

SOBORNOST

St. Thomas the Apostle Orthodox Church

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American Carpatho-Russian Orthodox Diocese

ECUMENICAL PATRIARCHATE
OF CONSTANTINOPLE

SERVICES

Wed: Moleben to the Theotokos 6:00 AM

Friday: Moleben to the Cross 6:00 AM

Saturday: Confession 5:00 PM

Great Vespers 5:30 PM

Sunday: Matins (Orthros) 8:45 AM

Sunday School 9:30 AM

Divine Liturgy 10:00 AM



February 3, 2019 – Afterfeast of the Reception of the Lord in the Temple | Righteous Simeon the God-Receiver | Righteous Anna the Prophetess

On February 2nd the Orthodox Church celebrates one of its Twelve Great Feasts which in Greek has been called Υπαπαντή (Υραpanthi) since the institution of the feast in the 6th century. This is a carefully chosen word that explains precisely what we celebrate on February 2nd. The most common words chosen to translate Υπαπαντή into the English language are the words Presentation and Meeting. However, though it is true there was a presentation of Christ to the temple, and you could even say there was a meeting that took place between Christ and Symeon, yet these words do not most accurately convey what we in fact are celebrating as it is meant to be conveyed through the word Υπαπαντή.... Since the synaxarion and hymns of the feast constantly speak of Christ being received by Symeon, and the iconography indicates it, we can conclude that the most accurate English translation of Υπαπαντή is Reception. Therefore on February 2nd, we celebrate the Reception of Christ by Symeon, who was divinely foretold that he would not die until he beheld the Lord's Christ. *(from johnsanidopoulos.com)*

Today's Epistle Lesson – St. Paul's First Letter to Timothy 1:15-17

My son Timothy, this *is* a faithful saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners, of whom I am chief. However, for this reason I obtained mercy, that in me first Jesus Christ might show all longsuffering, as a pattern to those who are going to believe on Him for everlasting life. Now to the King eternal, immortal, invisible, to God who alone is wise, *be* honor and glory forever and ever. Amen.

Today's Gospel Lesson – Saint Matthew 15:21-28

At that time, Jesus departed to the region of Tyre and Sidon. And behold, a woman of Canaan came from that region and cried out to Him, saying, "Have mercy on me, O Lord, Son of David! My daughter is severely demon-possessed." But He answered her not a word. And His disciples came and urged Him, saying, "Send her away, for she cries out after us." But He answered and said, "I was not sent except to the lost sheep of the house of Israel." Then she came and worshiped Him, saying, "Lord, help me!" But He answered and said, "It is not good to take the children's bread and throw *it* to the little dogs." And she said, "Yes, Lord, yet even the little dogs eat the crumbs which fall from their masters' table." Then Jesus answered and said to her, "O woman, great *is* your faith! Let it be to you as you desire." And her daughter was healed from that very hour.

A Word From the Holy Fathers

When David was offended he did not respond in kind, but he restrained Abishai's power (2 Kgs. 16:5-14). And you, when you are offended, do not give offense in return; rather, appease the person who takes vengeance on you. And if you act in this way, you block the irascibility of the beast; bear the offense, as your means of progress, and with your lips shut in the beast of irascibility. Give no reply at all to those who make threats, that by your silence you may stifle the fiery lips. Then, when you put a curb on your mouth, you will have influence over those who threaten you and give offense. For if you remain silent, you will not be eaten up by the offense, but the other person is all the more bitten by your silence when you bear patiently with the insults of the arrogant man. Shake off the praise of people from your inner self that you may also get rid of the thought of ostentation that precedes it. Watch out also for the thought of self-satisfaction, especially in your practice of stillness, lest once it has exalted you above the arrogant person it should spurn him.

No one then is able to deny that there are many different exhortations from the divine scriptures regarding the prohibition of vengeance, but for the sake of more precise instruction I will also set forth an example. One of the brothers, having

endured insult and injustice from a pious person, went away divided between joy and sadness: in the case of the former, because he experienced injustice and insult and returned not opposition; in the case of the latter, because the pious person was deceived and in causing his deceit he felt joy at his expense. But consider that the Deceiver also experienced the two feelings: because on the one hand he certainly troubled the one who was experiencing joy and because on the other hand he did not trouble also the one who was sorely grieved.

- Evagrius of Pontus, *To Eulogius, on the Confession of Thoughts and Counsel in Their Regard*

Righteous Simeon the God-Receiver & Anna the Prophetess

Righteous Simeon the God-Receiver was, according to the testimony of the holy Evangelist Luke, a just and devout man waiting for the consolation of Israel, and the Holy Spirit was upon him (Luke 2:25). God promised him that he would not die until the promised Messiah, Christ the Lord, came into the world.

Ancient historians tell us that the Egyptian pharaoh Ptolemy II Philadelphus (285-247 B.C.) wished to include texts of Holy Scripture in the famous Library at Alexandria. He invited scholars from Jerusalem, and the Sanhedrin sent their wise men. The Righteous Simeon was one of the seventy scholars who came to Alexandria to translate the Holy Scriptures into Greek. The completed work was called "The Septuagint," and is the version of the Old Testament used by the Orthodox Church.

Saint Simeon was translating a book of the Prophet Isaiah, and read the words: "Behold, a virgin shall conceive in the womb, and shall bring forth a Son" (Is 7:14). He thought that "virgin" was inaccurate, and he wanted to correct the text to read "woman." At that moment an angel appeared to him and held back his hand saying, "You shall see these words fulfilled. You shall not die until you behold Christ the Lord born of a pure and spotless Virgin."

From this day, Saint Simeon lived in expectation of the Promised Messiah. One day, the righteous Elder received a revelation from the Holy Spirit, and came to the Temple. It was on the very day (the fortieth after the Birth of Christ) when the All-Pure Virgin Mary and Saint Joseph had come to the Temple in order to perform the ritual prescribed by Jewish Law.

When Saint Simeon beheld their arrival, the Holy Spirit revealed to him that the divine Child held by the All-Pure Virgin Mary was the Promised Messiah, the Savior of the world. The Elder took the Child in his arms and said, "Lord, now

lettest Thou Thy servant depart in peace, according to Thy word, for mine eyes have seen Thy salvation, which Thou hast prepared before the face of all people, a light to enlighten the Gentiles, and the glory of Thy people Israel” (Luke 2:29-32).

There is a Christian epigram (Number 46) in “The Greek Anthology” which is addressed to Saint Simeon. It tells the righteous Elder to receive the Child Who was born before Adam, and Who will deliver Simeon from this life and bring him to eternal life. A similar idea is expressed in the Aposticha (Slavic use) for the Forefeast of the Nativity of the Lord (December 24). There the Mother of God refers to her Son as “older than ancient Adam.”

Simeon blessed the All-Pure Virgin and Saint Joseph, and turning to the Mother of God he said, “Behold, this child is set for the fall and rising again of many in Israel, and for a sign which shall be spoken against. Yea, a sword shall pierce through your own soul also, that the thoughts of many hearts may be revealed” (Luke 2:34-35).

The holy Evangelist continues: “And there was one Anna, a prophetess, the daughter of Phanuel of the tribe of Asher. She was of a great age, and had lived with a husband for seven years from her virginity; and she was a widow of about eighty-four years, who did not leave the temple, but served God with fastings and prayers night and day. And coming at that very hour, also gave thanks to the Lord, and spoke of Him to all those who looked for redemption at Jerusalem” (Luke 2:36-38).

The holy righteous Simeon the God-Receiver died at a great age (Tradition says he was 360). His holy relics were transferred to Constantinople in the sixth century. His grave was seen by the Russian pilgrim Saint Anthony, the future Archbishop of Novgorod (October 8) in 1200. (*from oca.org*)

Also Commemorated Today: Prophet Azariah

The name Azariah means “whom God helps.” The Holy Prophet Azariah, the son of Oded, lived in the tenth century before Christ. Driven by the Spirit of the Lord, he presented himself before King Asa of Judah (ca. 911-871 B.C.) after he had won a victory. Azariah warned him of future ills which would afflict his kingdom if he did not turn to the Lord and institute reform. The King listened to the Prophet and instituted the reform (see 2 Chronicles 15). The Holy Prophet Azariah reposed in peace and was buried in his own field. (*adapted from johnsanidopoulos.com and oca.org*)



NICOLE ROCCAS

WEDNESDAY, APRIL 17TH, 2019

7:30 PM

Topic: The Time of Christ and the Eternity of Despondency: Healing an Ancient Ailment in a Modern World

Idleness. Apathy. Boredom. Procrastination. These are several symptoms of what early ascetical theologians called despondency (acedia, ἀκηδία), a spiritual sickness rooted in a lack of care or effort. A condition as old as the ancients, despondency thrives in today's culture of leisure, anxiety, and digital distraction, enticing sufferers into what feels like an endless loop of meaninglessness. This talk will examine despondency in greater detail, with particular attention to how it limits and cheapens our ability to truly dwell in the time we are given. How can we heal from despondency by redeeming time in the face of eternity?

Lenten Lecture Series

Dr. Nicole Roccas has been researching and writing about time from both a historical and theological perspective for nearly ten years. She is most well-known for her Ancient Faith blog and podcast, *Time Eternal*, the only online media forum devoted to the interface between Christian faith and the lived experience of time. Her book, *Time and Despondency: Regaining the Present in Faith and Life*, explores the connection between time and the spiritual sickness of despondency (akedia), first identified by Evagrius of Ponticus in the fourth century. In addition to writing and podcasting, Nicole is an adjunct faculty member at the Orthodox School of Theology at Trinity College (Toronto). She received her PhD in European History, with a subspecialty in Church History, from the University of Cincinnati in 2015. A native of Wisconsin, she lives in Toronto and attends Holy Myrrhbearers' Mission Parish (OCA) with her husband Basilios, whose efforts to indoctrinate her into the ways of maple syrup and Canadian spelling have yet to take effect.

You can find out more about her work as a writer and writing coach at www.nicoleroccas.com.

ST. MARK ORTHODOX CHURCH

7124 River Road
Bethesda, Maryland 20187
703-229-6300

stmarkoca.org

Wednesday, April 17th, 2019
Presanctified Liturgy at 6:30 PM
Lenten Lecture at 7:45 PM

From YouTube to you!



BEE TREAT!

St. George Greek Orthodox Church • 7701 Bradley Blvd • Bethesda, MD 20817

BETHESDA, MD



Saturday, March 30, 2019

BEETREAT: 9:30AM - 5PM

6th - 12th Grade
Parents & Youth Workers

YOUNG ADULT EVENT: 7PM

18 years and older

TO REGISTER:

y2am.org/BeeTreats

Led by:

**STEVE CHRISTOFOROU - host of "Be the Bee"
AND THE BEETREAT TEAM!**

"Be the Bee" is a weekly YouTube series exploring
how we can focus on what is
good and beautiful in our lives.

Visit youtube.com/y2am to learn more!



DIOCESAN LENTEN RETREATS



For All Orthodox Christians, Family & Friends

EASTERN REGION

Co-sponsored By The Ukrainian Orthodox League of the USA

LOCATION: St Francis Center For Renewal **DATE:** Sat April 13, 2019 **TIME:** 9:00 am – 6:00 pm
395 Bridle Path Rd
Bethlehem, PA

TOPIC:

PRESENTERS:

Adults &
Adolescents

*“Focusing On the Ladder of Divine Ascent And
Our Spiritual Journey One Step At A Time”*

Metropolitan Gregory
Fr Anthony Perkins

Ages 6-11

*All Strings Detached: Freeing our Hands
and Feet to Climb*

Fr. Matthew Stagon
Fr. William Bennett

Come Escape From the
World For A Day and Be
Spiritually Renewed!



Sponsored By The
National
A.C.R.Y.

Cost for our regional retreat is \$40 for adults (\$15 late fee), \$25 for adolescents (\$10 late fee), and \$7 for children under 12. Registration forms will be available at the church; register by April 1 to avoid a late fee. For more information, contact Oleh or Natalie Bilynsky at (610) 892-7315 or nsufler@aol.com. [I know it's a hike, but I've always been glad I went. If you've never attended, please consider doing so this year. - Ed.]

ST VLADIMIR'S SEMINARY CHORALE

TENEBRAE

MUSIC OF HOLY WEEK FROM EAST & WEST

FRIDAY, FEBRUARY 22, 2019

7:30PM

Robin Freeman, Director
ST NICHOLAS CATHEDRAL
3500 MASSACHUSETTS AVE NW
WASHINGTON, D.C.

advanced tickets required
visit svots.edu/events or call 914.961.8313 x330

Reception to follow with wine and light hors d'oeuvres
Lenten items, books, and CDs for sale from SVS press

There is no admission fee, but donations will
fund seminarians' tuition to help prepare
them to be leaders in the Orthodox Church
advanced donations given by February 5th
of over \$100 will be listed in the program



A Request from Mary Vallandingham

Hello St. Thomas friends & family! I look forward to coming back to you all in the Spring, and I hope you all are doing well. Recently, I have decided to attend a mission trip to Romania! To say that I am extremely blessed by this opportunity to experience an Orthodox country and serve the children there is truly an understatement.

This service trip, sponsored by the Orthodox Christian Fellowship (OCF), is during my Spring Break and will allow me to serve orphans in Romania at Pro Vita orphanage by aiding with maintenance projects & simply interacting with the children who reside there. I will also be able to experience the beautiful monasteries and churches in Bucharest.

I have to raise quite a bit of money (\$2,500) in about five weeks. These funds cover the cost of my transportation, lodging, meals, materials, and a donation to the host location. If you feel as if you would like to contribute to this extraordinary opportunity to give back, any amount at all would be greatly appreciated!

Using the link below, you can select a donation amount. Be sure to write my name (Mary Vallandingham) where it says "student name" <http://www.ocf.net/sponsor/>

Another way to donate is by sending a check directly to OCF. Donors can make a check out to **Orthodox Christian Fellowship** and include “**Mary Vallandingham, Romania**” in the memo field. The check can be mailed to OCF at 50 Goddard Avenue, Brookline, MA 02445.

Thank you for taking the time to read this!

Yours in Christ,

Mary Vallandingham

Martyrs Commemorated Today

Martyrs Claudianus, Papias, and Diodorus were martyred in 250 at Perge in Panphylia.

Saint Adrian of Baneas of Caesarea in Cappadocia suffered martyrdom under Governor Firmilianus. He was put to death by the sword, but entered into eternal life. Saint Eubulus, like Saint Adrian, was from Baneas, in Caesarea of Cappadocia. He went to Caesarea to visit Christians in prison, and was arrested by Governor Firmilianus. He was thrown to the wild beasts, and thereby received the crown of martyrdom. (*adapted from oca.org*)



February Anniversaries and Birthdays

Anniversaries:

Stefan & Jennifer Popescu 20th

Birthdays:

Benjamin Dewey 3rd

Lauren Chadwick 11th

Walter Howl 19th

Doug Chadwick 3rd

William Howl V 17th

Clara Vallandingham 24th

John Edgington 28th

Bernard Vallandingham 5th

Caleb Karbowsky 19th

Rachael David 27th

Follow Our Diocese On-Line

Diocesan Website: <http://www.acrod.org>

Camp Nazareth: <http://www.campnazareth.org>

Facebook: <https://www.facebook.com/acroddiocese>

Twitter: <https://twitter.com/acrodnews>

You Tube: <https://youtube.com/acroddiocese>

In Your Prayers – Please Remember... His All-Holiness Ecumenical Patriarch BARTHOLOMEW, His Eminence Metropolitan GREGORY, Fr. Joseph & Family, Greek Orthodox Archbishop Paul Yazigi of Aleppo, Syriac Orthodox Archbishop Yohanna Ibrahim of Aleppo, His Grace Bishop Neofitos of Nyeri and Mt. Kenya, Fr. John & Pani Betty Jean Baranik, Presbyteria Katie Baker and family, Santiago Alzugaray, Jeffrey Carey, Tatyana and Slava Chumak & family, Xenia Chilkowich, Jon Church, Ramius Connour, Curtis Cooper, Luke Cooper, Tina Crull, Mary Diane David, Ron Dominiecki, Linda A. Georgiev, Heather Himler, John Homick, Cameron Houk, Helen Janowiak, John M. Janowiak, Tucker Karl and family, Robert & Pam Karpin, Andrew Kinn, Kopan family, Brian, Helen, and Luke Mahony, Valentina Makowelski, Susan Matula, Anna Meinhold, Dn. Henry Middleton, David & Kathryn Newman, Bobby Nutter & Family, Henry & Lisa Osborne, Westin Perry & Parents, John Reece, Mary Reed, Chris & Kaitlin Rixey, Jerry Von Ronne, Anne Rosario, James, Theodore and Christina Ristas, Samson Family, Sharon Sheptak, Alexander Shostko, Bernie Takabayashi & family, Dawn & Faith Ulmschneider, Lydia Vita, Christine, Marshall, Nathaniel, Subdcn. Nectaros and Ia, the Syrian Christians displaced by war, Mother Virginia Marie and the Carmelite Nuns of Port Tobacco, and all those in need of our prayers. (Please advise Fr. Joseph of changes.)