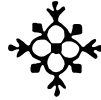
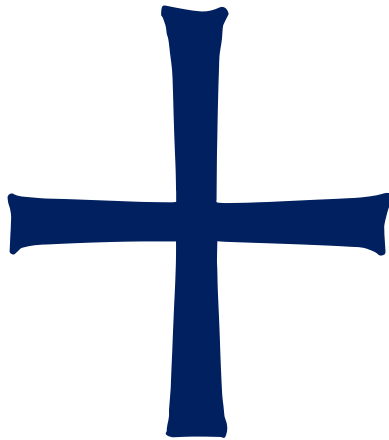


SAINT ELIZABETH ORTHODOX CHURCH



Sunday Bulletin

January 28, 2024—34th Sunday After
Pentecost. Ven. Ephraim the Syrian.



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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

- ✦ 2024 Parish Picnic—Due to fast campsite bookings, we will need to forgo a parish camping trip this year. But we will have a parish picnic! The date is set for Saturday, July 27th at Salisbury Point picnic shelter in Poulsbo from 10:00a.m. to 5:00 p.m. We will be joined by St. Herman parish in Port Townsend. If you have questions or would like to help plan, please contact Danielle at Chantrieri@hotmail.com.
- ✦ Barrel Vault Iconography—We have received donations for about two-thirds of the cost of this project: \$27,782 out of \$35,100! We hope to raise the remainder—\$7,318—between now and Pascha. Watch the large chart in the Trapeza for updates. Thank you!
- ✦ Meal Teams Need Your Help!—Our meal teams are in dire need of help. With so many families leaving over the past year, and others away during winter, our parish is struggling to maintain our traditional meal together after Liturgy. If you can help out, please contact Joy at whitetigerofjoy@gmail.com to join a team.

January Birthdays, Name Days & Anniversaries

- ✦ Birthdays—Karen Hadley (Jan. 1); Jon Olson (Jan. 18); Bryan Telegin (Jan. 19); Allison Toth (Jan. 26)

This Week at St. Elizabeth

Jan. 29th—Monday
6:30pm Catechesis

Jan. 31st—Wednesday
6:30am Vespers & Orthodox Studies

Feb. 3rd—Saturday
✦ 6:00pm Resurrectional Vigil

Today's Hymns

34th Sunday After Pentecost—Tone 1.
Ven. Ephraim the Syrian

Tone 1 Troparion *(Resurrection)*

When the stone had been sealed by the Jews,
while the soldiers were guarding Thy most pure body,
Thou didst rise on the third day, O Savior,
granting life to the world.
The powers of heaven therefore cried to Thee, O Giver of Life:
“Glory to Thy Resurrection, O Christ!
Glory to Thy Kingdom! //
 Glory to Thy dispensation, O Thou Who lovest mankind!”

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 8 Troparion *(Ven. Ephraim)*

By a flood of tears thou didst make the desert fertile,
and thy longing for God brought forth fruits in abundance.
By the radiance of miracles thou didst illumine the whole
universe. //
 Our holy Father Ephraim, pray to Christ our God to save our
 souls!

Tone 1 Kontakion *(Resurrection)*

As God, Thou didst rise from the tomb in glory,
raising the world with Thyself.
Human nature praises Thee as God, for death has vanished.
Adam exults, O Master!
Eve rejoices, for she is freed from bondage and cries to Thee://
 "Thou art the Giver of Resurrection to all, O Christ!"

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.

Glory . . .

Tone 2 Kontakion *(Ven. Ephraim)*

Ever anticipating the hour of Judgment,
thou didst lament bitterly, venerable Ephraim.
Through thy deeds thou wast a teacher by example://
 Therefore, universal Father, thou dost rouse the slothful to
 repentance.

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

Let Thy mercy, O Lord, be upon us, as we have set our hope on Thee! (Ps. 32:22)

Epistle Reading—Colossians 3:4–11

When Christ who is our life appears, then you also will appear with Him in glory. Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. Because of these things the wrath of God is coming upon the sons of disobedience, in which you yourselves once walked when you lived in them. But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him, where there is neither Greek nor Jew, circumcised nor uncircumcised, barbarian, Scythian, slave nor free, but Christ is all and in all.

Gospel Reading—Matthew 22:35–46

And one of them, a lawyer, asked him a question, to test him. "Teacher, which is the great commandment in the law?" And he said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbor as yourself. On these two commandments depend all the law and the prophets."

Now while the Pharisees were gathered together, Jesus asked them a question, saying, "What do you think of the Christ? Whose son is he?" They said to him, "The son of David." He said to them, "How is it then that David, inspired by the Spirit, calls him Lord, saying, 'The Lord said to my Lord, Sit at my right hand, till I put thy enemies under thy feet'? If David thus calls him Lord, how is he his son?" And no one was able to answer him a word, nor from that day did any one dare to ask him any more questions.

Today's Commemorations

Venerable Ephraim the Syrian

Ephraim was born in Syria of poor parents during the reign of Emperor Constantine the Great. He spent his youth rather tempestuously, but suddenly a change took place in his soul, and he began to burn with love for the Lord Jesus. Ephraim was a disciple of St. James Nisibis (January 13). Due to the great grace of God, wisdom flowed from his tongue like a stream of honey, and ceaseless tears flowed from his eyes. Industrious as a bee, Ephraim continually wrote books, orally taught the monks in the monastery and the people in the town of Edessa, and dedicated himself to prayer and contemplation. Numerous are his books and beautiful are his prayers, the most famous of which is his prayer recited during the season of Great Lent: "O Lord and Master of my life, a spirit of idleness, despondency, ambition and idle talking give me not; but rather a spirit of chastity, humility, patience and love bestow upon me, Thy servant. Yea, O Lord and King, grant me to see my own faults and not condemn my brother; for blessed art Thou unto the ages of ages. Amen." When they wanted to appoint him a bishop by force, he pretended to be insane and began to race through the city of Edessa, dragging his garment behind him. Seeing this, the people left him in peace. Ephraim was a contemporary and friend of St. Basil the Great. St. Ephraim is especially considered to be the apostle of repentance. Even today, his works soften many hearts hardened by sin and return them to Christ. He reposed in extreme old age in the year 378 A.D.

—Prologue of Ohrid

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.

