



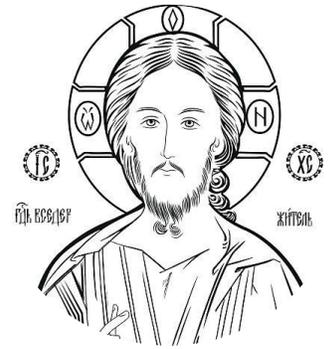
The Forerunner

Weekly Parish Bulletin

Sunday, October 17, 2021

SUNDAY OF THE HOLY FATHERS OF THE SEVENTH ECUMENICAL COUNCIL

4th Sunday of St. Luke



RESURRECTIONAL APOLYTIKION

(Tone 8)

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

APOLYTIKION OF THE HOLY FATHERS

(Tone 8)

Thou, O Christ, art our God of exceeding praise Who didst establish our Holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

APOLYTIKION OF THE HOLY NATIVITY OF CHRIST

(Tone 4)

Thy Nativity O Christ our God, has shone on the world the Light of knowledge; for by it those who worshipped the stars were taught by a star to adore thee the Sun of Righteousness, and to know thee the Day Spring from on high. Wherefore O Lord, glory to thee.

ORDINARY KONTAKION

(Tone 2)

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith

cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

PROKEIMENON

“Blessed are Thou, O Lord, the God of our Fathers. For Thou art just in all that Thou hast done to us”

(Dt. 3:26-27)

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

(Tit. 3:8-15)

Titus, my son, faithful is the saying, and concerning these things I desire you to affirm confidently, that those who have believed in God may be thoughtful of how to preside in honorable occupations. These things are good and profitable to men. But avoid foolish disputes, and genealogies, and contentions, and controversies about the Law; for they are unprofitable and vain. A man who is a heretic after the first and second admonition reject, knowing that such a one is subverted, and sins, being self-condemned. When I send Artemas to you, or Tychicós, give diligence to come to me to Nicopolis; for I have determined to winter there. Set forward Zenas the lawyer and Apollos on their journey diligently, that they may be lacking in nothing. And let our people also learn how to preside in honorable occupations, so as to help in cases of urgent need, that they

should not be unfruitful. All who are with me salute you. Salute those who love us in the faith. Grace be with you all. Amen.

THE READING FROM THE HOLY GOSPEL ACCORDING TO ST. LUKE

(Luk. 8:5-15)

The Lord spoke this parable: “A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold.” And when His Disciples asked Him what this parable meant, Jesus said, “To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way, they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience.” As Jesus said this, He called out, “He who has ears to hear, let him hear.”



A MESSAGE FROM THE PRIEST

By: Fr. Michael Gillis

“Christ is in our midst!”

Some of you may be wondering why I go to the monastery so often. I go about three times a year. The reasons I go are many. One reason is to confess my sins with my spiritual father. Another is to get away from the noise and distraction of the world for a while. But probably the two most important reasons are so that I can be fed spiritually and so that I can pray.

If you have ever been encouraged or inspired by anything I have written or said, chances are it was something shared with me first by my spiritual father or by the brothers at the hermitage. (The monastery I visit is a hermitage, so there are only three monks living in the wilderness who have a rule: they only accept one visitor per month). When I go to the monastery I get fed spiritual food, I get challenged and corrected, and I get healed. So often when I drive up to the monastery (which is near Hundred Mile House), my mind is a jumble of confused and contradictory thoughts. When I drive home, I am usually at peace, singing or humming the hymns of Vespers or Matins as they are sung there.

My spiritual father, Father Gregory, does not bear fools lightly—at least not this fool. So when I tell him my confused thoughts, he cuts right through the muck and gets to the real germ of the matter, if there is one. So often what I worry myself about is really nothing, just a fear or worry generated by my imagination. I need someone who loves me enough to tell me the truth. Probably we all need someone like that in our lives.

The second reason I go to the monastery is to

pray. Certainly I pray at home too. However, at the monastery I can get up with the monks at 2:00 am and pray in absolute quiet—and if I need to spend a few hours sleeping during the day to catch up, I have no other responsibilities. At the monastery, I can pray matins and vespers without being responsible for the services. I just show up and let the words of the services wash over me. I don't have to pay attention to anything but my heart and what the Holy Spirit or the angels or the saints may be whispering there. I have noticed that the prayerful openness of heart to the whispers of heaven that I find while I'm praying at the monastery stays with me for a few weeks after each visit. Gradually, though, the worries and responsibilities of life and the burdensomeness (i.e. grumpiness) of being an old man creep back in, and I start to lose sight of the way to my heart. That's why I need to go away to pray, so that I can come back and pray.

I want to end this weekly update with a big THANK YOU to all of you for your faithfulness to Christ and to His Church. You are the Church, and Holy Nativity wouldn't exist without your continued support in the form of time, prayers and offerings.

PARISH ANNOUNCEMENTS

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

- Fraser Valley Orthodox Youth Group every Thursday, 7:00 pm. Address: 2051 Windsor Street, Abbotsford. For questions, contact: fraservalleyorthodoxyouth@gmail.com
Please note that due to Health Restrictions, masks are mandatory for those attending.
- This week, October 18 through the 22, Fr. Michael will be at the monastery. Therefore, there will be no mid-week services at the Church that week. However, Saturday Matins (9:00 am) and Divine Liturgy (10:00 am) will be offered (masks are encouraged for the Saturday morning services). Saturday evening there will be Vespers (6:00 pm) followed by an opportunity for confession. Sunday morning, we will celebrate together Matins (9:00 am) and Divine Liturgy (10:00 am) followed by a potluck coffee hour. Everyone is encouraged to stay for coffee hour.

For pastoral care, please contact:

The Very Rev. Fr. (Abouna) Michael Gillis
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E-mail: frmichaelg@gmail.com



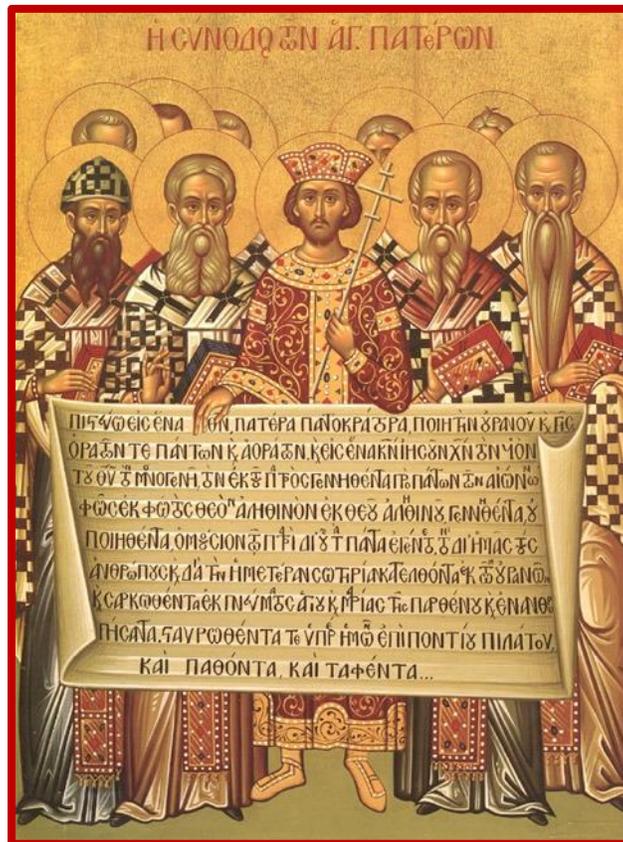
This Bulletin is a publication of:

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



Icon: The Holy Fathers.

Readings for the Week: **Mon.** Col. 4:5-11, 14-18. Luk. 10:16-2; **Tue.** Act. 2:14-21. Luk. 9:23-27; **Wed.** Tim. 2:1-10. Luk. 9:44-5; **Thu.** 2Cor. 9:6-11. Luk. 9:49-56; **Fri.** Eph. 6:18-24. Luk. 10:1-15; **Sat.** Gal. 1:11-19. Mt. 13:54-58.