

Holy Apostles Orthodox Church

347 Ridge Rd Lansing NY

HolyApostlesLansing.org

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SEPTEMBER 27, 2015

17th SUNDAY AFTER PENTECOST — Tone 8. Martyrs Callistratus and his company (49 Martyrs—ca. 304). Ven. Savvatii (Sabbatius), Wonderworker of Solovétsky Monastery (1435). Apostles Mark, Aristarchus, and Zenas, of the Seventy (1st c.). Martyr Epicharis of Rome (3rd c.). Ven. Ignatius, Abbot in Asia Minor (963-975).

EPISTLE: 2 CORINTHIANS 6.16-7.1: Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

GOSPEL: LUKE 5.1-11: Christ show Peter that he will become a fisher of men.

READERS: Readers are needed to volunteer for readings at Vespers, for the Hours and the Epistle. If you are interested in doing this, see Fr James.

COFFEE HOUR: Allard Family. **NEXT WEEK:** Brown Family.

KNOW YOUR FAITH: The next series of Adult Ed classes will begin this Tuesday, October 6. This year we will be exploring the lives and writings of the Church Fathers and Mothers. We are slated to have classes every other Tuesday night, as much as we are able to. If you have any concerns about the scheduling, please see Fr James. The next session will continue the Ante-Nicene Fathers with Origen and Tertullian. A page on the parish website has been constructed with a list of weekly topics and the short readings.

ST JAMES LITURGY: On Friday, October 23rd, we will celebrate the Liturgy of St James, an ancient service that is only done in a few places, but especially on this date. It is a beautiful service that harkens back to the earliest days of the Church. Please mark this on your calendars and make every effort to attend.

T-SHIRTS: The parish t-shirts have arrived! They are a deep red emblazoned with a budded three bar cross, with the name of Holy Apostles Church on it. If you have ordered one, or would like to purchase one now, they are available in the back of the church.

Fr James' contact information: Cell: 315-706-6185 Email: adelphotheos@gmail.com

WELCOME!: We warmly welcome all of our visitors! It's good to have you with us! Please know that we are glad that you are here praying with us and invite you to join us after the service for a meal and to meet everyone in our community.

BUILDING FUND: Onwards, Upwards, Let us lift up our hearts! Now that we are growing and the temple is continually being beautified, we must each set aside some of our gifts for our building fund. This also is one of the items that the Church Planting Grant guides us to do. There is a box, placed in the rear of the church. Please consider this a priority for the future of this amazing Church of Christ. Drop a bill in it every time you enter the church.

DIOCESAN ASSEMBLY: The annual Assembly will be on November 10th in S River, NJ. A delegate is needed. If you would like to attend, please see Fr James.

GIRLS RETREAT: The Second Annual Diocesan Girls Retreat for young women in grades 7-12 will take place at Saint Basil's Academy in Garrison, New York from November 13-15, 2015. If you are interested, please see Fr James.

AROUND THE CHURCH: FOCA: FOCA is an official organization of the Orthodox Church in America, and their mission is to proclaim, share and reveal our Orthodox Christian Faith through service, fellowship and example.

<u>LIVING:</u>			
Apr Timothy H	Gretchen	Jean	Rdr Gregory
Apr Herman S	Mary & Susan	Christine	Daniel
Apr John C	John & Carmine	Samuel	Ada
Apr Thomas E	Nathan	Lisa	Lillian
Apr Michael T	Leah	Lyudmila	Joseph
Apr Stephen M	Helen	Nickolay	Marie
Pr Jason	Lindsey	Anetta	Joseph
Pr Athanasios	Susanne H	James Sr	Laura
Dn Symeon	Elizabeth	Jan V.	Martha
Dn Michael	Mary	Zachary	Stanley & Helen,
Abess Silouana	Joe A	Iconographer Helena	Taissia
Mother Raphaela	Daniel	<u>Catechumens:</u> Elliott,	Steluta
Mother Christophora	Andrew & family	Micah, Danielle.	Theophan
Mat Cecelia	Harold	<u>Children:</u> Caleb,	Lynda
Mat Katya	Wilhemina	Christopher E, Anthony,	Florence
Mat Dorothy	Elizabeth	Mia and Isabel	James
Joshua	David	<u>Seminarians:</u> Rdr Robert	James R
Brittany & Isaac	Madeline	and Ivan	Vasily
Gretchen	Shirley	BIRTHDAYS: None.	Modecai
Peter	Larry	ANNIVS: None.	NEWLY REPOSED:
Marriane	Christina	NAMESDAYS: None.	Ron.
Terrence	Jim & Kim	REPOSED:	ANNIVERSARIES:
Helen	Rachel	Priest Matthew	None.
Judy	Constantine & Maria	Priest John	
	Gaetan	Apr Alexander	

SCHEDULE FOR THIS WEEK

CONFESSIONS ARE HEARD BEFORE AND AFTER VESPERS AND AT ANY OTHER CONVENIENT TIME.

SUNDAY, SEPTEMBER 27: 8:30 Know Your Proskomedias, 9 AM Divine Liturgy, Social Hour, Parish Council Meeting

TUESDAY, SEPTEMBER 29: 8:30 Morning Prayers
8 PM Ithaca College OCF in Mueller Chapel

WEDNESDAY, SEPTEMBER 30: 8:30 Daily Matins
7 PM Cornell OCF Meeting in Anabel Taylor Hall

THURSDAY, OCTOBER 1: 8:30 Morning Prayers

FRIDAY, OCTOBER 2: 8:30 Morning Prayers
9:15 Cornell OCF Morning Prayers in Anabel Taylor Hall

SATURDAY, OCTOBER 3: 6 PM Great Vespers

SUNDAY, OCTOBER 4: 8:40 Hours, 9 AM Divine Liturgy and Social Hour. Bring A Friend to Church Sunday

OCTOBER 18: Iron Kettle Trip

OCTOBER 23: Divine Liturgy of St James

NOVEMBER 10: Diocesan Assembly

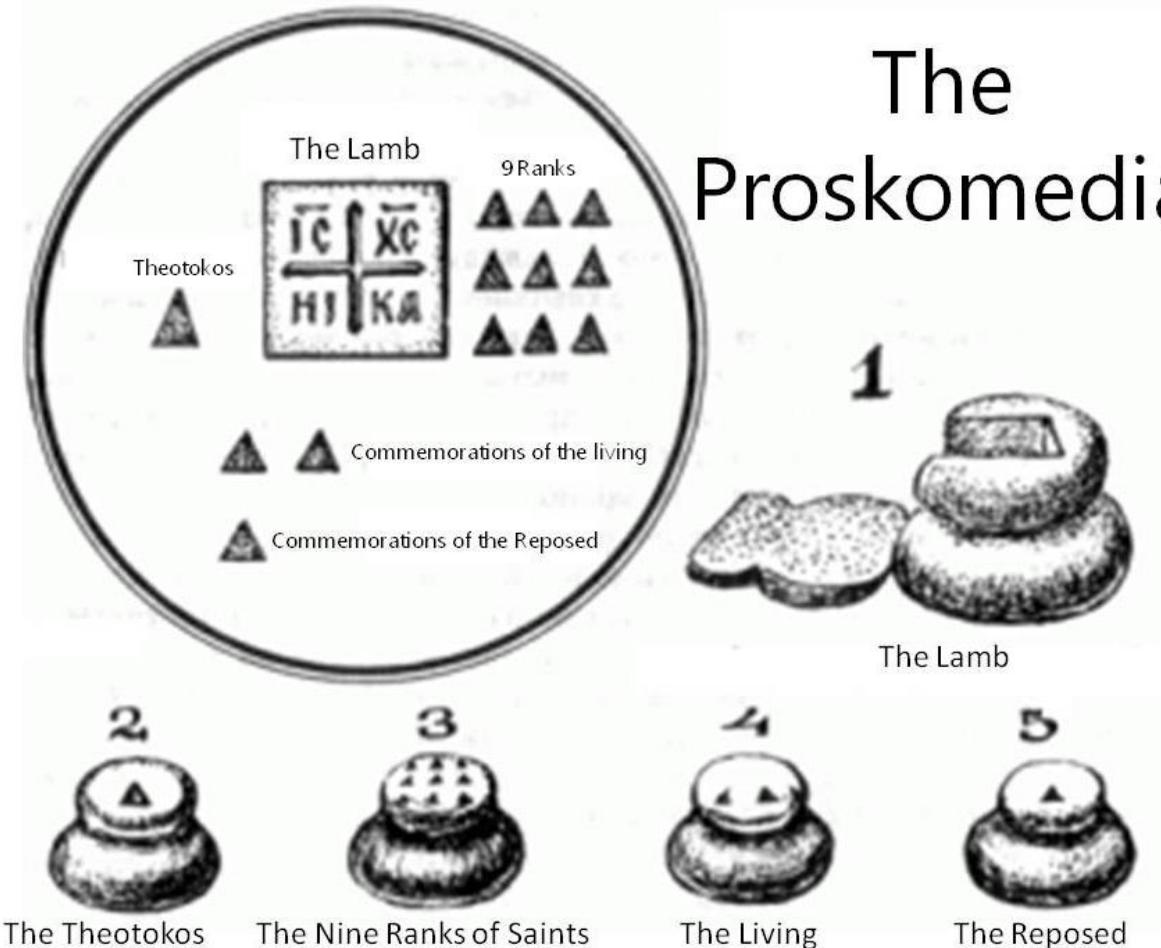
PRAYER FOR CHURCH GROWTH

Again, we pray to Thee, O Lord our God, that you would renew us and this parish by the Power of the Holy Spirit. Fill us with love and longing for Thee. Grant that we would seek not our own will but to do Thy will in all things and to be willing to lay down our lives out of love for Thee and for our neighbor. Draw thirsty souls to this place and remove their spiritual blindness, granting them through Thy grace to see the beauty of Thy Holy Glory in this place. Fill this community with new life, spiritual vigor and an insatiable desire to live godly and holy lives. Forgive us all of our sins as we fall down before Thee. Bring us all to a greater repentance and to an amendment of our lives as we look to Thee, the only Merciful and loving Lord Who calls all to salvation. We beg Thee, our merciful Lord, hear us, grant all of these petitions and all of our requests unto salvation: We pray Thee, hearken and have mercy.

Holy Apostles Orthodox Church

Lansing, New York

The Proskomedias



Sunday, September 27th, 2015
17th Sunday after Pentecost

PROSKOMEDIA IN THE OCA TYPKON

1. The priest, already being vested for the Liturgy, stands before the the Proskomedial table (Oblation table), and says "O God cleanse me a sinner, and have mercy on me," three times.¹
2. Then he prays to the Lord, thanking Christ for His sacrifice on the cross and for the "immortality which is poured out on mankind."²
3. He then takes the best one of the proskophora loaves and raises it up, saying "Blessed is our God, always now and ever, and unto ages of ages. Amen."³ "The word *proskophora* derives from the Greek word for *offering* and that is just what these loaves of bread were in ancient times, the bread which the priest offered in the Eucharistic Sacrifice."⁴
4. He then makes the sign of the cross over the loaf three times, saying "In remembrance of Our Lord and God and Savior Jesus Christ."⁵
5. The priest makes four incisions into the first loaf, causing a cube in the center to be freed from the outer crust. With each incision, the priest repeats one of four verses from the prophecy of Isaiah 53.7-8, which foretells "about the trial and crucifixion of Christ."⁶ After all of these things are said, the priest separates the cube from the rest of the bread and says "For His life is removed from the earth." At this point, the cube is called the Lamb, and sits upright on the diskos.⁷
6. The Lamb is cut cross wise,⁸ making two cuts so that the Lamb is almost divided in four quarters. However, the seal is not yet cut.
7. The Lamb is pierced on one side, to represent the piercing by the soldier on Golgotha.⁹
8. At this time, the wine and water are put into the chalice. This is done in reference to Proverbs where it says that "Wisdom has mingled her wine [with water]; she has furnished her table...Come eat of my bread and drink of the wine which I have mingled."¹⁰
9. The commemorations and petitions are now made in obedience to the teaching of St Paul who said "I admonish that petitions, prayers, intercessions and thanksgiving be offered on behalf of all people."¹¹ First, a large triangular particular is taken out of the second proskophora "in honor and remembrance of our most blessed Lady, Mother of God and ever-Virgin Mary."

¹ Lk 18.13, See also Ps 18.12, Ps 51, 1Jn 1.9 and James 4.8. (Puhalo, Archbishop Lazar. Understanding the Divine Liturgy (Scripture in the Liturgy): Synaxis Press, 1996. P 4). Many of these Scripture references are to be found in Puhalo.

² See Gal 3.13, Rev 5.9, Col 2.14, 2 Tim 1.10. (Puhalo 4)

³ See Gen 14.18-20, Ps 65.20, 67.35 and 2 Cor 11.31.

⁴ Kucharek, Casimir. *Byzantine Slav Liturgy of St. John Chrysostom, Its Origin and Evolution*: Alleluia Press, 1971. 263.

⁵ Concerning the elevation see Lk 22.19 and 1 Cor 11.25. Concerning the remembrance, see Is 25.8 and 1 Cor 15.54.

⁶ Puhalo 5.

⁷ See Is 53.7, Jn 1.29, 36 and especially Rev 5.6, "in which Christ is referred to as the "Lamb" approximately 27 times. The "sacrifice of Isaac" by Abraham was a fore-image of Christ as the sacrificial lamb (Puhalo 6)."

⁸ See Jn 1.29, 36, 6.51, 1 Cor 5.7, 1 Pt 1.19, 1Jn 2.2, Jn 3.17.

⁹ Jn 19.34.

¹⁰ Prov 9.2,5.

¹¹ 1Tim 2.1-2.

This particle is laid to the right of the Lamb, from the Lamb's point of reference.¹²

10. Out of the third Proskophora loaf, a smaller particle is taken out in remembrance of St John the Forerunner. This particle is laid to the left of the Lamb, and begins to mark the nine ranks. Next, a particle is taken for the Old Testament prophets Moses and Aaron, as well as for others. This is placed below the first particle. Then, a particle is taken for the apostles Peter and Paul as well as for all of the apostles. This is placed below the previous particle, and makes the first row of the ranks. For the fourth rank, a particle is taken for the Liturgists, Sts John Chrysostom, Basil the Great and Gregory the Theologian, and for Sts Athanasius, Cyril and Nicholas of Myra. For the fifth rank, a particle is taken for several martyrs, who are mentioned by name. In the sixth rank, a commemoration is made for the holy ascetics. This completes the second column of ranks. For the seventh, commemoration is made for all the holy physicians. This is placed at the top of the third column. In the eighth position, commemoration is made for Sts Joachim and Anna, as well as the heavenly protector of the local church, and the saint of the day. In the ninth position, commemoration is made for the liturgist whose Liturgy is to be celebrated that day, whether it be St John Chrysostom, St Basil the Great or St James the Brother of the Lord.

11. With the fourth proskophora loaf, the priest prays for the hierarchy and clergy of the Church.

12. With the same loaf, the priest also makes commemorations for all of the living faithful whom he chooses. With each name, a particle is placed in a row below the Lamb.

13. Using the fifth proskophora loaf, the priest does the same for all of the departed faithful. In the same manner, he makes a parallel row below that of the commemorations of the living faithful. At this time, he also remembers the bishop who ordained him. And, so as to complete the commemorations, he says "Remember, O Lord, my sinful self, and forgive me my trespasses, voluntary and involuntary.

14. The incense is blessed and used to cense the gifts of bread and wine. If a deacon is present, he give the priest the censer, and the priest says the prayer to bless it.¹³ He censes the star while saying Mt 2.9.¹⁴ Then he censes the aer which covers the diskos holding the Lamb while repeating a part of Psalm 92. Then he censes the other aer while saying "Thy virtue, O Christ, has covered the heavens, and the earth is full of Thy glory."¹⁵ Finally, he censes the large aer, which will cover both the diskos and the chalice.¹⁶

15. The gifts are censed three times more, after all has been completed. When this is complete, he prays with hands raised that the Liturgy and gifts be blessed and made holy.¹⁷ In this lies all of our hope for salvation.

¹² Ps 44.9.

¹³ See Ps 140.2.

¹⁴ See also Num 24.17.

¹⁵ Hab 3.3. See also Ps 16.8, Nm 6.26.

¹⁶ Ruth 2.12, Phil 4.7.

¹⁷ Jn 6.50-51.

PREPARATION FOR THE DIVINE LITURGY

INTRODUCTION – WHY WE PREPARE FOR THE DIVINE LITURGY.

The Liturgy is a time that cannot be taken lightly at all by any of the faithful of the Orthodox Church. Therefore, it is necessary for the celebrant to prepare himself in a manner that is befitting of the awe-inspiring mystery that he proposes to receive. It is imperative that one be in the proper relationship with Christ before receiving the Eucharist. Therefore, the communicant must be in a confessional relationship with the Church, and be free from any prohibition as given by any priest.

Aside from the confessional obligations, it must be said that the overall life of an Orthodox Christian is one that is in constant preparation for receiving Christ. Therefore, an Orthodox Christian needs to be in constant preparation. That is to say, the Eucharist is in this sense a microcosm of the whole life. As Orthodox, preparation is constantly being made for our defense at the dread judgment seat of Christ.

PREPARATION OF THE PRIESTS

As with many things in Holy Orthodoxy, there is no one set way for a priest to prepare himself for the liturgy. This is not to say that it is to be done haphazardly. Some jurisdictions prescribe a certain rule, while others offer another. It is also imperative that the rule of preparation be satisfactory in putting the celebrant in a peaceful and holy state.

In the Divine Liturgy book published by St Tikhon's Seminary Press, there are a number of prayers that are given to be said the evening before the Liturgy, in conjunction with a regular rule of prayer.

SYMBOLISM OF THE PROSKOMEDIA

The word *proskomedia* from the Greek verb *proskomizein* ("to bring") means "those things which have been brought" (offerings), or the ritual preparation of the gifts of bread and wine for use in the Eucharistic sacrifice.¹⁸ There is an ancient practice that the faithful of the Church would bring their offerings to the priest on the day of the celebration of the Divine Liturgy. The priest takes the offerings of the people, and offers them up to the Lord in order to carry out the bloodless sacrifice.

"Of the many gifts offered by the faithful...only a small portion could be used for the Sacrifice...Only the finest were chosen."¹⁹

This is often a secret part of the service. Secret does not mean that the laity are not allowed to know what happens, but that it takes place behind the iconostasis. It is a commemoration for all those in the church, and therefore, is done on their behalf. Therefore, the priest says them privately.

SUNDAY HYMNS FOR SEPTEMBER 27

Troparion Tone 8 (Resurrection)

You descended from on high, O Merciful One!
You accepted the three day burial to free us from our sufferings!//
O Lord, our Life and Resurrection, glory to You!

Troparion Tone 3 (Martyr Callistratus)

In contest you were strengthened by the Holy Spirit, Martyr Callistratus,
and were glorious in casting down the Enemy.
You offered a noble army of athletes
as sweet-smelling incense to Christ.//
With them pray for us who praise you with hymns!

Kontakion Tone 8 (Resurrection)

By rising from the tomb, You raised the dead and resurrected Adam.
Eve exults in Your Resurrection,
and the world celebrates Your rising from the dead, O greatly Merciful One!

Kontakion Tone 4 (Martyr Callistratus)

Like stars you have shone upon the world,
shedding the light of your contests and miracles upon all who cry to you:
"Rejoice, Martyr Callistratus and fellow company of martyrs!"

Prokeimenon Tone 8 (Resurrection)

Pray and make your vows before the Lord, our God! (Ps 75/76:11)
v: In Judah God is known; His name is great in Israel. (Ps 75/76:1)

Alleluia Verses Tone 8

Alleluia, Alleluia, Alleluia!
v :Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (Ps 94/95:1)
v :Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps 94/95:2)

Communion Hymn

Praise the Lord from the heavens, praise Him in the highest! (Ps 148:1)
Alleluia, Alleluia, Alleluia!

¹⁸ Kucharek, Casimir. *Byzantine Slav Liturgy of St. John Chrysostom, Its Origin and Evolution*: Alleluia Press, 1971. P. 254.

¹⁹ Kucharek 258.