



The Forerunner

Weekly Parish Bulletin

Sunday, December 5, 2021
10TH SUNDAY OF ST. LUKE
St. Sabbas the Sanctified



RESURRECTIONAL APOLYTIKION

(Tone 7)

By Your cross You destroyed death, * to the thief You opened paradise. * For the myrrh bearers You changed weeping in joy, * and You commanded Your disciples, O Christ God * to proclaim that You are risen, * granting the world great mercy!

APOLYTIKION OF ST. SABBAS THE SANCTIFIED

(Tone 8)

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundred-fold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father Sabbas, intercede with Christ God to save our souls.

APOLYTIKION OF THE HOLY NATIVITY OF CHRIST

(Tone 4)

Your Nativity, O Christ our God, has shone to the world the Light of wisdom; for by it those who worshipped the stars were taught by a star to adore You, the Sun of Righteousness, and to know you the Orient from on high. O Lord, glory to You.

KONTAKION OF PREPARATION OF THE HOLY NATIVITY OF CHRIST

(Tone 3)

The sacred treasury of God's holy glory, * the

greatly precious bridal chamber and Virgin, * the Savior's most pure temple, free of stain and undefiled, * into the House of the Lord * on this day is brought forward * and bringeth with herself the grace * of the Most Divine Spirit; * her do God's Angels hymn with songs of praise, * for she is truly the heavenly tabernacle.

PROKEIMENON

"The saints shall boast in glory. Sing unto the Lord a new song"

(Ps. 149:5,1)

THE READING FROM THE EPISTLE OF ST. PAUL TO THE GALATIANS

(Gal. 5:22-6:2)

Brethren, the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faith, meekness, self-control: against such there is no law. And those who belong to Christ have crucified the flesh with the passions and the lusts. If we live in the Spirit, let us also walk in the Spirit. Let us not become vainglorious, provoking one another, envying one another. Brethren, if a person is overtaken in any trespass, you who are spiritual should restore such a one in a spirit of meekness; looking to yourself, lest you also be tempted. Bear one another's burdens, and so fulfill the law of Christ.



THE READING FROM THE HOLY GOSPEL ACCORDING TO ST. LUKE

(Luk. 13:10-17)

At that time, Jesus was teaching in one of the synagogues on the Sabbath. And there was a woman who had had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, He called her and said to her, "Woman, you are freed from your infirmity." And He laid His hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the Sabbath day." Then the Lord answered him, "You hypocrite! Does not each of you on the Sabbath untie his ox or his ass from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham, whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?" As Jesus said this, all His adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by Him.



COMMUNION HYMN

O Pure Virgin

O pure and virgin Lady,
O spotless Theotokos:

Rejoice, O unwedded Bride!

O Virgin Queen and Mother,
O dewy Fleece most sacred:

Rejoice, O unwedded Bride!

O height transcending heaven above,

O beam of light most radiant:

Rejoice, O unwedded Bride!

O joy of chaste and virgin maids,
surpassing all the angels:

Rejoice, O unwedded Bride!

O brilliant light of heaven above,
most clear and most radiant:

Rejoice, O unwedded Bride!

Commanding Chief of heavenly hosts,
O holiest of holies:

Rejoice, O unwedded Bride!

O ever virgin Mary,
O Mistress of creation:

Rejoice, O unwedded Bride!

O Bride all pure and spotless,
O Lady all holy:

Rejoice, O unwedded Bride!

O holy Mary, Bride and Queen,
O cause of our rejoicing:

Rejoice, O unwedded Bride!

O Maiden Queen honorable,
O Mother most holy:

Rejoice, O unwedded Bride!

More precious than the Cherubim,
and more glorious than the Seraphim:

Rejoice, O unwedded Bride!

Surpassing Principalities,
Dominions, Thrones, and Powers:

Rejoice, O unwedded Bride!

Rejoice, song of the Cherubim;
Rejoice, hymn of the Angels:

Rejoice, O unwedded Bride!

Rejoice, ode of the Seraphim,
and joy of the Archangels:

Rejoice, O unwedded Bride!

Rejoice, O peace, Rejoice, O joy,
and haven of salvation:

Rejoice, O unwedded Bride!

O bridal chamber of the Word,
unfading, fragrant blossom:

Rejoice, O unwedded Bride!

Rejoice, delight of paradise,
Rejoice, life everlasting:

Rejoice, O unwedded Bride!

Rejoice, O holy Tree of Life,
and Fount of immortality:

Rejoice, O unwedded Bride!

I supplicate thee, Lady,
I humbly call upon thee!

Rejoice, O unwedded Bride!

O Queen of all, I beg thee,
to grant me thy favour:

Rejoice, O unwedded Bride!

O spotless and most honoured Maid,
O Lady all holy:

Rejoice, O unwedded Bride!

I call upon thee fervently,
thou temple most holy:

Rejoice, O unwedded Bride!

O thou my help, deliver me
from harm and all adversity:

Rejoice, O unwedded Bride!

And by thy prayers show me to be
an heir of immortality:

Rejoice, O unwedded Bride!

A MESSAGE FROM THE PRIEST

By Fr. Michael Gillis

“The Lord loves us more dearly than we can love ourselves.”

It is very hard for us to believe that God loves us as much as He does. It's hard to believe because our hearts and minds are so caught

up in this empty and ever-changing world. We think we have life in this world somewhat figured out, and just then, WHAM!, everything changes. And we wonder, if God loves us, why is life so painful and confusing?

When times are good for us, we can come up with all sorts of arguments to explain away the pain of others and the existential angst we occasionally experience in our wealth and privilege. But when times are bad, all logic and arguments fail. Then what we think we believe is stripped down to what we actually believe. And sometimes we are frightened by just how paltry our faith seems to be, frightened by how quickly we lose the certainty that we had a short time ago.

St. Siouan understood what it is to lose certainty, to be overwhelmed by pain and confusion. He was a saint who had seen the Light of God and had visions of Christ and the Holy Theotokos; and then, with no warning or explanation, God took it all away from him—for fifteen years. And yet, toward the end of his life, St. Siouan could say, “The Lord Loves us more dearly than we can love ourselves.” The Saint goes on to explain:

“But the soul [person] in her distress supposes that the Lord has forgotten her, even has no wish to look upon her, and she suffers and pines. But [this] is not so, brethren. The Lord loves us without end, and gives us the grace of the Holy Spirit, and comforts us. It is not the Lord's desire that the soul should be despondent and in doubt concerning her salvation. Believe and be sure that we continue in suffering only until we humble ourselves; but so soon as we humble ourselves there is an end to affliction, for the Divine Spirit discloses to the soul, because of her humility, that she is saved.”

Why is humility so hard for us? It's hard

because this humbling of ourselves, of our souls, is not what we are used to. We are used to being in control, or at least somewhat in control. We are not used to trusting God for what we don't see, don't understand. We are used to rights and privileges and opportunities. We are not used to the constraint that all humble people experience. We are used to our own will, not to "Thy will be done."

During these days of floods, changing covid regulations, and fluctuating financial markets, let's run to humility. Let's entrust ourselves and each other and our whole life to Christ our God. There really is no other way to be saved.

PARISH ANNOUNCEMENTS

If you wish to announce something on The Forerunner, please e-mail Elias Neto at neto.elias@aol.com by Thursday

- The Fraser Valley Orthodox Youth Group every Thursday from 7:00 pm to 9:00 pm at 2051 Windsor Street, Abbotsford. For questions, please contact Chris Hawthorne at: fraservalleyorthodoxyouth@gmail.com Masks are mandatory for those attending,

including leaders and youth.

- Tomorrow is St. Nicholas' Day and we will be celebrating a Vespereal Divine Liturgy at 6:30 pm. There is a rumour that the Saint Himself may show up with blessings for children's shoes 😊
- This year we will not have the midnight Christmas Liturgy, but will celebrate Christmas morning, early, beginning matins at 8:00 am with Divine Liturgy beginning at 9:00 am.
- We ask everyone who is able to wear a mask to do so while inside the Church and to use the on-line signup sheet to sign up for Sunday and Feast Day services. We will only be allowed 50% capacity (45 people). **We will not be asking for proof of vaccination.**

For pastoral care, please contact:

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This Bulletin is a publication of:

HOLY NATIVITY ORTHODOX CHURCH
4828 216A Street, Langley, BC V3A 2N5
Thank you for your presence today!

PRAYERS FOR THE DEPARTED

PRAYERS FOR THE LIVING

Readings for the Week: **Mon.** Heb. 13:17-21. Luk. 6:17-23; **Tue.** 2Thes. 1:10-12; 2:1-2. Luk. 21:12-19; **Wed.** 2Thes. 2:1-12. Luk. 21:5-8, 10-11, 20-24; **Thu.** Gal. 4:22-27. Luk. 8:16-21; **Fri.** 2Thes. 3:6-18. Luk. 21:37-38, 22:1-8; **Sat.** Gal. 1:3-10. Luk. 13:19-29.