

St. Mary Protection of the Theotokos Parish

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**GLORY TO JESUS CHRIST!
GLORY FOREVER!**

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New Year's Resolutions for Orthodox Christians *(from Roads from Emmaus)*

- 1. Get serious about coming to church (more).** If you're not serious about coming to church weekly, it's time to get serious. This is about eternal life, not a religious club.
- 2. Tithe.** Your heart is where your treasure is (Matt. 6:21). Where's your treasure? Follow the money, find the heart. If you're not up for 10% yet, then try 8%. Or 6%. Or something.
- 3. Pray at home.** Even if all you do is say the "Our Father" when you wake up (saying it three times a day is the most ancient known prayer rule), you will notice a change in how you think and feel about your faith. It will become more present and real for you.
- 4. Memorize a psalm.** Pick a short one or a long one. Try praying it every day.
- 5. Invite someone to church.** And when you make the invitation, don't say, "You should come to church with me sometime." "Sometime" is no time. Say, "We're celebrating the Divine Liturgy this Sunday at 9am at my church. Can I pick you up and bring you with me?"
- 6. Attend an adult education class.** You are probably pretty smart about many things. Why not use that same talent to get smart about your faith?
- 7. Volunteer.** Do something in your parish or in your community that benefits other people without giving you any kind of material gain or recognition.
- 8. Go to confession.** Not going means that you think everything is perfectly fine and you need no help. I don't know about you, but I need help and I need confession and absolution.
- 9. Read a spiritual book.** There are few things that get us into another story, another way of looking at life, like a good book. And a good spiritual book can help to retrain your mind to become like the mind of Christ.
- 10. Work at becoming perfect (and one) as God is perfect (and One).** This is always our goal. It isn't easy, but it is possible through Christ and it is the point of Holy Orthodoxy.

Christmas & Theophany Worship Schedule

Sunday	1/1	9:00AM	Divine Liturgy, Coffee Hour, Greening of the Sanctuary
Friday	1/6	9:00AM 10:30AM 8:00PM	Royal Hours of Nativity (Church) Vespers Liturgy of Nativity (Church) Great Compline of the Nativity w/Litya (Church)
Saturday	1/7	9:00AM 4:00PM	Divine Liturgy of the NATIVITY (Church) Cathedral Vigil (Chapel)
Sunday	1/8	9:00AM	Divine Liturgy, Coffee Hour
Friday	1/13	4:00PM	Cathedral Vigil - St.Basil & Circumcision (Chapel)
Saturday	1/14	9:00AM 4:00PM	Divine Liturgy - St.Basil & Circumcision (Chapel) Cathedral Vigil of the Sunday Between (Chapel)
Sunday	1/15	9:00AM	Divine Liturgy, Coffee Hour
Wednesday	1/18	9:00AM 10:30AM 7:00PM	Royal Hours of Theophany (Church) Vespers Liturgy of Theophany (Church) Great Compline of the Theophany w/Litya and Blessing of Water (Church)
Thursday	1/19	10:00AM	Divine Liturgy of THEOPHANY (Church) *** SIGN-UP FOR HOUSE BLESSINGS ***
Saturday	1/21	4:00PM	Cathedral Vigil (Chapel)
Sunday	1/22	9:00AM	Divine Liturgy, Coffee Hour, Education
Saturday	1/28	4:00PM	Cathedral Vigil (Chapel)
Sunday	1/29	9:00AM	Divine Liturgy, Coffee Hour, Education

Check our website for the full listing of services & activities!!

Adult Education

Sunday (11AM). Lord willing, we will resume our "Spiritually Speaking" series after Theophany Nativity.

Wednesday (7PM). Lord willing, we will resume our journey through the Old Testament at the end of January..



Welcome to the God-loving and God-protected Orthodox Christian parish of *Pokrova* (“St. Mary Protection of the Holy Theotokos” or “St. Mary’s”)!

It is a blessing to have you with us today and we encourage you to come back as often as you are able. Like us, you may find that you have found your spiritual home here (and a wonderful home, it is)!

We are a parish of the Ukrainian Orthodox Church of the USA under the Ecumenical Patriarch of Constantinople and our doors and hearts are open to you, your family, and your friends!

January 1st; Sunday before Nativity

The Order of Worship

(A more complete version is found in the black prayer book in the pews)

Blessed is the Kingdom Amen. Heaven and earth are joined in praise of God.

Great Litany. Prayers of supplication to God w/ refrain “Lord have mercy!”

Psalm 102. The Psalms are the greatest hymns of the Church. It is followed by a Small Litany (“Again and again...”).

Psalm 145 & “Only Begotten Son”. This psalm and song remind us why we are here. It is followed by a Small Litany (“Again and again...”)

The Beatitudes. The wisdom of the Logos offered in song – beautiful consolation. We take on the virtues of and in Christ to become “blessed.”

The Little Entrance/Gospel Entrance. This symbolizes Christ coming from heaven into the world. We can kiss the Gospel (an icon of “The Word”) in celebration saying; “Christ is in our midst” “He is and shall be!” “*Khristos Posered Nas*” “*I Ye I Budei*”

Hymns for Today. As with all the music, everyone is encouraged to sing along!

Tone 3 Tropar (*Resurrection*)

Let the heavens rejoice! / Let the earth be glad! / For the Lord has shown strength with His arm. / He has trampled down death by death. / He has become the first born of the dead. / He has delivered us from the depths of hell, and has granted to the world // great mercy.

Tone 2 Tropar (*Fathers*)

Great are the accomplishments of faith, / for the three Holy Youths rejoice in the fountain of flames as though in the waters of rest; / and the Prophet Daniel appeared / a shepherd to the lions as though they were sheep. // So by their prayers, O Christ God, save our souls!

Tone 4 Tropar (*Forefeast*)

Prepare, O Bethlehem, for Eden has been opened to all! / Adorn yourself, O Ephratha, for the Tree of Life blossoms forth from the Virgin in the cave! / Her womb is a spiritual paradise planted with the Divine Fruit; / if we eat of it, we shall live forever and not die like Adam. // Christ comes to restore the image which He made in the beginning.!

Tone 1 Kondak (*Fathers*)

Rejoice, O Bethlehem! Prepare yourself, O Ephratha! / The Lamb is on her way to give birth to the Chief Shepherd she carries in her womb. / The God-bearing Forefathers will rejoice, beholding Him, // and with the shepherds, they will glorify the Virgin nursing Him.

Tone 2 Kondak (*Forefeast*)

In Bethlehem, seeing wrapped in swaddling bands, / Him who holds the whole earth in his hand, / let us bring prefestal hymns beforehand to her who gave birth to him, // for mystically she rejoices, carrying in her bosom the Son of God.

Tone 2 Kondak (*Parish Patron/Pokrova*)

The Choirs of Saints and the Virgin / stand in church praying to God for us. / Angels and hierarchs bow in adoration, / Apostles and Prophets all rejoice / in thee, O Mother of God, // who for us prays to God Eternal.

Trisagion: We join the angels in proclaiming God’s glory (Holy God, Holy Immortal...)

Prokimen **Tone 4** (*Song of the Fathers*)

Blessed are You, O Lord God of our fathers, and praised and glorified is Your name forever!

v: For You are just in all that You have done for us!

Epistle: Hebrews 11:9-10,17-23,32-40. (*Sunday before Nativity*)

Alleluia, Alleluia, Alleluia!

v: We have heard with our ears, O God, for our fathers have told us. (Ps 43:1)

v: For You have saved us from them that oppose us, and have put to shame them that hate us. (Ps 44:7)

Gospel: St. Matthew 1:1-25. (*Sunday before Nativity*). Children are encouraged to come up front; “Let the little children come unto me.” (Matthew 19:14)

Litanies for the Faithful and for the Catachumens. Catachumens are Christians preparing to enter into the Mysteries of the Orthodox Church.

Cherubic Hymn. This song reminds us that we must “put aside all earthly cares” so that we can join the angels in worshiping God in fullness and in truth.

The Great Entrance. The priest brings out the bread and wine that will become the Body and Blood of Christ. The ritual reminds us of Palm Sunday... and the Passion of Christ. The children are welcome and encouraged to line the aisle.

Commemoration of the Last Supper and Consecration of the Gifts. This is when the Holy Spirit comes down and changes the gifts. Ukrainian Orthodox often kneel during this part of the liturgy, but standing is also welcome.

Hymn to the Birthgiver of God, Mary. We praise her among the saints because God became incarnate through her; she is the mother of our salvation!

Litany of Preparation. Lord’s Prayer. Please join us as pray together using the words Jesus the Messiah taught us during His earthly ministry.

“Holy Things for the Holy”. We enter into the greatest Mystery of Communion.

Communion of the Faithful. Communion is reserved for those who are members of an Orthodox parish and have prepared themselves through prayer, fasting, and regular confession. All are invited to join this parish and commune with us! See Fr. Anthony if you would like to learn more.

Post-Communion Prayers, Dismissal & Distribution of the Antidoron. At this point everyone is invited forward to kiss the cross and receive the blessed bread cut from the Eucharistic loaf before the service.



Parish News and Events

We will have a Kitchen Session on Saturday 1/28! Come for fellowship, lunch, and the opportunity to help raise money for the parish.

Next Sunday is the last chance to support the Jr. UOL Food Drive!

The Grief Support Group's next 13 week session starts on 1/10.

Please plan to attend our special St. Mary's "Holy Supper" on 1/6 in the parish hall before Great Compline. See Chris Z. for details (and if you want to request or sign-up for a dish – although both are optional). **All are invited!!!**

Members of St. Mary's have been invited to join **St. Elizabeth's Credit Union** in Northampton. If you are interested, see Fr. Anthony for more information and a letter confirming your membership.

The next **Parish Board Meeting** will be on 1/23 6:30.

Our **Ukrainian Dance Group** meets on Wednesday evenings from 6:30-8:00PM.

In Honor of the Upcoming Blessing of Our Homes

The priest was doing his rounds to bless all the homes of the faithful after Theophany.

At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door. Therefore, after blessing the front door, he took out a card and wrote "Revelation 3:20" on the back of it and stuck it in the door.

When the offering was processed the following Sunday, he found that his card had been returned. Added to it was this cryptic message, Genesis 3:10."

Reaching for his Bible to check out the citation, he broke up in gales of laughter.

Revelation 3:20 begins "Behold, I stand at the door and knock." Genesis 3:10 reads, "I heard your voice in the garden and I was afraid, for I was naked."

Reading and Greeter Schedule

Date	Epistle Schedule	Greeters
1/1	Reader Nicholas	Judy Miller & Vera Muzychka
1/8	Reader James	Richard Rosko
1/15	John Sokalsky	Eleanor Fox
1/22	Robert Noecker	Judy Miller & Vera Muzychka
1/29	Alex Mackiewicz	Richard Rosko
2/5	Richard Bodner	Eleanor Fox
2/12	Robin Bodner	Judy Miller & Vera Muzychka

Please let Fr. Anthony know if you will not be able to greet/read and cannot find a replacement. Also let him know if you would like to be added to the schedule!

Today's Scripture Readings

Epistle: Hebrews 11:9-10,17-23,32-40.

By faith he sojourned in the land of promise, as in a strange country, dwelling in tabernacles with Isaac and Jacob, the heirs with him of the same promise: For he looked for a city which hath foundations, whose builder and maker is God.

By faith Abraham, when he was tried, offered up Isaac: and he that had received the promises offered up his only begotten son, Of whom it was said, That in Isaac shall thy seed be called: Accounting that God was able to raise him up, even from the dead; from whence also he received him in a figure. By faith Isaac blessed Jacob and Esau concerning things to come. By faith Jacob, when he was a dying, blessed both the sons of Joseph; and worshipped, leaning upon the top of his staff. By faith Joseph, when he died, made mention of the departing of the children of Israel; and gave commandment concerning his bones. By faith Moses, when he was born, was hid three months of his parents, because they saw he was a proper child; and they were not afraid of the king's commandment.

And what shall I more say? for the time would fail me to tell of Gedeon, and of Barak, and of Samson, and of Jephthae; of David also, and Samuel, and of the prophets: Who through faith subdued kingdoms, wrought righteousness, obtained promises, stopped the mouths of lions. Quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to flight the armies of the aliens. Women received their dead raised to life again: and others were tortured, not accepting deliverance; that they might obtain a better resurrection: And others had trial of cruel mockings and scourgings, yea, moreover of bonds and imprisonment: They were stoned, they were sawn asunder, were tempted, were slain with the sword: they wandered about in sheepskins and goatskins; being destitute, afflicted, tormented; (Of whom the world was not worthy:) they wandered in deserts, and in mountains, and in dens and caves of the earth. And these all, having obtained a good report through faith, received not the promise: God having provided some better thing for us, that they without us should not be made perfect.

Gospel: Luke 14:16-24 (NKJV)

The book of the generation of Jesus Christ, the son of David, the son of Abraham...

Now the birth of Jesus Christ was on this wise: When as his mother Mary was espoused to Joseph, before they came together, she was found with child of the Holy Ghost. Then Joseph her husband, being a just man, and not willing to make her a public example, was minded to put her away privily. But while he thought on these things, behold, the angel of the Lord appeared unto him in a dream, saying, Joseph, thou son of David, fear not to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost. And she shall bring forth a son, and thou shalt call his name Jesus: for he shall save his people from their sins. Now all this was done, that it might be fulfilled which was spoken of the Lord by the prophet, saying, Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us. Then Joseph being raised from sleep did as the angel of the Lord had bidden him, and took unto him his wife: And knew her not till she had brought forth her firstborn son: and he called his name Jesus.