two daughters. His wife was seized by the Turks and became a Moslem. In order to save his wife from the harem, he pretended to become a Moslem. After rescuing his wife, he conducted her to a convent, while he went to the Great Lavra on Mount Athos and then to the Monastery of Esphigmenou. He desired martyrdom for Christ, like Agathangelus of Esphigmenou, and was beheaded in Jedrene on October 29, 1820 A.D. His body was thrown into a river, but his clothing was retrieved by Elder Germanus, the spiritual father of Esphigmenou.

—*Prologue of Obrid*

The Nicene Creed: the Symbol of Faith (sung together)

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 rose 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.

Pre-Communion Prayers (said together)

I believe, O Lord, and I confess that Thou art truly the Christ, the Son of the Living God, Who camest into the world to save sinners, of whom I am first. I believe also that this is truly Thine own pure Body, and that this is truly Thine own precious Blood. Therefore I pray Thee: have mercy upon me and forgive my transgressions both voluntary and involuntary, of word and of deed, of knowledge and of ignorance. And make me worthy to partake without condemnation of Thy most pure Mysteries, for the remission of my sins, and unto life everlasting. Amen.

Of Thy Mystical Supper, O Son of God, accept me today as a communicant; for I will not speak of Thy Mystery to Thine enemies, neither like Judas will I give Thee a kiss; but like the thief will I confess Thee: Remember me, O Lord in Thy Kingdom.

May the communion of Thy Holy Mysteries be neither to my judgment, nor to my condemnation, O Lord, but to the healing of soul and body. Amen.

